

Aves Cross Country Camp

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I would like to invite your son/daughter to our Sycamore Aves Cross Country Camp. The camp will introduce key concepts and training associated with our junior high and high school programs. We also want the runners to come away with positive experiences and benefits associated with cross country. - Coach Rick Shomo

GRADES: Incoming 4th - 8th graders.

CAMP DATES: Two separate sessions are offered: June 9 – June 12 & June 16 – June 19. A session will be four days with a 1-2 mile race on the final day. Runners are welcome to sign up for both sessions.

CAMP TIMES: 10 -11:15 AM

CAMP LOCATION: Sycamore High School. We will meet in the Football Stadium parking lot.

[CAMP REGISTRATION LINK](#)



CAMP COST: \$60 for one session. *\$110 for both sessions. Payment can be sent:

- Venmo: @Rick-Shomo
- PayPal: ladyavescc
- Checks made out to "Sycamore High School Girls Cross Country". Mail to Rick Shomo 8667 Totempole Dr. Cincinnati, OH 45249
- Walk up registrations may be accepted the first day.

Campers will receive

- Incoming 7th & 8th graders: Prepare them for the junior high cross country time requirement.
- Discounted and fitted footwear from Buckeye Running Company 471 Wards Corner
- Instructions on how to warm-up and cool down properly
- Instructions on strengthening exercises
- Instructions on running form and gait
- Instructions on how to train for distance running
- An introduction to injury prevention and nutrition
- A camp t-shirt (*if signed up for both sessions, only one shirt will be provided)