

Staff

Greg Bielecki- Entering his 14th 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 12 years in the PIAA, finishing in the top 10 11 times, top 5 8 times, on the podium (top 2) 4 times, and a State Championship in 2017! 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 for High School age athletes.

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

16th Annual La Salle High School Running Camp

July 27-30, 2020



*11 PIAA Top 10s
2008-2019*

*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

2020 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 27–Thurs. July 30, 2020

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

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

Before April 1st—\$190 After April 1st \$215

NEW: Team Rate: (4 members or more)

\$175 if registered by April 1st, \$200 if registered after April 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 '20-'21: _____

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:

Signature _____

(Parent/guardian)

Please list all allergies and medications taken daily:

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