

Hime Running Camp is for runners entering 7th, 8th, 9th, 10th, 11th, and 12th grade in Fall 2019 as well as junior high and high school coaches. Camp instruction will be provided by Associate Head Coach Brock Hime as well as other coaches and athletes. This camp is meant to educate runners about the pyramid of training, strength training, nutrition, prevention of injury, as well as the good and bad habits of middle distance and distance runners. To cap it off there will be a *Rust Buster* to shake the cobwebs out going into the cross-country season with a 600m and 1600m on the track and under the lights!

DATE

August 2nd, 2019 (Friday)

TIMES

- Check In: 2:00pm
- Start Time: 2:30pm

GRADES

Runners entering the 7th-12th Grade in the Fall 2019

PRICE

Prior to Monday, July 29th--\$40.00 (Price includes instruction and t-shirt)

Tuesday July 30th Day of camp--\$50.00 (t-shirt not guaranteed)

LOCATION

Del City High School (1900 S Sunnyslane Rd, Del City, OK 73115)

WHAT TO BRING

All attendees should bring a pen/pencil, notebook, water bottle. If you plan to participate in the running portion bring running attire (proper shirt, shorts, socks, and shoes; can bring spikes if intending on racing the Rust Bust 600m or 1600m)

FOLLOW FOR UPDATES

Twitter: @HimeRunning

@CoachBrockHime

REFUND POLICY

A \$10 cancellation fee will be assessed.

TO REGISTER

Registration is available online at: www.himerunningcamp.com (\$40.00)

You can also register the day of for \$50.00