

**** High School & Middle School Running Camp **** **Uncompahgre Valley Cross Country Camp**

Registration Information: montrosexc.weebly.com



12th through 8th Grade Running Camp

Open to all 8th - 12th grade students
July 31 – August 4, 2023 ** 8 a.m. – 11am Daily

Registration Deadline: Friday, July 10

Held @ Montrose High School

There is no guarantee you will receive a t-shirt if you register after the deadline!!!!

Registration Fee Before Deadline: \$60.00

Registration Fee After Deadline: \$70.00

Checks Payable To: Montrose Cross Country Booster Club
15425 6220 Court, Montrose, CO 81403

Goal For Camp: We want to help prepare athletes for their upcoming season by training in a group, working out sore muscles, reinforcing good form, race techniques, encourage great stretching techniques, and setting both short-term and long-term goals.

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- Registration forms can be found on the Montrose High School Cross Country website.
 - **Montrosexc.weebly.com**
 - Each Participant must have a copy of their signed **Physical Form** (contact your school to obtain form). **Physical Forms** may be mailed or brought to the camp at check-in.
 - **Mail registration and camp fee to the address shown above.**
 - Camp check-in on Monday will be from 7:30 a.m. – 8 a.m. in the Montrose High School Parking Lot located on Townsend Ave & South 7th.
 - Training runs at camp will be broken into low, intermediate, and upper mileage runs, ranging from 4 to 8 miles. Each runner should be in adequate condition to run a minimum of four miles for high school and 3 miles for middle school each day.
 - Clinics at the camp will include training runs, racing strategies, nutrition, proper running form on various terrain and when finishing races, stretching techniques, video analysis of individual running form during training runs, resistive band training to enhance strength, speed, agility, and endurance.
 - Participants are responsible for bringing personal water bottle for use during and after runs.
 - Camp participants will receive souvenir camp t-shirt, Resistive Flex Band, and snacks each day.