



2022 SLUH XC Summer Camps

The SLUH Cross Country program has a rich tradition of success, including 27 Metro Catholic Conference titles in the 30 years of the conference's existence and four top-4 team finishes at the state championships in the last four years. This is a result of the hard work put in by the student-athletes throughout the summer, leading into the fall. We have three opportunities for student-athletes to join the coaching staff over the summer. If you are not able to attend these summer opportunities, we will still have suggested training plans and an online training log for the student-athlete to stay in communication with the coaching staff.

Daily Runs & 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 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, meeting at 7:00 a.m. This early start time avoids conflicts with summer school, which begins June 6 and ends July 30. There will be no runs during the MSHSAA dead period of Saturday, July 2 - Sunday, July 10.

Camp Week 1

June 20-23

Camp Week 1 will meet in front of the Danis Fieldhouse on SLUH's campus at 6:00 p.m. The camp will end at 8:30 p.m. 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 18-21

Camp Week 2 will meet at different parks around the area. Each day will begin at 6:00 p.m. and end around 8:30 p.m. The second week of camp focuses mostly on racing tactics and strategy.

- Monday: Queeny Park
- Tuesday: Grant's Trail
- Wednesday: Aviation Field in Forest Park
- Thursday: Location TBD

About the Staff

- **Joe Porter** – Joe has been the head cross country coach at SLUH for 12 seasons and involved with the program for 17 seasons. He also serves as the head Track & Field coach at SLUH. He has been a part of 13 state XC trophies and 4 state track team trophies.
- **Brian Gilmore** – Brian has been coaching at SLUH for 15 years. He has been a part of 4 team state titles.
- **Mike Lally** – Mike has been coaching at SLUH for 4 years. He has been a part of 4 state trophies.

Application

Please complete this form and send it back to Coach Porter (jporter@sluh.org) by the beginning of May. Make checks payable to SLUH.

Name: _____
Address: _____
City/Zip: _____
Year in school for the
2022-23 school year: _____

Parent emails: _____
Parent Phone #: _____
Additional #: _____

Please check which option you are registering for:

- Daily Runs/Weights and both weeks of camp - \$175
- ½ summer daily runs (16 daily runs or less) - \$60, does not include camps
- Camp Week 1 only - \$30 for one week, \$50 for both weeks
- Camp Week 2 only - \$30 for one week, \$50 for both weeks

T-Shirts will be given to anyone who attends 15 summer runs/camp days. Please select your size.

S M L XL

Permission Form

If you are signing up camps or the summer running program now, please fill out the risk and release agreement below and return this form with your check.

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 _____, 2022.

Parent/ Guardian Signature(s): _____