



RAIDER RUN CAMP

For Athletes Entering 9th-12th Grade

DATES & LOCATION

JUNE 17-20, 2024

7:30 AM- 12:00 PM

RGMS Gymnasium
Seneca Valley Secondary Campus

OBJECTIVE

To begin preparation for the Fall and create an individualized training plan that can be followed all summer long. This personalized plan will be based on current fitness and created in collaboration with athletes. This will help ensure a safe and progressive training experience and reduce the risk of injuries. The combination of the training program and running log will help with motivation and accountability. It will be individualized therefore, suitable for all abilities and experiences. There will also be presentations and discussions on how to best handle the physical and emotional challenges of running.

REGISTRATION & COST

Online Registration Form &
Signed Printed Waiver

<https://www.svsd.net/Page/28324>

Must register online by 6/1/24

\$125

- Checks payable to SVXC Boosters
- Checks and Waiver can be sent to
Ryan Miller c/o Raider Run Camp,
5761 Freshcorn Rd, Cranberry Twp, PA 16066
- Venmo @ SVXCBoosters

CAMP FEATURES

- Individualized Training Plan
- Summer Long Progress Monitoring
- Goal Setting
- Running Form Analysis
- Running Logs
- Endurance, Flexibility & Strength Training
- Presentation Topics
 - Sports psychology
 - Nutrition
 - Competitive Edge
 - Injury Prevention
 - Alumni Q&A
- Camp T-Shirt
 - Must register online by 6/1 to guarantee size and availability

ADDITIONAL INFORMATION

- Athletes should arrive in athletic wear with proper shoes, water & snack
- The camp is designed to help runners of all abilities and experience
- Raider Run Camp is sponsored by the SVXC Boosters.
- If cost of camp is prohibitive, please contact Coach Strellick
- Online Registration due 6/1. Money and Waiver can be mailed or brought on 6/17

2024 Raider Run Camp Release Form

The following form must be PRINTED and received prior to, or on the first day of camp for your child to participate.

I hereby approve of my child [Print Name] _____ to attend and participate in the 2024 Raider Run Camp. I certify that he/she is in good health and able to participate in a variety of strenuous physical activities. I hereby waive and forever release the Seneca Valley School District, The Seneca Valley Cross Country Boosters Organization and their affiliates, and the Raider Run Camp staff and affiliates from all liability for any accident, injury, illness, or other expenses incurred while at the camp. I hereby authorize representatives of the Raider Run Camp to act in his/her best judgement to provide and or obtain medical care which I will assume financial responsibility for.

Medical Insurance Provider: _____

Policy Number: _____

Printed Name of Parent or Guardian _____

Signature of Parent or Guardian _____

Date _____