



Camp Location

Monday—Wednesday

Yorkville Track: Located on Game Farm Road, across from the high school.

Friday

Silver Springs: East entrance located on Fox Road.

Yorkville Endurance Camp

Grades: 6-12

“You don’t have to be great to get started, but you have to get started to be great.”



Camp Expectations

Athletes will be expected to have an attitude ready to work hard on a daily basis. The average day of the Endurance Camp will be primarily dedicated to running, although some days may consist of games such as Ultimate Frisbee.

Participants will also be expected to wear proper running shoes and appropriate athletic apparel for the weather.



**Monday—Wednesday, Friday
from 5:30 pm to 7:00 pm
June 7—July 30**

Endurance Camp Coaching Staff

Chris Muth :

- 2009 AA Cross Country Coach of the Year
- 5 Years Coaching Experience in Cross Country and Track
- Participated in Cross Country and Track at YHS
- Completed 4 Marathons



Ben Draper

- 5 Years Coaching Experience in Cross Country and Track
- Participated in Cross Country and Track at YHS
- Competed in both sports at North Central College as well.
- Completed 3 Marathons



Brad Holehan

- 2 years Coaching Experience in Cross Country and Track
- Competed in Cross Country and Track at Augustana College.
- Was an All-American Steeple Chase runner his Senior year .
- Completed his first marathon this past fall.



Assisting the high school coaches with the summer program will be former captains from the cross country and track programs at Yorkville High School.

Camp Details

The Yorkville Endurance Camp will provide participants with guided distance training, based on the ability of each individual. In no way is experience or talent a prerequisite for the camp. Training will include a variety of workouts, each of which will take into account the capabilities of the athlete. With this being said, those thinking of participating in the camp should not be discouraged by their current endurance. The intention of the Endurance Camp is to direct the individual to a desired level of fitness.

Although the camp allows athletes to get in shape for other sports, the coaching staff would highly encourage participants to use it in preparation for the cross country season in the fall. Both the boys and girls side of the team has encountered much success in the past several years.

BOYS:

- **Regional Champs—07, 08, 09**
- **State Qualifier—07, 08, 09**
- **State Finishes—8th, 10th, 13th**
- **All-State Runners—Scott Tanis—07**

GIRLS:

- **Regional Champs—08, 09**
- **Sectional Champs—09**
- **State Qualifier—08, 09**
- **State Finishes— 12th, 2nd**
- **All-State Runners—Krysten Sebby 08, All Hester 09, and Esther Bell 09**

Grades: Entering 6 -12

Cost:: \$60 (Includes T-Shirt)

Time: 5:30—7:00 PM

Dates: June 7th to July 30th (8 weeks)



Endurance Camp Application

Name: _____

Phone Number: _____

Emergency Contact and Number:

Grade for 2010/2011 School Year: _____

Shirt Size:

Adult XS S M L

As a parent of _____, I hereby give my permission for my child to participate in the Yorkville Endurance Camp and acknowledge the fact that he/she is physically able to participate in the camp activities. I further understand that any Yorkville High School staff member, personnel, or Yorkville School Board Member will in no way be held liable for any accident or injury at the camp by my child.

Parent/Guardian _____ Date _____

Please detach this portion and send to the following address by June 5th. Any applications submitted following this date will be charged an additional \$10. Checks can be made payable to Yorkville Endurance Camp.

Chris Muth
797 Game Farm Road
Yorkville, IL 60560