



## ***"BUILD YOUR ENGINE IN THE SUMMER!"***

### ***WHAT?***

Attention all runners 7-12th grade! XC season is around the corner! It's time to start planning your summer mileage buildup to get an insane aerobic engine for next season! Join us as we geek out on aerobic capacity, VO2 Max, lactate threshold, and how to appropriately train max velocity sprint speed for distance runners in the off season. See you during one or all of our three sessions! Call or email for more info or register here.

### ***WHERE?***

Centennial Park Pavilion | Pryor, Oklahoma  
(the corner of Elliot St. and SE 17th Street)

### ***WHO?***

The Mid-America XC Camp is directed by: Coach Jamie 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 with SafeSport Training.

### ***WHEN?***

Three Sessions | M-F | 7:00am - 8:30am

Session 1: 5/29 - 6/2 | \$20

Session 2: 6/5- 6/9 | \$20

Session 3: 7/10 - 7/14 | \$20

\*Any 2 weeks - \$35 | All 3 weeks - \$50  
(Cost includes camp t-shirt)  
Payment due on first day of camp.



Scan Here  
to Register



An OSSAA  
Sanctioned  
Camp

Coach Jamie Nofsinger  
nofsingerj@pryorschools.org  
918.864.3840

