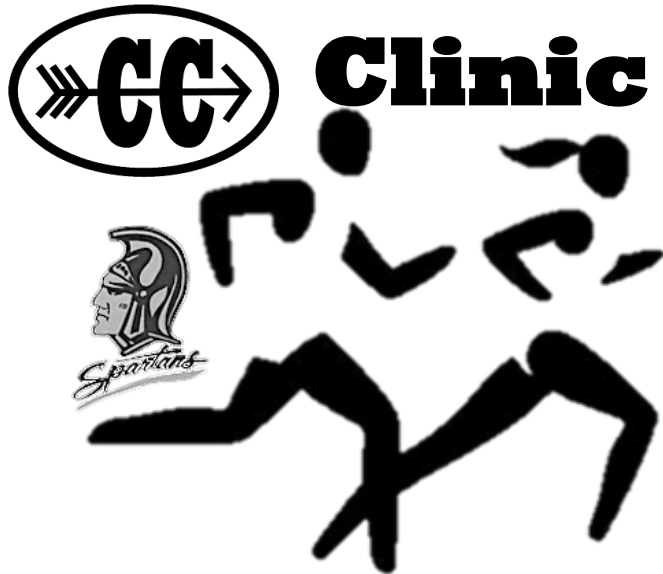


**Southwest Allen County Middle School
Cross Country Clinic
Homestead Boys & Girls Cross Country Teams
Thursday, June 14, 2018
9:00 AM – 2:30 PM
Environmental Center Cabin**

**Registration Deadline
June 1, 2018**



**For additional information email:
swyss@sacs.k12.in.us
iwilson@sacs.k12.in.us
tbehrens@sacs.k12.in.us**

**Additional brochures available for download at www.sacs.k12.in.us under
summer activities**

The Camp Staff

Tammy Behrens – The assistant coach for the girl's program at Homestead for the past nine seasons, Coach Behrens ran collegiately at the University of Indianapolis and has coached middle school, high school, and adult runners. She has assisted coach Wyss to appearances in the past 6 IHSAA state finals, including a 2016 3rd place state finals finish.

Ian Wilson –The boys' coach at Homestead High School, Coach Wilson began his coaching career at the middle school level. He is also an assistant track coach at Homestead. In cross country, Coach Wilson has coached teams to two NHC titles, two Sectional titles, and two Regional championships. He has sent 3 individuals (5 total trips) to the state finals and two teams to the state finals. Coach Wilson has also coached 1 State Runner-up and at Foot Locker National Finalist (All-American).

Sara Wyss – The girls' coach at Homestead High School since 1991, Coach Wyss has coached the Spartans to 14 IHSAA state finals appearances, a 2016 3rd place state finals finish, won five regional championships, seven sectional titles, and five Northeast Hoosier Conference titles. Coach Wyss has also been a member of the Homestead Girls' track and field coaching staff for 27 seasons.

Various past and present high school runners will act as camp mentors.

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tbehrens@sacs.k12.in.us**

**SACS Middle School Cross Country Clinic
Homestead Boys & Girls Cross Country Teams**

**Thursday, June 14, 2018 – 9:00 am – 2:30 pm
Environmental Center Cabin**

Who: Any incoming 6th, 7th, 8th, or 9th grade boy or girl interested in running cross country as a high school or middle school competitor in the fall of 2018.

What: A one day clinic to assist in the planning of a summer running calendar, goal setting, nutrition, and injury prevention

Cost: \$35.00/lunch provided

**Agenda may vary based on audience needs

Agenda: Introductions - purpose
Warm up, group run
Return to cabin for water break
Information session 1 – nutrition
Guest Speaker - motivation
Lunch – provided
Information session 2
 Injury prevention
 Strength and mobility training
Break –
Information session 3
 Summer mileage/goal setting
Information session 4
 Race preparation/strategy
Wrap up and dismiss at gate of environmental center

Goal: The goal of the clinic is to introduce young runners to the preparation of summer training, the benefits of summer training, and to offer an introduction to the opportunities that running presents.

**Southwest Allen County Middle School Cross
Country Clinic Registration Form**

Name: _____

Address: _____

Cell/emergency Phone: _____

parent email _____

Date of Birth: _____

Grade (fall of 2018): _____

School Attending (fall 2018): _____

T-Shirt Size (youth or adult) – circle size

Youth - S M L Adult – S M L XL

Make checks payable to: Sara Wyss

Mail registration & payment to: 5532 Monroeville Rd.
Fort Wayne, IN 46816

Registration deadline: June 1, 2018

Waiver: I hereby state that I am physically able to participate in the sport of distance running. I waive any rights I may have against Sara Wyss, Ian Wilson, and Tammy Behrens, Southwest Allen County Schools, all camp staff, volunteers, and sponsors for any injuries incurred while participating in this camp.

Athlete's Signature: _____

Date

Parent Signature: _____

Date