

GIRLS CROSS COUNTRY

Coach: Ryan Stapinski & Staff – rstapinski@lw210.org or 815-462-2209
Camp includes individual training and instruction, and recommendations for training, stretching and health.

Date: Camp – June 10, 11, 12, 13 and July 26, 29, 30, 31
Conditioning – June 18, 19, 20, 25, 26, and July 2, 3, 9, 10, 11, 16, 17, 18, 23, 24, 25

Camp: #GXC100

Grades: 6th thru 12th

Time: Camp - 7:30 am-11:00 am (ending times will vary by location)
Conditioning - 7:30 am-9:00 am

Fee: \$110.00 (Price includes summer camp T-shirt, rope for stretching, and additional conditioning dates)

Location: Camp - Will meet at Lincoln-Way Central Fieldhouse lobby and take buses to different locations.
Conditioning – Will meet at various local forest preserves. Summer calendar can be found on team website www.lwcdistance.weebly.com

NO REFUNDS ON THIS CAMP
