

2019 Cozad Cross Country Camp

Brad Jenny (Doane), and Brady Bonsall (University of Nebraska Kearney) will be working with high school cross country students on July 9, 2019 in Cozad, NE. This is a great opportunity for both runners and coaches to learn from college coaches and athletes.

Schedule

9:30-10:00- Check-in

10:00-10:45-Session 1 Stretching and warm ups with college coaches

10:45-11:00 -- Warm up Run (1 mile)

11:00-11:15 Water break/Questions and answer sessions with the coaches

11:15-12:00 Core Workout and benefits explained by college coaches

12:00-12:30-Lunch

12:30-1:15 Session 3: Nutrition and Form Running

1:15-1:30 Water break/Questions and answer sessions with the coaches.

1:30-2:00 Dynamic Warm up / Stretching

2:00-2:45 Slip and Slide 5k (girls followed by boys)

3:00-3:20 Awards and Prizes

When? July 9, 2019, 10 a.m. - 3 p.m. Checkin at 9:30AM

Cost? \$30 per student (if received by June 1st) \$35 if received after. Coaches are free.

Where? Cozad High School, meet in the east parking lot.

Lunch: Provided (Subway sandwiches, chips, cookies, water)

Other notes: Bring extra clothes, as your clothes will get wet during the fun run.

Send the registration form, waiver, and a check to:

Jake Brummer

Cozad Community Schools

1910 Meridian Ave

Cozad, NE 69130

Electronic submissions and questions can be e-mailed to: jacob.brummer@cozadschools.net

Team Registration Form

School: _____

Coaches Name: _____

(if multiple Coaches)

Coaches Name: _____

Coaches Name: _____

<u>Athletes Name</u>	<u>Grade</u>	<u>Athletes Name</u>	<u>Grade</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total number of Athletes: _____ x \$30 (\$35 after June 1st) = _____

Individual Registration Form

<u>Athletes Name</u>	<u>Grade</u>	<u>School</u>	<u># of Adult Sponsors Attending</u>

