



CROSS COUNTRY CAMP
 ELEMENTARY
BOYS AND GIRLS
 MIDDLE SCHOOL
July 18 – July 22, 2022

The Centerville Girls Cross Country Team Proudly Offers
*OHSAA STATE CHAMPIONS: 2014, 2015, 2016, 2017, 2020 * OHSAA STATE RUNNERS-UP: 2012, 2018*

**The 21st Annual Elementary and Middle School
 Cross Country Camp**

I would like to personally invite your son/daughter to the 21st annual Centerville Boys and Girls Cross Country Camp. The purpose of the camp is 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 experience based on the values (positive, relentless, invested, disciplined, and engaged) of Centerville Girls HS Cross Country.

~ Head Coach David Dobson

CAMP DATES: July 18th – July 21st with Camp Race on July 22nd
COST: \$50 (registration dated before July 1st) \$60 (registration dated after July 1st)
Each additional child per family is only \$30! Please arrive 15 minutes early on Monday, July 18th.
In case of inclement weather, decisions on camp will be posted at www.centervillegirlsxc.com.

Camp will be held at Stubbs Park on W. Spring Valley Rd. in Centerville. More Info at www.centervillegirlsxc.com

The ELEMENTARY Camp
(entering PS - 5th graders)
 8:00 - 9:30 AM

The MIDDLE SCHOOL Camp
(entering 6th - 8th graders)
 9:45 - 11:30 AM

Campers will receive...

- ☑ instructions on how to warm-up and cool down properly
- ☑ lessons on correct running form
- ☑ teaching on how to train for distance running
- ☑ a camp t-shirt

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- ☑ instructions on how to warm-up and cool down properly
- ☑ lessons on correct running form
- ☑ teaching on how to train for distance running
- ☑ an introduction to shoe selection
- ☑ an introduction to injury prevention
- ☑ a camp t-shirt

Each camper is invited to participate in a camp race on July 22nd. Race times are below.

6:00 PM – Elementary Boys and Girls (1K)

6:30 – Middle School Boys and Girls (2K)

2022 Centerville Boys and Girls XC Camp Online Registration Form



OR Visit <http://www.centervillegirlsxc.com/summer-camp2015/>

ALL REGISTRATIONS ARE COLLECTED USING GOOGLE FORM (QR CODE ABOVE). PAYMENT IS COLLECTED ON 1st DAY OF CAMP
Cash or Checks Payable To: Centerville Girls Cross Country
 CONTACT INFORMATION: Head Girls Coach - David Dobson @ 902-9058 or dobsonda@sbcglobal.net