

Mountain Vista High School



2019 Cross Country Summer Training Camps

Who: All Mountain Vista High School and Mountain Ridge Middle School students are welcome to participate. Incoming 6th graders are also welcome to join the middle school camp.

What: A 9 week summer training program for dedicated cross country runners looking to get ready for the 2019 season.

When: Mondays through Fridays from 7:00 a.m. to 8:30 a.m. starting June 10th to August 3rd. We will occasionally meet on Saturdays w/ our HS athletes to run during the summer for those wanting to take part.

Where: We meet at a variety of locations throughout the Highlands Ranch area to run. Practice locations will be posted each week at www.vistanationxc.com

Registration and Fees

Register Online at: www.vistanationxc.com

\$150 for all HS and MS athletes.

Registration will open on April 29th

Bring checks the 1st day of summer conditioning made out to
“MVHS XC Booster Club”

Registration Due: Please register online before June 10th.

Coaches: The high school camp will be lead by Mountain Vista High School Head Cross Country Coaches Jonathan Dalby and Eric Selle. Our assistant coaching staff will also be helping throughout the summer to ensure proper supervision on every run.

Contact Information: Contact Coach Jonathan Dalby with questions regarding the summer program at jhdalby@dcsdk12.org, or at 816-529-8987.

Training: All running programs are based on the experience and ability of each individual runner. We will also be working on flexibility and strength at camp to ensure that everyone stays strong and healthy. Every athlete will be given an **individualized training plan** to follow each week.

Website: Please visit our website for more information about our summer program and the fall XC season:

www.vistanationxc.com

Middle School Camp: The middle school camp will meet at the same times and locations as the high school camp. However, middle school athletes will be under the direct supervision of Mountain Ridge Middle School Coaches Karen Sprafke and Jeremy Estell throughout the summer. Training will be kept age appropriate for our younger runners at camp. Incoming 6th graders are also welcome to join our middle school cross country camp this summer.

Attendance: Attendance is 100% optional. Many athletes will go on vacation or be out of town during the summer. Although we will offer a structured camp 5 to 6 days a week, athletes will not be turned away if they cannot make it to each practice.