

Centerville cross country camp another success

Last week the Centerville girls cross country team hosted over 80 campers when it hosted the 5th annual Elementary and Middle School Cross Country Camp. The camp was sponsored by On The Run, a running specialty store in Lebanon.

The camp was designed to raise an awareness of the sport of cross country, teach basic training routines, and allow the athlete to enjoy the benefits of running through a positive and rewarding experience. This year the camp was split between returning and first-year runners.

"The campers worked hard, had fun, and we two campers set race records," stated camp director and Centerville girls cross country head coach David Dobson.

Campers were taught about running topics such as warming-up, running form, hill running, and pacing.

"Everyone all had a great week," added Dobson following the camp. "I believe they learned a lot more about running than they expected."

The camp concluded with a 1K and 2K race for elementary and middle school runners respectively. The top 5 boys and girls from each are listed for you below:

Elementary Girls:

Ashley Sembach - 4:27
Lainey Studebaker - 4:28
Hannah Zaciewski - 5:18
Amber Browing - 5:23
Lia Downs - 5:26

Elementary Boys:

Matthew Kitze - 4:09 (new record)
Steve Moody - 4:33
Daniel Moell - 4:40
Corey Dunham - 4:43
Alex Tsamasiros - 4:31

Middle School Girls:

Sarah Chilson - 8:37 (new record)
Erin Daly - 8:44
Katie Bishop - 9:14
Austin Borton - 9:19
Hailey Trouten - 9:22

Middle School Boys:

John Nichols - 8:17
Josh Steible - 8:21
David Lawler - 8:24
Rob Berry - 8:49
Demetri Tsamsiros - 9:06

The camp is tentatively scheduled to begin next summer on Monday, July 28, 2008.