

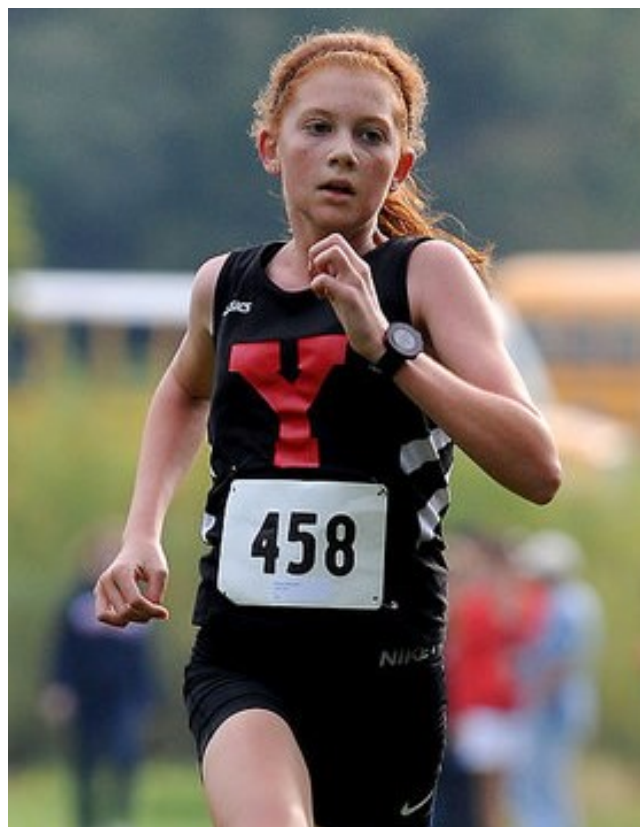


“You don’t have to be great to get started, but you have to get started to be great.”



Camp Location

Yorkville Track: Located on Game Farm Road,

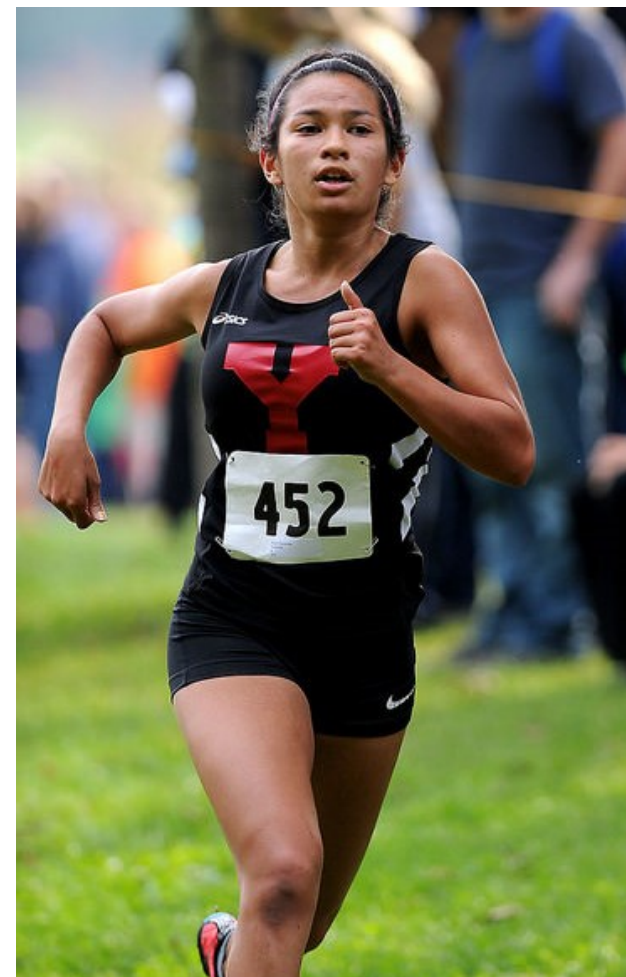


Camp Details

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 for their sport.

Yorkville Endurance Camp

Entering Grades: 5th -12th



Monday, Wednesday, Friday

High School 6:15 am to 7:45 am

5th - 8th grades 7:15 am to 8:45am

Starting Date: Friday June 19th

Ending Practice: Friday July 31st

- We will not be holding camp on July 3rd due to the 4th of July Weekend.**

Endurance Camp Coaching Staff

Chris Muth :

- 6 time - AA Cross Country Coach of the Year
- 10 Years Coaching Experience



Ben Draper :

- Head Track and Field Coach
- 10 Years Coaching Experience in Cross Country and Track
- 2012 Cross Country Assistant Coach of the Year



Lauren Bales

- 4 Years Coaching Experience
- Competed at DePaul University in Cross Country & Track
- Yorkville Track Hurdles Coach



Derek Miller :

- Head YMS Cross Country Coach for the past 7 Years
- High School Track Coach
- Completed 6 Marathons



Chad Martin:

- 7 years Coaching YMS Cross Country
- 7 Years Coaching YMS Track
- YMS Head Track Coach



Michelle Nauman:

- 3 years Coaching YMS Cross Country
- Has run many marathons and half marathons



Ryan Chatman:

- Yorkville High School Strength Coach
- Ran in the Chicago Marathon



Endurance Camp Highlights

HIGH SCHOOL HIGHLIGHTS:

BOYS TEAM CHAMPIONSHIPS:

- Regional —'07, '08, '09, '10, '11, '12, '13, '14
- Sectional — '12, '14
- State Years—'07, '08, '09, '10, '11, '12, '13, '14
- State —8th, 10th, 13th, 8th, 6th, 3rd, 1st, 1st
- All-Staters—Scott Tanis, Jake Hoffert, Luke Hoffert, Nolan Tweedy

- Fastest State Time: Jake Hoffert—14:31

GIRLS TEAM CHAMPIONSHIPS:

- Regional —'08, '09, '10, '11, '12, '14
- Sectional —'09, '10, '11, '12, '13, '14
- State Years—'08, '09, '10, '11, '12, '13, '14
- State — 12th, 2nd, 2nd, 1st, 1st, 1st, 1st
- All-Staters —Krysten Sebbby, Ali Hester, Lena Palmer, Casey Kramer, Esther Bell, Skyler Bollinger, Summer Pierson, Erin Reynolds, Alexis Grandys
- Fastest State Time: Skyler Bollinger 17:11

MIDDLE SCHOOL HIGHLIGHTS:

BOYS TEAM:

- State Qualifier—'10, '12, '13, '14
- State Finishes—14th, 7th, 5th, 7th
- All-Staters—Jake Hoffert, Alexx Nauman, Zack Price
- Fastest State Time: Zack Price 10:48

GIRLS TEAM:

- State Qualifier—'10, '11, '12, '13, '14
- State Finishes— 22nd, 10th, 8th, 4th, 4th
- All-Staters —Alexis Grandys, Colleen O'Connor, (x2) Kimberly Batdorf, Olivia Borowiak (x2), Emily Eberhart
- Fastest State Time: Alexis Grandys 11:45

Grades: Entering 5th –12th
Cost: \$75 (Includes T-Shirt)
Meeting at High School Track



Endurance Camp Application

Name: _____

Phone Number: _____

Emergency Contact and Number: _____

Grade for 2015/2016 School Year: _____

Shirt Size:

Adult S M L XL

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 below by June 10th.

- Athletic policy for summer camp is, no refunds are to be given.
- Weight room is also included for Varsity

Chris Muth
797 Game Farm Road
Yorkville, IL 60560
E-mail: cmuth@y115.org