

# 2024 Cross Country Camp Schedule

## SUNDAY

**PM: CHECK IN (1:30 — 3:30PM)**

- Meet and Greet
- Easy Run on Campus

## MONDAY

**AM: Hill Training**

**PM: Cross Country Training Talk**

## Tuesday

**AM: Light Recovery Run**

**PM: Supplemental Activities Workshop**

- Cross Training/Injury Prevention

## Wednesday

**AM: Trail Run (Cave Run Lake)**

- Beach Day at Cave Run

**PM: Racing Tactic Session**

## Thursday

**AM: Light Speed Workout**

- CHECK OUT (10:30AM — 12PM)

## MOREHEAD STATE

### CROSS COUNTRY SUMMER CAMP

#### Coach Clay Dixon

- Head Cross Country & Track Coach at Morehead State since 2019
- Coached School Records in numerous events from Distance, Mid-Distance, and Sprints
- Athletes have shown consistent improvements over the course of their running careers.

#### Camp Philosophy

Help Create a training program focused on long-term aerobic development and overall strength, resulting in fitter, structurally strong high school athletes.

For Questions Contact::

#### Clay Dixon — Head Coach

Office: (606) 783-2588

Cell: (859) 513-0451

bcdixon@moreheadstate.edu

#### Robert Springfield — Asst. Coach

Cell: (502) 930-7323

raspringfield@moreheadstate.edu

#### Grayson Brookshire — Asst. Coach

Cell: (859) 749-0158

gpbrookshire@moreheadstate.edu



## MOREHEAD STATE

### CROSS COUNTRY

### SUMMER CAMP 2024

June 23rd — June 27th

Grades 6-12

<https://www.msueaglesxccamps.com/>





## Jump Start your Cross Country Training

July and August are the most important months of training leading into cross country season. Let us show you how to successfully be prepared to run your best at the **MOREHEAD STATE CROSS COUNTRY CAMP.**

### Camp Includes:

- Expert training advice from experienced collegiate coaches
- Living accommodations in air conditioned dorm rooms, to experience life as a collegiate athlete
- Morehead State Cross Country Camp t-shirt
- Beach trip to beautiful Cave Run Lake
- Amazing running trails at one of the only schools in the nation located within a national forest

### All you need to bring:

- Bedding supplies
- Toiletries and towels
- 5 days of running clothes
- Swimsuit/sun protection
- Casual clothes
- Your love of running!

## Costs and Payment

Resident

- \$375 by 6/7 (\$425 after)

Commuter

- \$275 by 6/7 (\$325 after)

### Price Includes

- Room and board
- Meals
- Transportation to and from runs
- Instruction talks from prestigious runners and coaches
- T-shirt
- Cave Run Lake Beach Trip

### Confirmation

Email confirmation will be sent once registration form and non-refundable deposit of \$50 is received

**Send Completed form and \$50 non-refundable deposit due 6/7/2024 to:**

**Morehead State University**  
**Morehead State Cross Country**  
**195 AAC**  
**Morehead KY, 40351**

**\*Make checks payable to: Morehead State Cross Country Program**

**\*Full payment must be made at or by the time of camper check in. No credit/debit card accepted at Check-in**

## Registration Form

Check one: Resident \_\_\_\_\_

Commuter \_\_\_\_\_

Costs      Resident      Commuter

\$375      \$275

\$425 (after 6/7)      \$325 (after 6/7)

Camper Name \_\_\_\_\_

Gender      M      F

Address \_\_\_\_\_

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

School \_\_\_\_\_

Grade \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_

Phone # \_\_\_\_\_

T-shirt size      YL      S      M      L

Emergency Contact Name \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

Insurance Company \_\_\_\_\_

Allergies \_\_\_\_\_

Policy Number \_\_\_\_\_

Email Address \_\_\_\_\_

Requested Roommate \_\_\_\_\_

**\*No credit or debit card accepted at check in**