

## GIRLS CROSS COUNTRY

Coach: Ryan Stapinski & Staff – [rstapinski@lw210.org](mailto:rstapinski@lw210.org) or 815-462-2209

Camp includes individual training and instruction, and recommendations for training, stretching and health.

Date: Camp – June 6, 7, 8, 9 and July 24, 25, 26, 27  
Conditioning – June 13, 14, 15, 20, 21, 22, 27 and July 6, 11, 12, 13, 18, 19, 20

Camp: #GXC100

Grades: 6<sup>th</sup> thru 12<sup>th</sup>

Time: Camp - 7:30 am-10:30 am (ending times will vary by location)  
Conditioning - 7:30 am-9:00 am

Fee: \$100.00 (Price includes summer camp T-shirt, bus to Detweiller at Dark, rope for stretching, and additional conditioning dates)

Location: Camp - Will meet at Lincoln-Way Central Fieldhouse lobby and take buses to different locations. A bus to Detweiller at Dark on 7/28 will be provided by Coach Taylor. You must register on your own <https://detweilleratdark.com/>  
Conditioning – Will meet at various local forest preserves. Summer calendar can be found on team website [www.lwcdistance.weebly.com](http://www.lwcdistance.weebly.com)

### **NO REFUNDS ON THIS CAMP**

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- Starting this year registration is online only.
- REGISTER ON 8TO18 SUMMER CAMPS – <https://lwc.8to18.com>
- Payment can be made via Master Card Visa, American Express or e-check
- PLEASE NOTE-Because of ordering deadlines and restrictions, registrations received less than two weeks before the start of camp, will not be guaranteed a t-shirt.