



Oswego East High School

6th ANNUAL “Running with the Wolves” CROSS COUNTRY CAMP

Grades 6 - 12 | June 17 – August 2, 2019

This program includes both a high school and junior high school level, as well as being open to all members of the community looking to improve overall cardiovascular endurance. The program emphasizes a progressive building of endurance, proper running form, and stretching techniques. One day per week focuses on track work and instruction at the Oswego East High School track. Groups are appropriately formed based on experience and ability levels. Instruction and training is directed by the Oswego East cross country staff and other experienced professionals. All ability levels are welcome. This program is run through Oswego East High School.

Location

Monday: Wheatlands Park
Tuesday: Oswego East High School
Wednesday: Oswego East High School Track
Thursday: Oswego East High School
Friday: Oswego East High School

Dates

Start Date: Monday, June 17th
End Date: Friday, August 2nd
No Camp: July 1st through July 6th

Times

Monday-Friday: 7am to 9am

Costs

\$80 - Includes instruction, activities, and camp T-shirt
(The camp is open to any and all boys going into grades 6th -12th)

Additional Staff

Current Oswego East High School assistant coaches will serve as camp coaches. They will be joined by additional high-quality athletes from the Midwest college teams and alumni.

Camp Director

Jim Milner

Oswego East High School
Head Men's Cross Country Coach
Head Men's Track & Field Coach
jmilner@sd308.org
oswegoeastmensxctf.com

Camp Success

High School:

- 2x XC Varsity SPC Champions
- 2x XC JV SPC Champions
- 3x XC F/S SPC Champions
- 5x XC IHSA Sectional Qualifier
- 1 XC IHSA Team State Qualifier
- 2 XC IHSA Individual State Qualifiers
- 1 XC IHSA All-State Athlete
- 19 SPC All-Conference Athletes XC
- F/S T&F SPC Champions
- 14 T&F IHSA State Qualifiers
- Over 100 Additions to All-time top-ten distance lists at Oswego East High School

Junior High:

- 30 IESA State Qualifiers
- 4 IESA All-State Athletes
- 3 Conference Champions

Speakers & Presenters

- Elite Athletes
- Top High School and College Coaches
- Nutrition Speaker