



June 6th-June 10th

Running Development Camp

Information / Questions:

Zach Toothman

AXC Boys Head Coach

avonxctf@gmail.com

812-608-0836

AVON CROSS COUNTRY

The Avon High School Boys' and Girls' Cross Country teams are hosting their eleventh annual running development camp during the week of June 6th-June 10th! Runners of all ability are welcome, and Avon students entering grades 4 to 8 are invited. Our goal is to utilize our experienced varsity athletes and coaching staff to develop runners by focusing on discipline, training techniques, stretching techniques, proper warm-up and cool-down routines, running form drills, proper running gear, and nutrition for runners. Campers will receive an Avon Cross Country Camp t-shirt and an Avon Orioles water bottle! Powerade, water, and snacks will also be provided.

Camp Highlights:

WHEN: June 6th-June 10th, 6:00 PM-8:00 PM. Drop off at 5:45 PM, pick-up by 8:15 PM, both in the east parking near the soccer & baseball / softball fields.

WHERE: Avon High School, 7575 E. County Rd 150 South, Avon, IN 46123

COST: \$40

ACTIVITIES: Instruction, running development drills, workouts varying in length and distance based on running ability, games and activities, relay races, and an all-camp race on Friday.

WHAT TO BRING: Water bottle, athletic shoes (preferably running shoes), athletic clothing, positive attitude, and excitement!

ONLINE REGISTRATION:

1. Go to www.eventlink.com to create an EventLink account
2. Subscribe to **Avon High School** (or simply enter our zip code - **46123**)
3. Go to **EventLink Registrations** and click on **Forms**
4. Select **Avon Cross Country** to sign up!