

NILES NORTH BOYS' CROSS COUNTRY



SUMMER CAMP 2013

Join the winning tradition and help Niles North repeat as conference champions in 2013!

Run to get stronger. Run to test your limits. Run with passion. Run with tradition.

This camp is available to both middle school and high school athletes. The focus of the camp will be to build a running base for the cross country season. Camp activities will include:

- road running
- weight training
- dynamic drills and stretching
- speed work
- hill work and training trips to area forest preserves and parks

Dates: Mondays, Wednesdays, Thursdays - June 24th to July 25th (with practice on July 4th)

Time: 6:30 a.m. to 9:15 a.m.

Dates: Tuesdays – June 25th – July 23rd

Time: 6:30 a.m. – 9:45 a.m.

Location: The Niles North High School track

Grades – 6 – 8: Cost: \$50.00 Non Resident Cost: \$60.00 (CNBX02)

Grades – 9 – 12: Cost: \$70.00 Non Resident Cost: \$84.00 (CNBX01)

Athletes must have a pair of running shoes and a water bottle to participate in the camp. A t-shirt is included in the cost of the camp.

Questions?

Contact: Coach Dan Horyn at danhor@d219.org or (847) 626-2101.

For more information about the Niles North boys' cross country team, visit:

<http://summer.niles219.org/>

and click on “boys’ cross country”