



“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, across from the high school.

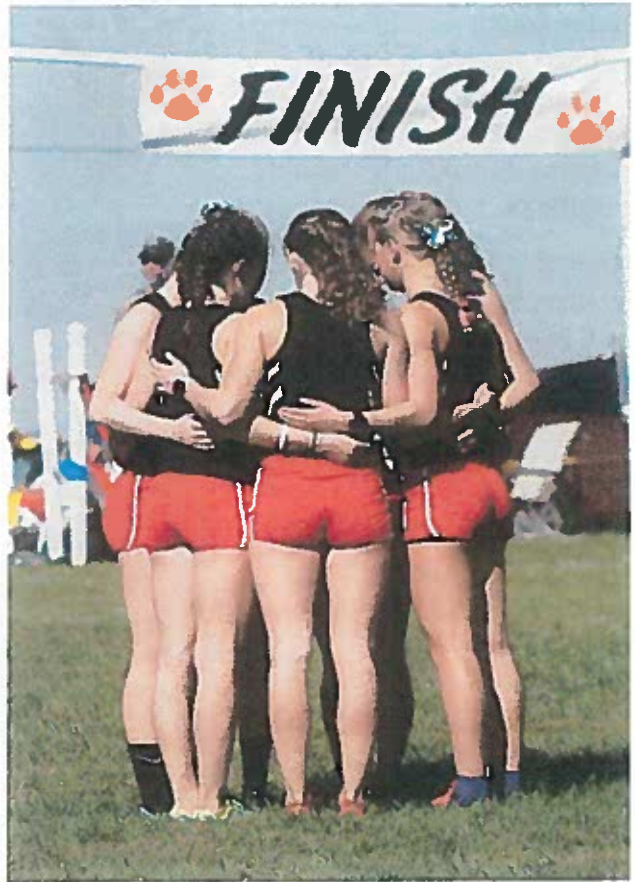


Camp Details

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: Monday June 5th
Ending Practice: Friday July 21st

* **We will not be holding camp the week of 4th of July.**

Endurance Camp Coaching Staff

Chris Muth :

- Head Boys and Girls Cross Country Coach
- 12 Years Coaching Experience



Brian Long:

- Cross Country assistant Coach
- Track Distance Coach
- Competed at North Central College



Lauren Bales

- Head Track and Field Coach
- 6 years assistant XC coach
- Competed at DePaul University in Cross Country & Track



Derek Miller :

- Head YMS Cross Country Coach for the past 9 Years
- Completed 6 Marathons



Chad Martin:

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



COST OF CAMP:

\$90 Fee (six week camp)

Cash preferred, Checks also ok :

Please make checks payable to Yorkville High School

**** Family rates for Endurance Camp****

2 kids—\$150 dollars

3 kids—\$210 dollars

4 kids—\$260 dollars

Endurance Camp Highlights

HIGH SCHOOL HIGHLIGHTS:

BOYS TEAM CHAMPIONSHIPS:

- Regional—'07, '08, '09, '10, '11, '12, '13, '14, '15
- Sectional - '12, '14, '15
- State Titles—'13, '14,
- State Trophies— 3rd, 1st, 1st, 3rd
- All-Staters—Scott Tanis, Jake Hoffert, Luke Hoffert, Nolan Tweedy

GIRLS TEAM CHAMPIONSHIPS:

- Regional —'08, '09, '10, '11, '12, '14, '15
- Sectional —'09, '10, '11, '12, '13, '14, '15
- State Titles— '11, '12, '13, '14, '15
- State Trophies— 3 x 2nd and 5 x 1st
- All-Staters —Krysten Sebby, All Hester, Lena Palmer, Casey Kramer, Esther Bell, Skyler Bollinger, Summer Pierson, Erin Reynolds, Alexis Grandys, Alyssa Edwards, Maddie Dearborn, Nicole Greyer

MIDDLE SCHOOL HIGHLIGHTS:

BOYS TEAM:

- State Qualifier—'10, '12, '13, '14, '15, '16
- State Finishes—14th, 7th, 5th, 7th, 5th, 3rd
- All-Staters—Jake Hoffert, Alexx Nauman, Zack Price, Ivan Westcott, Cade Grimaldi, Austin Popplewell

GIRLS TEAM:

- State Qualifier—'10, '11, '12, '13, '14, '16
- State Finishes— 22nd, 10th, 8th, 4th, 4th, 2nd
- All-Staters —Alexis Grandys, Colleen O'Connor, Kimberly Batdorf, Olivia Borowiak, Emily Eberhart, Helena Kleronomos, Halley Simmons, Sara Klemm

*** Meeting at the High School Track
High School Camp:**

6:15am to 7:45am

5th through 8th grade camp :

7:15am to 8:45



Endurance Camp Application

Name: _____

Phone Number: _____

Emergency Contact and Number: _____

Grade for 2016/2017 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, Endurance Camp 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 1st

- 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