

SLUH CROSS COUNTRY/TRACK SUMMER DATES AND PROGRAMS

Off season winter and summer training and competition is essential to our continued success in Cross Country and Track at SLUH. Very few athletes can train all summer long on their own. We have planned summer programs to build spirit and to support and motivate you in becoming the best you can be. These programs are open to incoming freshmen as well as current students. Use these dates to plan your family summer calendar. Current students will be able to sign up for these programs later this spring. Freshmen receiving this in March who may be interested in Cross Country or Track should use the response form included with your packet to register or to get their names on our team mailing lists.

I. SLUH Cross Country Camps and Track Speed Camp

Our goals during these weeks will be to build team spirit, educate you about what it takes to become the best runner you can be and guide you in the training you do on your own. Members of all classes and runners at all levels of ability are welcome. **I am urging all members of the team to seriously consider making the commitment to these camps.** Adjust work schedules and vacations if possible. I will provide a packet of training materials daily snacks and sports drinks.

Week one: Cross Country Camp: June 14 - 17, 6:00 - 8:30 pm. at SLUH. We will meet in the Track Stadium on the west side of the building.

Cross Country Camp Week two: July 26-29, 6 - 8:30 pm at various sites in the St. Louis area: Monday we will meet near the tennis courts in the rear of **Queeny Park**, Tuesday at **Kirkwood Park** at the pavilion near the tennis courts, Wednesday on the south side of **Central Fields in Forest Park** and Thursday at the **home of Coach Flanagan in Webster Groves** for a run followed by a barbecue and swim party. Directions will be provided.

Track and Field/Speed Camp will be meeting at the same time and place listed above. We will focus on speed development and hurdle technique and will offer one on one instruction for those who may be preparing for summer track competition.

Fees: \$50.00 for one week, \$90.00 for both weeks. Makes checks payable to "SLUH Cross Country/Track Camp." A t-shirt will be provided for any athlete who attends both camps.

II. SLUH XC Summer Weight Lifting

Weight lifting is an essential part of an athlete's training regimen and it has been a key to our success. It also helps you look good at the pool! **I expect that all varsity contenders in Track and XC will lift this summer.** SLUH coaches will supervise Sessions and we have the room reserved for our teams. You are not required to come to every session, but we expect that you will come as often as you can on dates that do not conflict with a vacation. Runners get together for an informal run before the lifting sessions. Freshmen are welcome to sign-up.

Dates: Tuesdays, Thursdays and Saturdays beginning June 8th and ending August 7th. Note: There is a mandatory dead period where the weight room will not be open from July 3rd to 11th **Training session required for all participants on June 9th at 10:00 am.**

Usual daily times 9:30 - 11:00 am. Those running mileage usually meet at school before lifting for a run to avoid the heat.

Fee: \$50.00 for the summer.

III. Metro Forest Park Running Club

a group of young men and women from around the St. Louis area form this club in the summer and winter to facilitate training and create opportunities for competition. A group of coaches from a number of high schools will serve as coaches. A good number of SLUH runners will be participating, including new runners. The group meets each

Wednesday at 6:00 pm to warm up with run beginning at 6:30 on the south end of the Central Fields in Forest Park all summer long. Session concludes by approximately 7:30 pm.

IV. Out of Town Camps Most competitive runners participate in an out of town Track and Field or Cross Country camp during the summer. These can be great experiences for committed athletes. They also give you a chance to get new information and tips from great coaches while training with elite athletes from all over the country. I hope some of our athletes, particularly those aiming for varsity spots, will seek some of these out this summer. The most competitive members of the Cross Country team usually choose a College Camp to attend together. More information will be available at our spring sign-up meeting and will be mailed to incoming freshmen. Our team captains will be coordinating details for this event.

V. Parties and other events The Cross Country team is planning a barbecue and swim party on the THURSDAY of camp week two in July. All are welcome to attend whether they will be at camp or not. Captains will be in touch with team members about other opportunities to get together during the summer.

Please feel free to call me at school at 531-0330 (ext. 192) or at home at 303-4215. My e-mail at school is: jporter@SLUH.org . I look forward to a great summer and a very successful season in SLUH XC and TRACK and FIELD!

Coach Joe Porter