

Excel-erate

Distance Running Camp

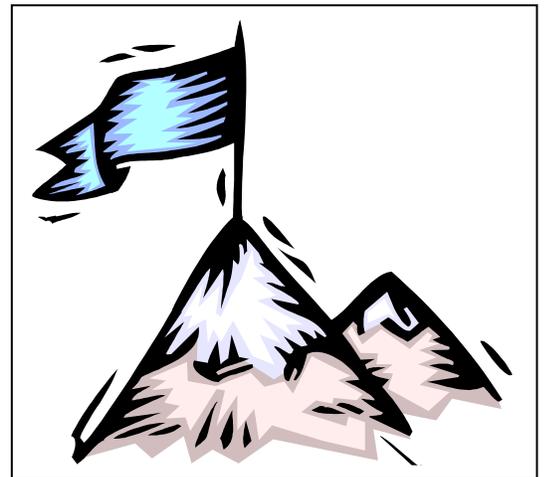
August 10th –14th @ Pilgrim Pines Conference Center
West Swanzey, New Hampshire

Staff: Paul Tetreault (Coach – North Kingstown HS), Janice Tetreault (former Girls Coach & Track Official), Brian McNeiece (Coach – North Kingstown HS), Paul McCaffrey (former coach - Narragansett HS), Bill Haberek (Coach – Chariho HS), Peter Dion (Coach -East Greenwich HS), Erin Newman (Coach – East Greenwich HS), Chris Warner (Coach-Coventry HS), Michaela Deiscoll (Coach-Coventry HS), Carlton Bradshaw (Coach-Coventry HS), Shaun Horgan (Coach-Portsmouth HS), Emily McCaffrey (Coach-North Kingstown HS), Diane Leith (Coach –Chariho HS), Matt Colavita, Martin Tighe (Coach-Attleboro HS), Josh Desabris, Ross Tetreault, Glenn and Greg Hammett (NH –Coaches). *Staff subject to change*

It's all about TEAM, and that is one of the reasons that we put together this camp experience. We are confident that this week (5 days and 4 nights) will serve as a key experience that will send you back home with a renewed desire to not only become a better runner, but to also to become a better person and teammate. It is our belief that athletes will work very hard (and want to work hard) if they can see how it will benefit them and if they can see themselves improve.

Camp Features:

- rustic cabin lodging
- buffet meals
- group runs
- lake swimming
- canoe, kayaking, and paddle boats
- golf course running
- challenge course
- flickerball
- basketball
- volleyball
- “ga-ga” ball court
- campfires



Camp Goals: *participants will...*

- * Get a better understanding of what being a member of a cross country team is all about.
- * Receive instruction on training methods, strategies & tactics, hill running, running workouts, and injury prevention.
- * Develop team and individual goals for the upcoming season.
- * Challenge student/athletes to become better runners and a better person.
- * Provide a “team bonding” experience in which healthy, supportive relationships and friendships develop.
- * Provide fun experiences in a safe environment.

Typical Day:

- 7:00 Wake-up
- 7:30 Morning walk or run (20 minutes)
- 8:30 Breakfast
- 9:15 Morning Instruction
- 10:30 Team Building activity
- 12:30 Lunch
- 1:15 Fun Activity of Choice
- 2:30 Workout followed by swim
- 5:30 Dinner
- 7:00 Team Activity
- 10:00 Cabin Time
- 11:00 Lights Out



Cost: The cost of the camp is **\$345.00**. A check should be made out to:
North Kingstown Cross Country

Please note: ALL athletes need to have their high school sports' Physical Exam and Permission Forms completed before the start of camp. You will not be able to attend without these completed documents (no refunds will be available), so plan ahead and schedule your exam with your doctor now.