



***“Run when you can,
walk if you have to,
crawl if you must; just
never give up.”
-Dean Karnazes (Ultra
Marathoner)***



**Camp Location:
Belvidere North
And
Rock Cut State
Park**



Training Focus

Our camp will provide athletes with designed workouts based on individual ability and experience. The training will also cover basic Strength and Mobility exercises, agility drills, and running form.

**BNHS Men's
Cross Country
Summer Running Camp**



Belvidere North Coaching Staff

Ken Husser

- Head Coach Men's Cross Country
- Head Men's Track Coach
- IHSA Coach of the Year 2016
- Illinois Track and Cross Country Coaches Association—Coach of the Year 2016, 2017, and 2018
- 7 time NIC-10 Coach of the Year

Eryk Yunk

- Assistant Coach Men's Cross Country
- 3 time NIC-10 MVP at BNHS
- Attended Mississippi State University
- Personal Best of 3:58.79 in the 1500.

Alec Beutel

- Assistant Coach Men's Cross Country
- Member of NCAA Division III National Championship team at North Central College (2016, 2017, and 2018)
- Former BNHS Varsity Runner
- Marathon PR of 2:38

TEAM HIGHLIGHTS

- **14 X Conference Champions: 2007 to 2013, 2015 to 2021 and 2024**
- **Regional Champions: 2007 to 2012, 2014, 2015, 2021, and 2022**
- **Sectional Champions: 2008 to 2012**
- **10th Place IHSA State Meet 2021**
- **8th Place IHSA State Meet 2016**
- **3rd Place IHSA State Meet—2007**
- **2nd Place IHSA State Meet—2008, 2012, and 2022**
- **1st Place IHSA State Meet—2009, 2010, and 2011**



Camp Details

Cost: \$50.00 for Middle School Students. Meets for four weeks

\$75.00 for High School Students
\$15.00 deduction for registration of a second family member.

Cash or Check are accepted for Payment and may be given to Coach Husser or dropped off at the BNHS Athletic Office between 8AM and 3 PM
Registration questions please contact Coach Husser at Khusser@district100.com

Camp Dates

June

Week 1 : 16, 17, 19, 20
Week 2: 23, 24, 26, 27

July

Week 3: 30, 1
Break for the 4th of July
Week 4: 10, 11
Week 5: 14, 15, 17, 18 (End of Middle School camp)
Week 6 21, 22, 24, 25

Time: 8 to 10:30 AM for High School
8 to 10:00 AM for Middle School

Summer Camp Release Form

Your son/daughter has indicated an interest in registering as a participant in our summer camp. We provide NO medical insurance coverage of any kind and strongly urge that you seek coverage if your son/daughter is not already covered. By registering you are acknowledging that you are waiving and releasing all claims for injuries which your son/daughter may sustain arising from participation in our camp. I hereby understand that I and/or my family members acknowledge the risks inherent in the above mentioned activity and agree that NO liability will be claimed or enforced against any person or group therewith connected. I understand that no hospitalization, health or accident insurance is provided in connection with the said registration. I further state that I have read and understand that this is a general release and that I intend for it to be legally bound by the same.

I hereby give my consent for my child to participate in the Belvidere North High School Sports Summer Camp. I assume all risk in regard to participation in this or any other–Belvidere North High School (District 100) program in which my child participates. I release, indemnify, and agree to hold harmless Belvidere North High School (District 100), its directors, administration, officers, coaches, instructors, property owners and volunteers from any and all liability that may result from participation in Belvidere North High School Sports Summer camp.

Athlete name _____ Parent Signature _____ Date _____

PAYMENT INFORMATION

Please make checks payable to BNHS. Feel free to contact me khusser@district100.com with any questions.

****Please return with payment to Coach Husser or Ms. Bailey Neiber(BNHS Athletic Office), and Summer Camp Release Form at earliest convenience.**

Name: _____ Grade (in Fall 2025): _____

Email: _____ Phone: _____

Parent/Guardian: _____

Emergency Contact/Relation: _____ Phone: _____

T-shirt size: **S M L XL XX** (adult sizes)