**The Rock Running Camp**

**A Cross Country camp for boys aged 13-18 designed to get a head start on the high school cross country season.**

**Dates: Monday July 31 to Friday August 4.**

**Time: 9:00 am to 12:00 pm.**

**Place: Tyler State Park, Newtown Pa.**

**Camp Director: Dave Marrington. Head coach Council Rock North 1996-present. Since taking over the program in 1996, Coach Marrington has helped 22 teams finish in the top 12 at States. He has also guided Rock Runners to 28 individual State Medals, and 4 Foot Locker Finals. In 2016, CR North won its first State Championship since splitting in 2003. He was chosen as Pa. Boys CC coach of the year in 2016 and 2017.**

**Cost: $100.**

**Includes:**

 **Heart Rate Based Training Paces**

 **Daily Runs in Tyler State Park**

 **Strength Training for distance runners**

 **Sessions with Dr. Joe DeCarlo ART (Active Release Therapy) specialist**

 **Pizza Party on last day of camp**

**Sample Day:**

**8:50: Meet in Lower Plantation Parking Lot, Tyler Park**

**9:00: Active Warm Up + Form Drills**

**9:15: Morning Run in Tyler Park**

**11:15: Post-Run Activity: Why We Do What We Do. Open discussion led by coaches.**

**12:00: Leave for Home**

 **Other post-run activities may include ART sessions with Dr. DeCarlo, Track/Cross Country “stories” by current college runners, including tips on choosing a college. Strength Training for distance runners.**

**To enroll, please fill out the attached Child Medical History and Parental Consent Forms and mail it, along with a check for $100 made out to:**

 **Rock Running Camp**

 **302 N. Bellevue Ave, Langhorne, Pa. 19047**

 **Questions: Call Dave Marrington, 215-378-8281**