

Yorkville Endurance Camp

Entering Grades: 5th -12th



Camp Location

Yorkville Track: Located on Game Farm Road,
across from Yorkville 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 ability of each 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 guide the individual to a desired level of fitness for their sport.

Monday-Thursday

Time: 7:00 AM—8:30 AM

Starting Date: Monday, June 18th

Ending Date: Friday, July 19th

*We will not be holding camp on the 4th of July
due to the holiday.*



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



Endurance Camp Coaching Staff

Chris Muth :

- Head HS Girls XC Coach/Asst. Girls Track Coach



Brian Long :

- Head HS Boys XC Coach/Asst. Boys Track Coach
- 3 years coaching experience



Lauren Vriezen:

- Asst. HS Girls XC Coach/Head Girls Track Coach
- 7 years coaching experience



Derek Miller :

- Head YMS XC Coach
- 10 years coaching experience



Chad Martin:

- Head YMS Track Coach/Asst. YMS XC Coach
- 10 years coaching experience



Cost :\$90 (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, '17
- Sectional - '12, '14, '15, '17
- State Titles—'13, '14
- State Trophies- 3rd, 1st, 1st, 3rd
- All-State—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, '15, '17
- Sectional —'09, '10, '11, '12, '13, '14, '15, '17
- State Titles— '11, '12, '13, '14, '15,
- State Trophies— 2nd, 2nd, 1st, 1st, 1st, 1st, 1st, 2nd, 2nd
- NXN Regionals- 2017 (2nd)
- NXN Nationals- 2017 (18th)
- All-State —Krysten Seby, Ali Hester, Lena Palmer, Casey Kramer, Esther Bell, Skyler Bollinger, Summer Pierson, Erin Reynolds, Alexis Grandys, Alyssa Edwards, Maddie Dearborn
- Fastest State Time: Alexis Grandys 17:01

MIDDLE SCHOOL HIGHLIGHTS:

BOYS TEAM:

- State Qualifier—'10, '12, '13, '14, '15, '16, '17
- State Finishes—14th, 7th, 5th, 7th, 5th, 3rd, 13th
- All-State—Jake Hoffert, Alex Nauman, Zack Price, Ivan Westcott, Cade Grimaldi, Austin Popplewell
- Fastest State Time: Ivan Westcott 10:41

GIRLS TEAM:

- State Qualifier—'10, '11, '12, '13, '14, '16, '17
- State Finishes—22nd, 10th, 8th, 4th, 4th, 2nd, 5th
- All-State—Alexis Grandys, Colleen O'Connor, Kimberly Batdorf, Olivia Borowiak, Emily Eberhart, Helena Kleronomos, Hailey Simmons, Sara Klemm, Alex Stewart
- Fastest State Time: Helena Kleronomos 11:33

Endurance Camp Application

Name: _____

Phone Number: _____

Emergency Contact and Number:

Grade for 2017/2018 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 May 25th.

- 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