

MAYES COUNTY SUMMER MILEAGE XC CAMP REGISTRATION

Fill out information below:

Name

Address

City, State, Zip

Phone

Email

T-shirt size

Age/Grade Level

Medical Conditions

I hereby release Pryor Independent School District and the coaches of the summer mileage conditioning camp from all claims on account of pre-existing injury, pre-existing medical condition, or any injuries sustained at the camp. I agree to indemnify Independent school district OK-46-1001 of Mayes County, Oklahoma, the Pryor School District, and their respective individual employees, agents, members, and authorized representatives harmless at all times against any and all losses, claims, damages, costs or expenses incurred by the school or claimed against the school by any person in connection with the applicant's use of the property. I hereby state that my son/daughter is physically fit to participate in the Mayes County Summer Mileage Conditioning Camp.

Parent/Guardian Signature

Date

CAMP DATES AND PRICES

Please check the weeks in which the athlete will participate.

Three Sessions

☐ June 6th - 10th (7:00am - 8:30am) \$20

☐ June 20th - 24th (7:00am - 8:30am) \$20

☐ July 11th - 15th (7:00am - 8:30am) \$20

2 weeks - \$35 (designate which 2 weeks above)

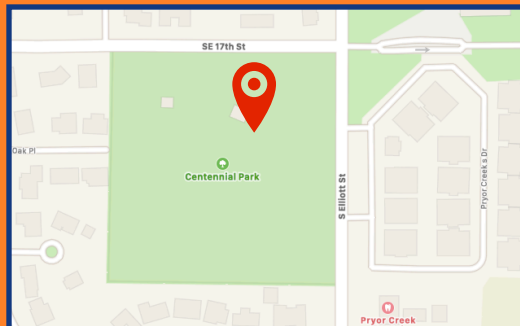
3 weeks - \$50 (includes special mileage t-shirt)

Make checks payable to: PHS Boys XC

CAMP LOCATION

Centennial Park | Pryor, Oklahoma

Centennial Park is located at the corner of Elliot St. and SE 17th Street, Adjacent to Lincoln Elementary School, in Pryor, OK. The camp will begin and conclude daily in the main pavilion off of 17th Street.



MAYES COUNTY SUMMER



2022 CONDITIONING CAMP

Raise your aerobic capacity and prepare for the upcoming Cross-Country season!

Learn the science behind proper training

Endurance training is performed best with an understanding of the body's energy systems and how to train each.

Determine your aerobic threshold

Once your aerobic threshold is determined, the proper intensity levels can be gaged which helps avoid injury.

Understand lactate training

At certain intensity levels the body reaches lactate threshold. Once this happens a runner is forced to slow down.

Improve running mechanics

There is no "ideal" running form, but there are practices that one can implement to improve natural running form.



An Oklahoma Secondary School Activities Association Officially Sanctioned Camp



INSTRUCTION

This camp is designed and geared to assist male and female Junior High and High School endurance athletes increase their aerobic capacity, aerobic power, and provide a solid training base for the Fall Cross-Country season.

Runners will be broken into groups according to experience and level and will learn science based training principles specific to distance running, as well as practices for improving running mechanics, flexibility, agility, and coordination.

For more info call or text: 918-864-3840
email: nofsingerj@pryorschools.org

CAMP INSTRUCTOR

The Mayes County Summer Mileage Conditioning Camp is directed by:

Coach James Nofsinger

Coach Nofsinger is the head boys XC/Track coach at Pryor High School. A native of Pryor, Coach Nofsinger competed in XC/Track at the NCAA D1 and D2 levels in College and at an elite level for several years after. Coach Nofsinger has nearly 15 years of international coaching experience in Asia, and has coached beginning runners up to Elite and Masters World Championship runners. He is both a certified RRCA Running Coach and USATF Level 2 certified Endurance Coach.



USATF
Level 2