

ARAPAHOE CROSS COUNTRY - FUTURE WARRIORS SUMMER RUNNING CAMP for Middle School Runners (incoming grades 6-8)

Please pass this information along to your friends and neighbors. We would love to grow our young running community.

The Arapahoe XC program invites your middle school athlete to join us for a fun summer training program. This camp is open to runners of ALL fitness and experience levels. Whether your athlete is a seasoned pro or a total newbie, they'll be welcome with us! During this camp, runners will learn the basics about running and gain confidence in their abilities. We'll cover proper form and training techniques as well as the importance of warm-ups and cool-downs. Runners will set goals and track their progress throughout the summer and will be mentored by peer coaches from our high school team. At the end of the summer, they'll have the chance to test themselves at the Arapahoe 5K community race which is included in camp cost!

WHEN & WHERE DOES IT MEET?

This year we are offering **two 4-week sessions**. Both will be held on Tuesdays & Thursdays from 8:30 am - 9:30 am. **Meet at the AHS northwest parking lot by the track.** We invite runners to join us for both sessions! Please note there is a week off between Session 1 and Session 2.

Session 1: June 7 - June 30

Session 2: July 12 - August 4

HOW CAN I REGISTER?

Complete the online Running Club Athlete Information & Release Form:

<https://tinyurl.com/mvxc6k9h>.

Registration deadline to guarantee a t-shirt is May 7, 2022. We will accept late registrations but cannot guarantee a t-shirt after that date.

Please contact Coach Kate Dusto with questions: kdusto@lps.k12.co.us.

Please reach out with any questions.

Your AHS XC Coaching staff,

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