



2023 SUMMER TRAINING CAMPS

JUNE 5 - JUNE 29 & JULY 10 - 27, 2023
(6:45 AM - 8:00AM MONDAY - THURSDAY ONLY)

WHO: For all 5th - 8th graders interested in joining the cross country team entering into the 2023/2024 school year, who attend: Monroe, Norwood, Oak Grove, Limestone Walters, Bartonville, Hollis and Pleasant Valley.

WHAT: Two **INTENSE** Cross Country Training Camps

WHEN: CAMP #1: MONDAY, JUNE 5 - THURSDAY, JUNE 29
Monday, Tuesday, Wednesday & Thursday: 6:45am - 8:00am

CAMP #2: MONDAY, JULY 10 - THURSDAY, JULY 27
Monday, Tuesday, Wednesday & Thursday: 6:45am - 8:00am

(we will run rain or shine, but no lightning)

*** I do realize that some of you might have summer vacations planned during these times. I just ask that the athletes attend the camps as much as possible and that they run on their own if they cannot attend.*

WHERE: Limestone High School (drop off & pickup in the teachers lot by the baseball field)

WHY: To get physically & mentally prepared for the upcoming cross country season

WHO WILL TRAIN US:

Coach Walker, Limestone Middle School Cross Country Coach
(309) 253-9282
missywalker1974@gmail.com

WHAT DO I NEED: **YOU WILL NEED A YOGA MAT**, and of course good running shoes, water, a ready to work attitude, and a **CURRENT SCHOOL PHYSICAL IS REQUIRED!** See next page for mandatory participation waiver.

****ADDED BONUS:** I would like for all cross country team members to participate in the Sun & Fun 2 Mile Run on Saturday, June 24 and Detweiller at Dark on Friday, July 28. See page 3 for more information on both races. Please feel free to contact me if you have any questions.

****REGULAR SEASON PRACTICE INFO****

REGULAR SEASON PRACTICES WILL START ON MONDAY, JULY 31

FROM 4:00 - 5:00, MONDAY - THURSDAY AT ALPHA PARK

and will remain on these days and times once school starts.

Parents, if you haven't, please download **TeamReach**. This is the app that I will use for **ALL** communication.

The link to join is LWXC23. I will use this app to communicate about practices, meets, meetings, etc.

PARENT MEETING WILL BE MONDAY, JULY 31 AT 5:00PM AT ALPHA PARK.



IMPROVE YOUR 2 MILE TIMES FOR CROSS COUNTRY THIS SUMMER BY CHALLENGING YOURSELF TO RUN 100 MILES OR MORE TO WIN A FREE SHIRT!

REGISTER BEFORE:

SATURDAY, MAY 27, 2023

Send me a message, no later than May 27, letting me know that you are participating, what size shirt you would like if you complete the challenge, and your Runkeeper information. Sizes available are adult sizes: XS, S, M, L and XL.

CHALLENGE DATES:

Sunday May 28 - Saturday, July 29, 2023
(not eligible to enter later than June 4)

COST:

FREE!

WHO CAN JOIN:

Only Limestone Middle School Cross Country team members are eligible to join at this time. If you are a returning runner, you are expected to complete this challenge!

DETAILS:

Track your runs (on your own and from summer camps), accumulate a total of 100 miles or more from May 28 - July 29 to win an exclusive "100 mile challenge" T-Shirt.

You will need a phone with the "Runkeeper" app installed. Once you have the app installed, I will invite you to the challenge group. You will have to run with your phone to keep track of each run you complete, unless you have a watch that will sync with your phone. The app will tell me how many miles you ran and when. You will have 9 weeks to complete 100 miles. Keep in mind, if you run everyday, you only need to run 1.6 miles everyday. You are aiming for 11.2 miles each week for 9 weeks. If your child doesn't have a phone, we can discuss other options to keep track of your mileage, but you would need to send me their mileage once a week through TeamReach.

PURPOSE:

PLEASE DON'T WALK! The purpose of this challenge is to increase your stamina and endurance for the upcoming cross country season. If you walk, I will be able to tell by your times and that distance **will not count**. Don't cheat yourself or the team by walking.

QUESTIONS:

Coach Walker can be reached through TeamReach, call or text at 309-253-9282 or email at missywalker1974@gmail.com.



CROSS COUNTRY TRAINING CAMP WAIVER 2023

Must be completed and given to Coach Walker before participating.

Student athlete name: _____

School student attends: _____

Name & number to call for emergency: _____

Please initial and sign at the places indicated:

___ My child has a CURRENT physical AT THEIR CURRENT SCHOOL.

___ In my opinion, my child is physically fit enough to participate at the camp.

___ I will have my child on time to all practices.

___ I will ensure that my child is eating properly and getting enough nutrients in order to participate.

___ I will ensure that my child is drinking PLENTY of water (eliminate soda if possible).

___ I understand that my child will be using crosswalks in order to go to Alpha Park. I will ensure that my child understands and knows how to cross a street properly.

WAVIER OF LIABILITY

Must be signed by both participants and a parent or legal guardian

I know that participating in this running/exercise camp and all related activities are potentially hazardous activities. I agree not to participate unless I am medically able and properly trained. I agree to abide by any decision of the coach relative to my ability to safely take part. I am voluntarily assuming all risks associated with participating in this camp including, but not limited to, falls, contact with other participants, spectators or others, the effects of weather, including heat, cold and/or humidity, traffic and other conditions that could be encountered, all risks being known and appreciated by me. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive, release, and hold harmless the organizers, volunteers, and schools for all claims or liabilities of any kind arising out of my participation in the SUMMER FITNESS AND RUNNING CAMP even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

I release the coach, volunteers, and parents of any liability for my son/daughter as a passenger in a private passenger vehicle for any injury or loss which may occur in transit to and from any practices.

BY SUBMITTING AND SIGNING THIS APPLICATION I AGREE TO THE ABOVE WAVIER OF LIABILITY.

STUDENT: _____

PARENT OR LEGAL GUARDIAN: _____

DATE: _____



**SIGN UP FOR THIS
EVENT BY GOING TO
THE LINK BELOW!
REGISTRATION INCLUDES
AN EVENT T-SHIRT!**

(SHIRT NOT GUARANTEED
IF REGISTERED AFTER JUNE 9TH)

A 200 meter **FUN** run will be held for kids 9 and under
and will start prior to the 2 mile run at 7:45am!

**REGISTER NOW
FOR \$25**

[https://raceroster.com/events/2023/71291/
limestone-sun-and-fun-2-mile-run](https://raceroster.com/events/2023/71291/limestone-sun-and-fun-2-mile-run)



**DETWEILLER AT DARK!
FRIDAY, JULY 28, 2023 @ 7PM
Detweiller Park - Peoria, IL**

PACKET PICKUP:

Thursday, July 27th @ RC Outfitters • 11:00am – 6:00pm

Race Day @ Detweiller Park • 3:00pm – 9:00pm

Participants will receive an official Detweiller at Dark shirt, custom race bib, and virtual packet

RACE DAY:

KIDS' FUN RUN:

starts at 6:30 pm – This is for all the little ones. Approximately 800 meters.

OPEN RACE – 3.0 MILES

starts at 7:00 pm – This is for all collegiate and post-collegiate athletes
and weekend warriors! (NO CO-ED TEAMS)

JR. HIGH (UP TO AGE 14) – 2.1 MILES

Girls – 8:00 pm | Boys – 8:30 pm

HIGH SCHOOL (AGES 13-19) – 3.0 MILES

Girls – 9:15 pm | Boys – 10:00 pm

REGISTER HERE:

www.detweilleratdark.com