

## Camp Week 1 June 14-17

Camp Week 1 will meet in front of the Danis Fieldhouse on SLUH's campus at 6:00 pm. The camp will end at 8:30.

The focus of the first week of camp will be learning about training and why we train the way we do. Lectures during the camp will focus on training theory, nutrition, and setting goals.

All running during this week of camp will be down in Forest Park.

## Camp Week 2 July 26-29

Camp Week 2 will meet at different parks around the area at 6:00 pm. Each day will end around 8:30.

Monday: Queeny Park  
Tuesday: Kirkwood Park  
Wednesday: Steinberg Ice Rink of Forest Park  
Thursday: TBD

The second week of camp focuses mostly on racing tactics and strategy.



## Daily Runs and Weights

Consistency and weight lifting are an essential part of an athlete's training regimen and it has been a key to the success of SLUH XC. Plus, it helps you look good at the pool!

You are not required to come to every day, but we expect that you will come as often as you can on dates that do not conflict with a vacation.

**Dates:** Monday-Saturday starting at 7:00am so avoid summer school beginning June 7<sup>th</sup> and ending July 31<sup>st</sup>. There will be no runs during the MSHSAA dead period.



## APPLICATION

Please fill out this form and send it back to Coach Porter at SLUH by the beginning of May. Make checks payable to SLUH.

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

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

City/Zip: \_\_\_\_\_

Year in School: \_\_\_\_\_

Parent email: \_\_\_\_\_

Parent Phone #: \_\_\_\_\_

Additional #: \_\_\_\_\_

Please check all of the following that apply:

Camp Week 1

Camp Week 2

Camp fee is \$80 for one week and \$120 for both weeks.

Daily Runs/Weights (\$50)

T-Shirt size if attending both weeks of camp.

T-shirts can be purchased for \$10 is not attending both weeks. (Circle one)

S   M   L   XL

**Please fill out the permission form on the back of this page.**

### PERMISSION FORM

If you are signing up camps or the summer weights program now, please fill out the risk and release agreement below and return this form with your check made out to "SLUH Track/Cross Country Camp"

### ASSUMPTION OF RISK AGREEMENT AND RELEASE

The undersigned, as parents/guardian of \_\_\_\_\_, a minor, hereby testify that we understand that our son/guardian is participating in the SLUH Cross Country Camps or Weights program. Our signature below indicates that we hereby release St. Louis University High School from all liability and assume all responsibility for risk of otherwise participating in these activities. I/we have read and understood the foregoing Assumption of Risk Agreement and Release this \_\_\_ day of \_\_\_\_\_, 2021.

Parent/ Guardian Signature(s):

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### About the Staff

**Joe Porter** – Joe has been the head cross country coach at SLUH for 11 seasons and involved with the program for 16 seasons. He also serves as the head Track & Field coach at SLUH. He has been a part of 12 state XC trophies and 4 state track team trophies.

**Brian Gilmore** – Brian has been coaching at SLUH for 14 years. He has been a part of 4 team state titles.

**Mike Lally** – Mike has been coaching at SLUH for 3 years. He has been a part of 3 state trophies.



## SLUH XC Summer Camps and Weights



**2020 MCC Champions**  
**2<sup>nd</sup> Place – MSHSAA State Championships**

**Camp Week 1**  
**June 14-17**

**Camp Week 2**  
**July 26-29**

