

# CROSS COUNTRY 8-WEEK SUMMER TRAINING CAMP

For our high school cross-country athletes, running in the summer is essential pre-season training. To ensure athletes are prepared for their fall season, our program meets 3 times a week from June to July. For jr. high cross-country athletes, summer training helps introduce them to the fun, challenging and rewarding aspects of the sport in the family-like community our high school team has created. In addition to running, athletes receive instruction on the many aspects of the sport including running form, nutrition, strength-training, and injury-prevention.



## KEY FEATURES

- Safe running routes monitored by coaches, alumni helpers, and parent volunteers.
- Workouts tailored to each athlete's level of fitness.
- No experience necessary.
- Post-run snacks and hydration
- Pre-run instruction on key aspects of the sport.
- Parents are welcome to stay and hike, run, walk, or crochet in the hot car.
- Team T-shirt included
- Devotional on Monday mornings



## WHEN

JUNE 6—JULY 29

MONDAYS, WEDNESDAYS,  
FRIDAYS

6:00 A.M. – 8:00 A.M.

## WHERE

VARIOUS TRAILS, PARKS,  
AND CANALS IN THE EAST  
VALLEY (CHANDLER,  
GILBERT, TEMPE).

## WHO

STUDENTS ENTERING 6TH-  
12TH GRADE

## REGISTRATION

\$100 FEE PER ATHLETE  
WITH SCHOLARSHIPS  
AVAILABLE UPON  
REQUEST. THERE IS  
NO EXPECTATION  
THAT A REGISTERED  
ATHLETE WILL ATTEND  
ALL PRACTICES OVER  
THE 8-WEEK CAMP,  
BUT WE ASK THAT ANY  
INTERESTED STUDENT  
REGISTER REGARDLESS  
OF TIME AWAY FOR  
VACATIONS.

**A PROGRAM  
DESIGNED TO  
KEEP STUDENTS  
ACTIVE DURING  
THE SUMMER!**

# BEYOND RUNNING



## EACH DAY HAS A DIFFERENT FOCUS:

### **MINDSET MONDAY**

As a Christ follower first and coach second, I am far more invested in your child's faith, character, and worldview than their split-time or ranking. We will begin every Monday with a Jesus-focused devotional/discussion designed to minister to your child's faith and, secondarily, help them develop the mental toughness necessary for a successful running career.

### **WELLNESS WEDNESDAY**

Even though it is non-contact, running is a very physically demanding sport. Wednesdays will be focused on self-care and injury-mitigation. The goal will be to promote your child's overall health and wellbeing with discussions focused on topics such as stretching, nutrition, and supplemental fitness training.

### **FORM FRIDAY**

Contrary to what some may think, running is a sport that involves proper form. This means there is good and bad running technique. Fridays will focus on helping your child understand and master the "right way to run" by focusing on things such as gate, body alignment, speed, and race strategy.

**Coach Jenny Brecht**

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VALLEY CHRISTIAN  
SCHOOLS