

Camp Week 1 June 8-11

Camp Week 1 will meet in front of the Danis Fieldhouse on SLUH's campus at 6:00 pm. The camp will end at 8:30.

The focus of the first week of camp will be learning about training and why we train the way we do. Lectures during the camp will focus on training theory, nutrition, and setting goals.

All running during this week of camp will be down in Forest Park.

Camp Week 2 July 20-23

Camp Week 2 will meet at different parks around the area at 6:00 pm. Each day will end around 8:30.

Monday: Queeny Park
Tuesday: Kirkwood Park
Wednesday: Central Fields of Forest Park
Thursday: Coach Flanagan's house

The second week of camp focuses mostly on racing tactics and strategy.



Daily Runs and Weights

Consistency and weight lifting are an essential part of an athlete's training regimen and it has been a key to the success of SLUH XC. Plus, it helps you look good at the pool!

You are not required to come to every day, but we expect that you will come as often as you can on dates that do not conflict with a vacation.

Dates: Monday-Saturday except Tuesday starting at 7:00am so avoid summer school beginning June 8th and ending August 1st Tuesday evenings will begin at 6:00pm at a place yet to be determined in Forest Park. There will be no runs during the MSHSAA dead period.



APPLICATION

Please fill out this form and send it back to Coach Porter at SLUH by the beginning of May. Make checks payable to SLUH.

Name: _____

Address: _____

City/Zip: _____

Year in School: _____

Parent email: _____

Parent Phone #: _____

Additional #: _____

Please check all of the following that apply:

___ Camp Week 1

___ Camp Week 2

Camp fee is \$80 for one week and \$120 for both weeks.

___ Daily Runs/Weights (\$50)

T-Shirt size if attending both weeks of camp. T-shirts can be purchased for \$10 is not attending both weeks. (Circle one)

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Please fill out the permission form on the back of this page.

PERMISSION FORM

If you are signing up camps or the summer weights program now, please fill out the risk and release agreement below and return this form with your check made out to "SLUH Track/Cross Country Camp"

ASSUMPTION OF RISK AGREEMENT AND RELEASE

The undersigned, as parents/guardian of _____, a minor, hereby testify that we understand that our son/guardian is participating in the SLUH Cross Country Camps or Weights program. Our signature below indicates that we hereby release St. Louis University High School from all liability and assume all responsibility for risk of otherwise participating in these activities. I/we have read and understood the foregoing Assumption of Risk Agreement and Release this ____ day of _____, 2020.

Parent/ Guardian Signature(s):

About the Staff

Joe Porter – Joe has been the head cross country coach at SLUH for 10 seasons. He has been a coach at SLUH for 15 seasons. He also serves as the head Track & Field coach at SLUH. He has been a part of 11 state XC trophies and 4 state track team trophies.

Brian Gilmore – Brian has been coaching at SLUH for 13 years. He has been a part of 4 team state titles.

Mike Lally – Mike has been coaching at SLUH for 2 years. He has been a part of 2 state trophies.



SLUH XC Summer Camps and Weights



2019 MCC Champions
2nd Place – MSHSAA State Championships

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Camp Week 2
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