

2019 SUMMER INFORMATION

Summer team runs and lifting begin Monday, June 10th

- *We will meet every Monday, Tuesday, Wednesday and Thursday from 7:30AM-10AM at VHS track*
- *Captains or coaches will organize each run. You are expected to lift as well.*

Summer Training Logs:

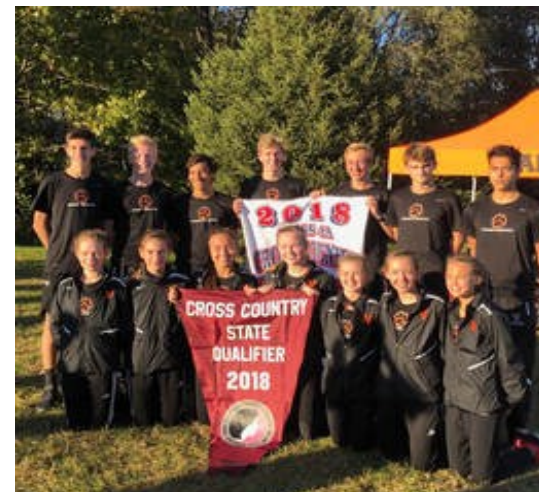
Each HS XC runner will get signed-up on our team training log and enter workouts for the 10 week summer training. Camp money will help pay for VALLEY XC Stocking cap that will be rewarded for meeting running goals and showing up for summer runs and lifting.

Officially high school cross country practice begins August 12th @Valley High School. You must have your paperwork and physical turned into familyID online by this date. That includes an updated physical.



Valley Athletics—Cross Country
Valley High School
c/o Brad Rose
3650 Woodland Avenue
West Des Moines, IA 50266

2019 XC CAMP



August 5-8th
From 8:00AM-11AM
@ VHS TRACK

*For girls & boys entering
grades 9th-12th
for the 2019- 2020
school year*

2019 CAMP FEATURES

The Valley boys cross country camp will provide a fun atmosphere for campers to learn about and train for cross country running. Campers will stretch, run, eat, hydrate, lift, swim, and watch running videos, yoga, and be given packets of information about distance running, nutrition, stretching, etc. Each camper will also have the opportunity to hear motivational speeches by coaches and special guests. This camp is an opportunity for the program to get a head-start on the season.

Areas of overall focus for the camp are:

**Goal Setting, Nutrition, Strength Training,
Proper running form, Race day strategy,
Principles of endurance training,
Proper shoe selection,
Injury prevention and care**

EACH CAMPER WILL RECEIVE

- **Valley XC short sleeve T-shirt**
- **Valley XC sticker / car decal**
- **Valley XC water bottle**
- **Valley XC running information packet**
- **Guest motivational speakers**
- **Food and Drinks**
- **Clinic sessions on all aspects of running**
- **Summer Running Award Stocking camp (for meeting running goals)**

CAMP DIRECTOR

The camp will be conducted by the Valley boys cross country coach **Tom Trygstad**. Coach Tryg has coached at Valley the past 16 years. The past 13 years as the head boys XC coach. This past year he took over the girls program as well and now the two programs are combined. During that time Valley's boys XC team has qualified for the State Meet the last 15 years in a row! This past year the girls team finished 3rd at the State meet in 2017. Coach Trygstad is also the head boys track and field coach and works specifically with the distance and mid-distance group.

Questions:

Call Coach Tom Trygstad at 250-3936 or email at trygstadt@wdmcs.org
Twitter: @Valleyxctf and @ValleygirlsXC
Website: <http://wdmvalleyboysandgirlsc.weebly.com/>

CAMP COACHES

We will have most of our high school coaching staff on hand for this camp. Many former Valley High School cross country and track runners, along with guest speakers will be on hand as well.

Cost of the camp is: \$50.00 per person

REGISTRATION **INFORMATION**

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

Name: _____
Address: _____

Phone: _____
Email: _____
Grade Fall 19: _____
Parents name: _____

Parents Release and Indemnity Agreement:

In consideration of the acceptance of this application for enrollment in the 2016 Valley Boys Cross Country 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)

Adult: S M L XL

MAKE CHECKS PAYABLE TO:
Valley Cross Country Camp (50.00)

