Friends University

CAMP 2019

**Who:** 4th-12th grade boys and girls  
**Why:** Training Smarter and Running Faster  
**When:** June 17- June 21  
**Where:** Friends University 9am-Noon  
**Cost $100**- Include Friends University Cross-Country T-shirt and Running Bag  
  Discount=1 Sibling $25, 2-Siblings $50, 3- Siblings $75

All athletes will be grouped for training purposes. Your group will be composed of other runners who roughly match your current running 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 counselor to move you to a more appropriate group. Although a runner's ability and needs determine training groups, members of the same team are both welcomed and encouraged to attend.

**Camp Activities:**

**Heart Rate Monitors and Energy Systems**  
Heart rate monitors will be demonstrated during camp to show how they can help ensure proper training intensity to help prevent burnout, injuries and running junk mileage.

**Running/Training Log & Goal Setting**  
The importance of setting goals and how to attain them during the upcoming season and beyond will be discussed.

**Sports Psychology**  
This session will introduce the runner to the most important aspect of "the athlete"—the mind.

**Nutrition / Hydration**  
The fuels that feed your energy systems and how to care for and maintain your body at its highest level for peak performance will be discussed.
Care & Prevention of Injuries
Through individual consultation and presentations by the local runners can learn more specifically about their present and past injuries as well as other running-related injuries and how to both care for and prevent them.

Stretching and Proper Shoe Selection
The two leading causes of injuries in all runners both will be discussed and demonstrated at length.

Race Tactics
Runners will be introduced to various racing tactics and strategies for all distance races at all levels of competition.

Biomechanics and Form Analysis
Highlighting the efficiencies and correcting the inefficiencies of his/her biomechanics. These corrections will be stressed and demonstrated daily during training runs and at other appropriate times.

Cross Training
Runners practice and learn about the benefits of working out in ways that complement their running to achieve overall fitness and strength.

Weight/Circuit Training for Distance Runners
Proper weight training techniques will be demonstrated and training will be organized to help the athlete reach his/her full athletic potential.

Track & Field Scholarship (General Information & Recruiting)
Selective advice for high school runners on selecting and being selected to run in college via Track & Field scholarships and track & field recruiting information that can help you participate in your sport at the college level.

Send Registration along with payment of $100 to:
Friends Athletic Department: Attention Cross-Country
2100 W. University Ave.
Wichita, Kansas 67213
Or Registration is on line at Friends.edu

Registration can also be completed at the 1st day of Camp on June 17th.

Registration Form
PLEASE PRINT
FIRST NAME: ____________________: LASTNAME: ______________________________
ADDRESS: ________________________________________________________________
CITY: ___________________________ STATE: ___________ ZIP: _________________
DATE OF BIRTH: _____/_____/_____ Age: __________
PHONE #s HOME: ( ) ___________-______________  CELL: ( ) __________-______________

E-MAIL: _______________________________

PARENT/GUARDIAN SIGNATURE: ____________________________________________________________________________ DATE: __________

GRADE: (August 1st: 2019) _______T-SHIRT SIZE: (circle) S M L XL or YS, YM, YL, YXL: MALE or FEMALE (circle) All Camp members will receive a Spike bag and Water bottle.

PERSONAL BEST: 400m_____________800m______________ 1600m______________
3200m_____________ 5K______________ NEVER RAN BEFORE: __________________

Please Make Checks out to Friends Athletic: 
Please note on check Camp Fee:

Medical Form & Release form will be required. You can fill this out online or in person on the date of camp.

Friends Cross-Country Camp Monday Schedule
June 17th, 2019

9:00- 9:45 a.m. – Runner’s check in/ Registration: Receive T-shirts and Bags: 120 Tag on the Football Field.

