

# Championship

## Cross Country Running Camp



**August 10<sup>th</sup> -11<sup>th</sup> – 12<sup>th</sup>**  
**10<sup>th</sup> – Waukesha South High School**  
**11<sup>th</sup> –12<sup>th</sup> Minooka Park - Waukesha**



**5:30 pm – 8:30 pm**

**Cost : \$65.00**  
**Athletes Entering 4<sup>th</sup> – 12<sup>th</sup> Grade**

**Camp Overview:** Waukesha provides an ideal camp location, with 50 acres of trails at Minooka Park and a modern running track, at Waukesha South High School. The camp's purpose is to provide quality individual instruction in the techniques and training that are necessary for young athletes to reach their full potential. Athletes will gain experience in training methods, sports psychology, racing tactics, and injury prevention. . Workouts, lectures, films and activities are all designed to instruct, entertain and motivate.

A secret to success in Cross Country is being better prepared than your opponents through summer running.

This camp will give you the opportunity to improve your fitness level, skill, and knowledge of distance running. Athletes will be placed in groups based on experience and conditioning, so they can participate in appropriate workouts. Each night will include a training game and a last night bust-up party.

*Last Summer this camp was a FEATURED STOP for the NIKE MOBILE TOUR.....*

**Camp Philosophy:** This camp is designed to create a pre-season conditioning opportunity for Middle School and High School Cross Country athletes. The Championship Cross Country Camp will give the athletes the opportunity to train with other quality athletes under the supervision of experienced coaches. The athletes will have the opportunity to train on a variety of trails and a seal-flex running track. An experienced Camp Staff and a variety of experienced guest speakers will address the athletes.

## BE THE BEST: TRAIN WITH THE BEST

### Daily Camp Session:

5:00	5:10	Welcome and Camp Announcements
5:15	5:50	Warm-Up Group Game
6:00	6:30	Guest Speaker
6:45	7:45	Running Workout
7:45	8:15	Group Game
8:00	8:30	Cool Down

### Past Guest Speakers

Bethany Brewster – Reebok/Edgewood College – Eric Lucek – Wisconsin Lutheran H.S. –  
Pete Henkes – Wisconsin Runner –Footlocker Midwest – Jeff Miller UW-Whitewater- Bob Rhymer Blue Start Sportswear

### Camp Coaching Staff

The Championship Camps Staff has been working together for over 15 years offering both Track and Field and Cross Country Camps in Illinois and Wisconsin.

#### **Stan Druckrey**

Head Cross Country Coach at South Milwaukee High School. Stan has over 25 years Cross Country coaching experience. Over the past 5 years Coach Druckrey was guided a co-ed powerhouse program and lead both his boy's and girl's teams to the WIAA State Championship. Coach Druckrey hosts some of the biggest meets in the area and has been involved with the Foot Lockers Cross Country Championships since it was created. Individually, Stan is one of the top Masters athletes in the world, holding national and world records..

## Bruce Lammers

Assistant Cross Country Coach at Mukwonago High School, for the past 15 years. Part of one of the most successful Cross Country programs in Wisconsin during the 90's, during which the Mukwonago Girl's were WIAA State Champs in 1994. Coach Lammers is a 'life-long' runner who brings multiple athletic experiences to the camp.

## Eric Lehmann

Head Girl's Cross Country Coach at Waukesha South High School for the past 8 years. Prior to coaching at South, he was the Head Men's and Women's Cross Country coach at Carroll College. Coach Lehmann's teams have consistently ranked in the states Top 10 over the past 6 years. Coach Lehmann has been involved in running camps for the past 10 years and will serve as the camp's director.

**Additional Coaches will be added**

# Championship Camp Registration Form

Name \_\_\_\_\_ Gender \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
\_\_\_\_\_

email (required for confirmation) \_\_\_\_\_ High School Attending \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact and Number \_\_\_\_\_ Grade in School (09-10) \_\_\_\_\_  
\_\_\_\_\_

Number of Years Running \_\_\_\_\_ or 4k Best Time \_\_\_\_\_ 5k Best Time \_\_\_\_\_

*Absolutely NO REFUNDS after August 8th- **Walk – In registrations will be accepted.***

*\*\* Discounts will be available for athletes from the same family or athletes who attend multiple camps.*

Contact: [elehmann@hurdlecamp.com](mailto:elehmann@hurdlecamp.com) or 262- 501 - 0216

Camp Fees: \$65.00  
\$75.00

Early Fee  
Late Fee

**Prior to August 10th**  
After August 10th and Walk-In Fee

**Mail Checks and Registration:**

Eric Lehmann / Champ. Camps  
S38W22129 Arlo Drive  
Waukesha WI 53189

**WALK – IN REGISTRATIONS WILL BE ACCEPTED !**

Makes Checks Payable to: **Championship Sports Services LLC**

CONFIRMATION and DIRECTIONS WILL ONLY BE EMAILED

Each Camp Participant will be required to submit the one page waiver form prior to the first day of camp. (You may mail the waiver with the camp registration or bring it to the first day of camp.) The full page waiver is available on [www.hurdlecamp.com](http://www.hurdlecamp.com) (Directions to Waukesha South and Minooka Park are also available on the website)

# www.trackandfieldcamps.com