

**Palmyra High School**  
**"Running with the Panthers"**  
**CROSS COUNTRY CAMP**

Grades 4-12

Wednesdays at 7pm on June 7th, 14th, and 21st

"Running with the Panthers" is a camp that is open to all boys and girls in 4<sup>th</sup>-12<sup>th</sup> grades looking to improve as distance runners. All ability levels are welcome. The program emphasizes a progressive building of endurance, proper running form, and stretching techniques. Along with learning these great skills, guest speakers will present information to improve and motivate camp attendees as distance runners.

Each camp session will last between 1 hour - 1 hour 15 minutes.

Camp attendees will be provided water throughout the camp and after completing the evening's camp attendees will be provided a Gatorade and snack.

**Cost: \$35 per person for the three day camp.** A tee shirt is included in the cost for the camp.

**\*If writing a check please make it out to Palmyra High School Cross Country.**

**Payment is Due Friday May 12<sup>th</sup>.** Payment after this date will be accepted, however a camp tee-shirt will NOT be guaranteed.

Money, tee shirt size, and Waiver Form can be turned in at either the high school or elementary office.

***Location:*** Meet at the Gazebo at Taggart Park in Palmyra.

The park is located between West 9th and West 7th streets in Palmyra.

***Dates with speakers, topic, and the evening's workout:***

**June 7th @7pm:** Jeremiah Bair is a personal trainer. He is a recent graduate of the University of Nebraska where he studied Exercise Science. Jeremiah will cover the importance of warm-up, proper form running drills, and stretching.

***WORKOUT:*** Talk, Warm-up, 4<sup>th</sup>-8<sup>th</sup> timed mile run/ 9-12 timed 5k, cooldown/stretch.

**June 14th @7pm:** Stacy Mangers-Shaw is an avid distance runner. She has competed in the Lincoln Marathon, Rock'n Raccoon 100 mile race, The Boston Marathon, and many others across the United States. Stacy is also part of the prestigious Nebraska Running Group. She will be talking about her experiences and the joys of running.

***WORKOUT:*** Talk, Warm-up, timed mile run 4<sup>th</sup>-8<sup>th</sup>/ timed 5k 9<sup>th</sup>-12<sup>th</sup>, cooldown/stretch.

**June 21st @7pm:** Red Dirt Running Company's Lori Borer. Lori will speak on the importance of having the proper type of shoe for distance running and proper nutrition for distance running. She will also be handing out prizes! ***WORKOUT:*** Bring a camera phone and a selfie stick (if you have one).

***Weather:*** If weather is a concern before camp, camp cancellation will be posted on the Palmyra Cross-Country Facebook page and an email will be sent out.

If weather becomes an issue during camp, student can be picked up on the north side of the Palmyra High School.

**\*\*\*If there is a light rain, camp will still be held. Running in the rain is part of the fun of Cross Country!**

**\*\*\* There are no refunds if camp is canceled due to weather.**

**Camp Director:**

**Michael Trausch**

**Head Jr High and High School Cross Country Coach.**

**Email: [trausch.mik@districtor1.net](mailto:trausch.mik@districtor1.net)**

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Camper's Name \_\_\_\_\_

t-shirt size \_\_\_\_\_

2017/'18 Grade \_\_\_\_\_

Adult S,M,L,XL,XXL

Runners will need to follow the school's good conduct policy. If not, parents will be called immediately to pick up their runner from camp.

Parental/guardian email

\_\_\_\_\_

Parental/guardian cell or home number:

\_\_\_\_\_

**Please return this form, Payment, and District OR1 waiver form by May 12<sup>th</sup> to either building office or to Mr. Trausch.**

Payment of \$35.00

Check (made out to PHS Cross County) or Cash

Questions??? Please contact Mr. Trausch at  
[trausch.mik@districtor1.net](mailto:trausch.mik@districtor1.net)