9:45 -10:15 a.m. – Begin with introduction game- Name Game, Human Knot, Shoe Pile Mingle, Cross-The-Line, & Running Mingle,(10)

10:15-10:25 a.m. – 10 min Break

10:25- 10:55 a.m. - Biomechanics and Form analysis Training- First Gear Running Company- Raquel Stuckey

11:00-11:05 a.m. – Alternate Speed # 5 on the Track:

11:10-11:30 a.m. –Heart Rate Monitors and Energy System Training: Coach Parr

11:30-11:50 a.m. - Fartlek Run- CATCH ME IF YOU CAN- Group 1- 4-6th Coach Trevor Biedron – Group 2- 7-8th Coach Dylan Biedron & Coach Clark’s and Group 3- Coach Parr & Coach Davis in Group #3-9th-12th

11:50- 12:00 Noon- Break Down- Dismissal
Friends Cross-Country Camp Tuesday Schedule
June 18th, 2019

9:00- 9:10 a.m. – Runner’s check in/ Fellowship time- 1 lap warm-up

9:15- 9:45 a.m. - Biomechanics Drills-

10:15- 10:45 a.m. – Hurdler Mobility –Group 1- 4th-6th- Coach Trevor Biedron – Group 2- 7th- 8th-Coach Dylan Biedron & Coach Clark’s and Group 3- Coach Parr & Coach Davis

10:45- 11:00 a.m. – Drink Break- Snack

11:00 – 11:20 a.m. – KEEP THE PACE- RUN-

11:20-11:35 a.m. – Stretching and Proper Shoes Selection- SCI Room 100- Fleet Feet of Wichita- Tom, Amanda & Staff.

11:35-11:50 a.m. – Running Sports Psychology- SCI Room 100 - Coach Parr

11:50-11:55 a.m. – Continuous Run

12:00- Dismiss

Friends Cross-Country Camp Wednesday Schedule
June 19th, 2019

9:00-9:10 a.m. – Runner’s check in 1 lap warm-up

9:15-9:45 a.m. – Biomechanics Drills

9:45-9:55 a.m. – 10 min Break

9:55- 10:20 a.m. – Interval Sprints; Alternate Speed- 100m-200m - Group 1- 4th-6th- Coach Trevor Biedron – Group 2- 7th- 8th- Coach Dylan Biedron and Group 3- Coach Parr

10:25- 10:45 a.m. – Drink and snack break

10:45-11:00 a.m. – Running/Training Log & Goal Setting- Coach Parr

11:05- 11:15 a.m. - Nutrition/ Hydration-SCI Room 100

11:20- 11:50- Water Balloon Tag – Team Groups- In front of Davis Building
Friends Cross-Country Camp Thursday Schedule
June 20st, 2019

9:00- 9:10 a.m. – Runner’s check in-2 lap’s warm-up

9:15- 9:45 a.m. – Biomechanics Drills- Agility Drills, & Conditioning Drills

10:15 a.m. – 10 min Break

10:25-11:00 a.m. – Pyramids- 110m-10 sec Break, 150- 15 sec Break, 200m- 20sec Break

11:15-11:30 a.m. - Drink Break

11:30-12:00 Noon. - Weight Circuit Training- 8 Stations/ w- Run

Friends Cross-Country Camp Friday Schedule
June 21st, 2019

9:00-9:10 a.m. – Runner’s check in-2 lap’s warm-up

9:10-9:20 a.m. – 1 Lap Warm-Up

9:20- 9: 45 a.m. – Biomechanics and Form analysis Training-

9:45- 9:55 a.m. – 10 min Break

9:55- 10:20 a.m. - Importance of Cross-Training SCI Room 100 - Cole Davis- Friends Head Track Coach

10:15- 10:30 a.m. – Care & Prevention of Injuries- Dr. Dustin Hague- Jordan Chiropractic

11:00-Noon a.m. – Friends XC Fun Run- Start in Wave’s Group’s- Parents are welcome to join:

- **Wave 1** - @ 11:00am- 9th-12- 2mile Loop
- **Wave 2** - @ 11:05am- 7th-8th – 1-1/2 Loop
- **Wave 3** - @ 11:10am- 4th-6th- 1-1/2 Loop