

# Staff

**Greg Bielecki**- Entering his 123h year as head cross country coach at La Salle, after 4 years as assistant coach, La Salle won 7 straight PCL cross country championships during his first 7 years at La Salle. As head coach Greg led La Salle to impressive finishes in their first 11 years in the PIAA, finishing 2nd in 2008, 3rd in 2009, 10th in 2010, 7th in 2011, 5th in 2012, 10th in 2014, 4th in 2015, 5th in 2016, and a State Championship in 2017! (one of only 3 programs to have 9 top 10s in those 10 years). In addition to the teams success in cross country La Salle's distance runners have flourished on the track under Greg's tutelage. In 2007 La Salle's Distance Medley Relay ran the fastest indoor DMR time in the U.S. and then finished 2nd at Penn Relays. In 2009, 2010, and 2011 the La Salle's 4x800m relay teams ran 7:49, 7:45, and 7:47 respectively, all of which ranked in the 25 fastest times in the country that year. In 2012 the DMR team finished 3rd at the Penn Relays in 10:10 (a top 10 US time), and junior Tom Coyle won the PIAA 1600m title. Then in 2013 the DMR captured the Penn Relays Championship of America in 10:04, the #2 time in the US.

Greg returned to his alma mater after a successful collegiate running career at nearby Haverford College. While at La Salle Greg was a member of 4 PCL championship winning teams, and himself was a multiple time PCL champion and numerous time All-Catholic. He was also a member of 3 All-American relay teams for the Explorers. At Haverford Greg was a 3-time NCAA Division III All-American at three different distances. In 2002 he leadoff Haverford's NCAA championship winning and record setting Distance Medley Relay. In addition to teaching and coaching at La Salle Greg ran competitively for Haddonfield (NJ) Running Co for 10 years. In the 2010, 2011, and 2012 Broad Street Runs (10 miler) he finished in the top 5 Americans, and as the 1st Philadelphian. Greg also is a USATF Level II Certified Coach and co-director of Briarwood Running Camp

La Salle H.S. Running Camp  
Greg Bielecki  
8605 Cheltenham Ave.  
Wyncmooor, PA 19038  
Phone: (215) 402-4245  
Fax: (215) 233-1418

## 15th Annual La Salle High School Running Camp

July 22-25, 2019



*10 PIAA Top 10s  
2008-2018*

*2017 XC State  
Champs*

*2013 Penn Relays  
DMR Champions*

For Male and Female Runners  
going into grades 5th through 9th

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For more information call  
(215) 402-4245

# 2019 La Salle High School Running Camp

## Program

The Camp is designed to be an enjoyable learning experience for grade school age runners of all abilities. The in-depth schedule will include instruction on:

- Training Principles & Techniques
- Stretching & Flexibility
- Mental Preparation

## General Information

**Dates:** Mon. July 22–Thurs. July 25, 2019

**Site:** La Salle College H.S. (Track, paved paths, nature trails)

**Tuition:** Includes all training, lectures, hand-outs, video instruction, snacks, and t-shirt

*If registered by March 1st—\$185 After March 1 \$200*

NEW: Team Rate: (4 members or more) save \$15,\$170 if registered by March 1st, \$185 if registered after March 1st

**Schedule:** 8:30A.M. (at La Salle)—1:00 P.M. each day (rain or shine)

**What to bring:** Running clothes, running shoes, extra/dry t-shirt, towel, bathing suit, bottled water, **bagged lunch/snack**

**Contact Information:** Greg Bielecki (215) 402-4245

Email: bieleckig@lschs.org

## Application

Complete and return with Check

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

School: \_\_\_\_\_

Grade(5-6-7-8-9) in school '19'20: \_\_\_\_\_

T-Shirt Size(S-M-L): \_\_\_\_\_

## Running Information

Years Running: \_\_\_\_\_

Personal Bests: 800 \_\_\_\_\_ Mile \_\_\_\_\_

**Make check payable to:**

**La Salle High School Running Camp**

mail to:

Greg Bielecki  
La Salle College H.S.  
8605 Cheltenham Ave.  
Wyndmoor, PA 19038

## Certificate of Health

Complete and return with check

This is to certify that \_\_\_\_\_ is in good physical condition and free from any contagious or infectious disease. He/She is physically fit to participate in any athletic program. There are no apparent contradictions to participating in an intensive running program and routine camp activities.

Signature of Physician

\_\_\_\_\_

## Medical Release

Medical attention will be provided by the resident nurse or physical. I hereby authorize any necessary emergency treatment given to:

\_\_\_\_\_  
(Name of Camper)

Signature \_\_\_\_\_  
(Parent/guardian)

Please list all allergies and medications taken daily:

\_\_\_\_\_  
\_\_\_\_\_

**Please Return Applications  
As Soon As Possible!**