

Friends University Cross Country/Track & Field Camp



Who: 3rd through 12th Grade Boys and Girls
Where: Friends University Athletic Complex
When: June 14th – 18th, 2021 (9:00am – 12:00pm)
Why: Training Smarter and Running Faster

Registration Fee: \$200 (Includes Camp T-Shirt)
 Sibling Discount: +1 Sibling - \$25 off total +2 Siblings - \$50 off total +3 Siblings - \$75 off total

Camp Registration

Registration can also be completed at the first day of camp on June 14th

Name:		
Address:		City:
State, Zip:	DOB: / /	Age:
Primary Phone: () -	Secondary Phone: () -	
Email:		
Grade (as of August 1):	T-Shirt Size:	
Parent/Guardian Signature:		

Please Circle Top 3 Events of Interest

Running Events:				
100m	400m	800m	1600m	Hurdles
Field Events:				
Long Jump	High Jump	Shot Put	Discus Throw	

Make checks payable to: **Friends University Athletics** (Note "Camp Fee" on check)

Mail to:
 Friends University
 Attn: Jason Parr
 2100 W University Ave.
 Wichita, KS 67213

IMPORTANT CAMP INFORMATION

- Medical Form & Release Form will be required. You can fill this out online or in person on the date of camp.
- Parents need to check their children into camp each day.
- We will have a COVID-19 Screening Form to ensure your children are not exhibiting any symptoms.
- All campers will need to bring the following items with them each day:
 - Water/Gatorade
 - Water Bottle
 - Towel
 - Sunscreen
 - Hat & Sunglasses

All athletes will be grouped for training purposes. Your group will be composed of other athletes who roughly match your current ability and your present state of training. Each day after your workouts, the counselors who supervise your workouts may move you to a more appropriate group. You may also ask the counselors to move you to a more appropriate group based on your comfort level.

Feel free to contact our camp directors with any questions:

Jason Parr
Jason_Parr@friends.edu
Office: (316) 295-5624
Cell: (316) 633-6854

Henry Brun
Henry_Brun@friends.edu
Office: (316) 295-5620
Cell: (210) 363-0275

CAMP SCHEDULE

Monday, June 14th

	Cross Country	Track & Field
9:00-9:45am	Registration/Camper Check-In	
9:45-10:15am	Introduction Game	
10:15-10:25am	10-Minute Break	
10:25-10:55am	Biomechanics and Form Analysis Training	“Breakdown of a Sprinter” Form Video Analysis
11:00-11:05	Alternate Speed #5 on Track	Dynamic Warm-Up (Completion of WU and Discussion of WU Importance)
11:10-11:30am	Heart Rate Monitors and Energy System Training	
11:30am-11:50am	Fartlek Run (CATCH ME IF YOU CAN)	Form Maintenance (SIMONE SAYS)
11:50-12:00pm	Break Down and Dismissal	

Tuesday, June 15th

	Cross Country	Track & Field
9:00-9:10am	Camper Check-In/Fellowship	
9:15-9:45am	Biomechanics Drills	Dynamic Warm-Up
10:00-10:45am	Hurdle Mobility Drills	
10:45-11:00am	Drink/Snack Break	
11:00-11:20am	“KEEP THE PACE” Run	“Runners and Gunners”
11:20am-11:35am	Stretching and Proper Shoe Selection	
11:35-11:50am	Running Sports Psychology	
11:50-11:55am	Continuous Run	Visual Imagery
12:00pm	Dismissal	

Wednesday, June 16th

	Cross Country	Track & Field
9:00-9:10am	Camper Check-In/Fellowship	
9:15-9:45am	Event Group: Race Tactics (800,1600,3200)	Dynamic Warm-Up
9:45-9:55am	Break	
9:55-10:20am	Interval Sprints: Alternate Speed 100m-200m	Maximum Velocity/ Maximum Intent
10:25-10:45am	Drink/Snack Break	
10:45-11:00am	Running/Training Logs & Goal Setting	Goal Setting/Goal Sheets Positive Self-Talk
11:05-11:15am	Nutrition and Hydration Discussion	
11:20-11:50am	Water Balloon Tag @ Davis Building	
12:00pm	Dismissal	

CAMP SCHEDULE

Thursday, June 17th

	Cross Country	Track & Field
9:00-9:10am	Camper Check-In/Fellowship	
9:15-9:45am	Biomechanics Drills Agility and Conditioning Drills	Dynamic Warm-Up
10:00-10:10am	Break	
10:15-10:50am	Pyramids 110m – 10s Break 150m – 15s Break 200m – 20s Break	Block Start Video Explanation
10:50-11:10am	Drink/Snack Break	
11:10-12:00pm	Weight Circuit Training 8 Stations with Run	Block Start Practice (Sprint Competition)
12:00pm	Dismissal	
12:30-2:00pm	9 th -12 th Graders: Admissions Visit, Campus Tour	

Friday, June 18th

	Cross Country	Track & Field
9:00-9:10am	Camper Check-In/Fellowship	
9:10-9:30am	Biomechanics and Form Analysis Training	Dynamic Warm-Up
9:30-9:50am		Relay Exchanges (4x50m Relay)
9:50-10:00am	Break	
10:00-10:15am	Importance of Cross-Training	
10:15-10:30am	Care and Prevention of Injury	
11:00-12:00pm	Friends XC Fun Run (Parents Welcome To Join)	
	Track & Field Meet (100m, 200m, 400m, 800m, 4x100m, Long Jump, High Jump, Shot Put, Discus Throw)	

