

## CAMP DIRECTOR

- **Scott Brown**, Assistant VHS boys track & cross country coach, Indian Hills Boys' & Girls cross country coach, Westside Club track and cross country distance coach. Has ran 24 total marathons, plus competed in other distance races & triathlons. Questions: Call Coach Scott Brown at 401-7874 or email at [browns@wdmcs.org](mailto:browns@wdmcs.org) WEBSITE: <http://wdmvalleyboyscrosscountry.weebly.com>

## CAMP COACHES

The following coaches may work closely with your son and/or daughter

- **Tom Trygstad**, Head boys cross country coach, and head boys track and field coach at Valley High School.
- **Andrew Sorge**, Assistant Track coach at VHS, cross country coach at Stilwell

c/o Tiger Distance Camp  
Valley High School  
3650 Woodland Avenue  
West Des Moines, IA 50266

# **2019 JR. TIGER DISTANCE RUNNING CAMP**



**TRACK & FIELD  
CROSS COUNTRY**

FOR BOYS AND GIRLS

Session 1:

**June 17-20 & 24-27th**

Session 2:

**July 8-11th & 15-18th**

Session 1&2 Times:

**8AM-9AM**

**(for 7th-8th)**

**9AM-10AM**

**(for 3rd -6th)**

**Location: Valley High School Track**

Session 3:

**Aug 19-22nd 8-10 AM**

**INCOMING:**

**7th & 8th Grade Boys & Girls**

**LOCATION: Indian Hills JH  
front doors**

## *Why run all summer with us?*

The "Running Orange" Tiger Distance Running Camp will provide a fun atmosphere for both boys and girls to learn about and train for cross country and distance running. During these dates campers will learn about proper stretching, running technique and many more insights on running. You will also get a chance to build-up Aerobic endurance through organized runs. Plus the camp offers the opportunity to get in shape and have fun with others...it is more fun to run with others!

### **What You Get From the Camp for \$50.00 per session**

- **CAMP shirt**
- **Water Bottle**
- **"RUN" Sticker**
- **Goal Setting**
- **Nutrition**
- **Strength and endurance Training**
- **Proper running mechanics**
- **Racing strategies**
- **Principles of endurance training**
- **Proper shoe selection**
- **Injury prevention and care tips**

## **PRACTICE AND RACE INFORMATION**

### **FOR BOYS AND GIRLS**

### **DATES FOR CAMP SESSIONS**

Session 1:

**June 17-20 & 24-27th**

Session 2:

**July 8-11th & 15-18th**

Session Times:

**8AM-9AM**

**(for 7th-8th**

**9AM-10AM**

**(for 3rd -6th)**

Location: VHS Track

3rd Session:

Incoming -7th & 8th Graders

**Aug 19-22nd—8-10 a.m.**

Location: Indian Hills JH front doors

### **WEBSITE:**

<http://wdmvalleyboysandgirlsxc.weebly.com/>

### **Camp participants get a Free SUMMER RACE TO PARTICIPATE Clive Running Festival-**

The 1 mile race is free, any other distance would need to be paid for. If you are not a participant in the camp, you would need to pay the race fee.

## **REGISTRATION INFORMATION**

Fill out and return to address shown on back of camp brochure.

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

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

Phone (#): \_\_\_\_\_

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

Grade Fall (2019) \_\_\_\_\_

Which Session (s) Attending \_\_\_\_\_

School: \_\_\_\_\_

Parents names: \_\_\_\_\_

### **Parents Release and Indemnity Agreement:**

In consideration of the acceptance of this application for enrollment in the 2019 Tiger Distance Camp, I intend to be legally bound and release any and all rights and claims for damages I may have against the West Des Moines Community School and all coaches for any damages which may be sustained and suffered in connection with participation in the camp. I hereby grant permission for my child to be a participant in the camp and if injury should occur during traveling to, participating in or returning from camp, I agree to pay for all costs, present and future, through my medical insurance policy and/or personal finances.

\_\_\_\_\_  
PARENT SIGNATURE:

T-Shirt Size (circle your size)

Youth: S,M, L Adult: S M L

**MAKE CHECKS PAYABLE TO:**

**Valley Cross Country Camp**

**\$50.00 per session) \$10.00 off  
p/person-sibling attends**