**2021 Gustavus Running Camp**

#### Boys and Girls (Grade 9 – 12)

**Session 1 – Thursday, July 15th**

**Session 2 – Thursday, July 29th**

Please check enrollment availability at

*GustavusRunningCamp.com*

###### Camp Director: Brenden Huber

Camp Site: Gustavus Adolphus College

**General Information:**

After a short delay, the Gustavus Running Camp is back. We will be doing a day camp this year (we will return to our week camp format in 2022!). Our goal will be to continue to give dedicated attention to each camper by keeping smaller numbers. The Gustavus Running Camp is designed to broaden each athlete’s knowledge of running and motivate each person to perform his or her best, while coming away with the feeling of being a part of the team!

* **Enrollment: 40 campers per session.** Our camp is open to young men and women entering grades 9-12 this coming 2021-2022 school year.
* Arrival and Departure: Check-in at 8:00 AM and Departure at 5:00 PM.
* What to bring? Campers should bring running shoes (extra pair if planning to steeple), workout clothes, and a water bottle.
* Expectation for runners to be ready to run a minimum of 3 miles during camp.
* Focus of the camp is to set goals, network, explore each individual’s running potential and have fun in the process.

**Special Features:**

* Video Analysis - each camper will be filmed at least twice during camp to analyze running form; prior to any instruction or demonstration and again later in the week.
* Campers will eat in the nationally recognized Gustavus dining service.
* Camp Counselors will be Gustavus XC athletes/alumni

**Topics To Be Covered:**

* Proper Running Form
* Training and Racing Techniques
* Dynamic Warm-up and Flexibility Drills
* Injury Prevention and Injury Identification
* Strength Training for Runners
* Cross Training
* Goal Setting
* Steeple Chase

**Running Camp will be conducted by:**

* Gustavus Head Cross Country Coach Brenden Huber - Huber is entering his fifteenth year of coaching at Gustavus having coached All-Americans and Conference Champions. Huber is a former South Dakota All-State cross-country runner and competed for the University of South Dakota.
* Gustavus Assistant Coach Becki Staley - Coach Becki is a decorated D1 runner with thirteen All American honors, including two national titles in both track and cross country while running for both Alabama and the University of Florida. Becki was also a 20x North Dakota HS State Champion running for Dickinson High School.

**Cost:**

* The Cost will be $50 for a session.
* Please make checks payable to Gustavus Running Camp.
* You can also register online @ GustavusRunningCamp.com (fees may apply)

**For More Information, Contact:**

 Brenden Huber (507)-995-1750 (cell)

 Or email: bhuber@gac.edu

Please detach the lower portion and return with your deposit

**Gustavus Running Camp Registration- Please Circle One Session 1 or Session 2**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age:\_\_\_\_\_\_\_

Male:\_\_\_\_\_\_\_Female:\_\_\_\_\_\_\_

Parent/Guardian Name(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Cell Phone: (\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Participants cell: (\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Attended:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade Next Fall:\_\_\_\_\_\_\_

Best Time: 400\_\_\_\_\_\_\_800\_\_\_\_\_\_1600\_\_\_\_\_\_\_3200\_\_\_\_\_\_5k\_\_\_\_\_\_\_

Any Additional Information we need to know/Allergies/Medications \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please mail registration to: Brenden Huber

800 West College Ave

 St. Peter, MN 56082

You can also register online @ *GustavusRunningCamp.com* for an (additional fees may apply)