



**June 2nd-June 6th**

Running Development Camp

**Information / Questions:**

**Zach Toothman**

*AXC Boys Head Coach*

avonxctf@gmail.com

812-608-0836

# AVON CROSS COUNTRY

The Avon High School Cross Country team is hosting their fourteenth annual running development camp during the week of June 2nd-June 6th! Runners of all ability are welcome, and Avon students entering grades 1 to 8 are invited. Our goal is to utilize our experienced varsity athletes and coaching staff to develop runners by focusing on team culture, training techniques, proper warm-up and cool-down routines, running form drills, and other aspects of our great sport within a fun and competitive environment. Campers will receive an Avon Cross Country Camp t-shirt! Water, and snacks will also be provided as well.

## **Camp Highlights:**

**WHEN:** June 2nd-June 6th, 6:00 PM-7:30 PM. Drop off at 5:45 PM, pick-up by 7:15 (grades 1-3) / 7:45 PM (grades 4-8), both in the east parking lot behind Cedar Elementary.

**WHERE:** Cedar Elementary School, 685 South Avon Avenue in Avon

**COST:** \$50 for grades 1-3 / \$60 for grades 4-8

**ACTIVITIES:** Instruction, running development drills, workouts varying in length and distance based on running ability, games and activities, relay races, and all-camp races on Friday.

**WHAT TO BRING:** Water bottle, athletic shoes (preferably running shoes), athletic clothing, positive attitude, and excitement!

**CLICK THE QR CODE BELOW TO REGISTER ONLINE!**

