



2022 BOERNE ISD CROSS COUNTRY CAMP

June 7-10 Champion High School Track 7:00-9:00 am

DETAILS

Geared towards young runners entering 5th - 9th grade, help prepare for JH and High School cross country season and to improve as a distant runner.

BUILDING HEALTHY RUNNING

Our camp emphasizes enjoyment and improvement by building good running habits.

Building endurance safely

Strength development

Injury Prevention

Develop proper running form

COACHES AND COUNSELORS

Coach Jonathan Tate

Head Boys and Girls Cross Country Coach Champion High School

Coach Chris Carter

Head Boys and Girls Cross Country Coach Boerne High School

Collegiate and current athletes will serve as counselors that will guide you through a warm-up and stretching routine

Name: _____

Entering Grade: ____ Phone: _____

EMAIL: _____

ATHLETES CAMPUS: _____

ONLINE SIGN-UP



T-Shirt Size: S - M - L - XL

Please mail this portion with \$75 to the following address.

You may late register the first day of camp but the cost will be \$85.

Jonathan Tate

249 Cold River

Boerne, TX 78006