



Lafayette Boys Summer Running Camp

CAMP INSTRUCTORS: Lafayette Boys Cross Country Coaching Staff



Who: Open to any students entering grades 7-12th in the fall of 2026.

When: Dates listed below (**Saturday practices are for HS only**):

June

June 8th 9th 10th 11th 12th 8-10 am
 June 15th 18th 8-10 am
 June 22nd 25th 8-10 am

STATE MANDATED OFF WEEK

July

July 6th 9th & 11th 8-10 am
 July 13th 16th & 18th 8-10 am
 July 20th 23rd & 25th 8-10 am
 July 27th 30th Aug 8-10 am

Where: LaSalle Springs Middle School (Monday and Thursday) & Katy Trail (Saturday)

Cost: \$100.00
 \$50.00 each additional sibling.

What: Athletes will participate in running technique drills, speed training, running specific strength training, and endurance conditioning each day. Running safety and technique will be taught. This is an intense conditioning program. Plan on eating a good breakfast and competing against yourself each day.

Registration and Payment:

- **Online Form and Credit Card Payment.**
- *Go to [this link](https://forms.gle/hTysSDci6uNdTJzK8) to complete and submit the form. <https://forms.gle/hTysSDci6uNdTJzK8>
- *Follow instructions on the google form
- *Pay on the Rockwood Parent Pay Online (Lafayette Web Page)
- * ENTER RECEIPT # FROM PARENT PAY ONLINE TO GOOGLE FORMS
- *You can pay with credit card
- *No paper or mailing required

Email Josh Morris morrisjosh@rsdmo.org or Sean O'Connor at oconnorsean@rsdmo.org with any questions.

Boy's Conference Championships:
 2000, 2007, 2012, 2013, 2014, 2015, 2020, 2022

Boy's District Championships:
 1980, 1985, 1994, 2012, 2013, 2014, 2015

Boy's State Trophy Teams (Top 4):
 2012 – 3rd, 2013 – 3rd, 2014 – 1st, 2015 – 1st, 2016 – 3rd, 2018 – 4th

Check out our website: <https://sites.google.com/site/lafayetteboysxc/home>
 You can also find us on Parent Square! **LHS Boys Cross Country**