

CAMP INFO

DATES: August 9 - 13, 2010

WHO: Girls and boys entering 6th-12th grades

COST: \$250, includes a camp t-shirt

DROP OFF & PICK UP LOCATION:

GFS Playing Fields, Midvale and Wissahickon Avenues, East Falls



GFS

ATHLETICS



SPONSORED BY:

Jenkintown Running Company



The Original Running Co.

EACH CAMPER WILL RECEIVE A 10% DISCOUNT
AT JRC WHEN WEARING HIS OR HER GFS CROSS
COUNTRY CAMP T-SHIRT

REGISTER ONLINE AT
WWW.GERMANTOWNFRIENDS.ORG/CAMPS
OR EMAIL ROB HEWITT
AT RHEWITT@GFSNET.ORG

CHECK US OUT ON FACEBOOK - SEARCH
"GERMANTOWN FRIENDS CROSS COUNTRY CAMP"

CO-ED CROSS COUNTRY CAMP
AUGUST 9 - 13, 2010
GRADES 6 - 12

MISSION

The Germantown Friends Cross Country Camp is open to male and female middle school and high school students of any ability. Our goal is to give you a great week of training tailored to your ability that will help build the foundation for a great cross country season. You will train with top-tier high school and college coaches and collegiate distance runners in over 50 miles of wooded trails in the Wissahickon Valley Park.



LOCATION

Located on the athletic campus of Germantown Friends School in Philadelphia, PA., the Germantown Friends Cross Country Camp is a 5 minute run from over 50 miles of wooded trails in the Wissahickon Valley Park. In addition, our athletic campus features an all weather 6-lane track that is dedicated for the use of our teams.



DAILY PROGRAM:

The camp is a day camp from 9am-3pm.

8:30 - 9:00 a.m.	Camper Drop Off
9:00 a.m.	Group Runs
10:30 a.m.	Small group training and instruction
12:00 p.m.	Lunch (athletes bring lunch from home)
12:45 p.m.	Guest Speaker
2:00 p.m.	Light Run
3:00 p.m.	Pick Up

STAFF HIGHLIGHTS

CAMP DIRECTOR BIO:

ROB HEWITT will be entering his 7th year as the GFS Head Boys' Cross Country and Distance coach. Hewitt has guided the GFS program to 6 straight Friends Schools XC titles (2004-2009) and 4 straight PA Independent State XC titles (2006-2009). In 2007 and 2009, the GFS Cross Country Team has been ranked top 15 nationally (10th in 2007, 14th in 2009) and featured in The Harrier magazine, Dyestat.com, and Milesplit.us. He has coached 6 athletes to 9 All-American Honors, which included an NSIC Indoor National 2 mile Champion in an all-time Indoor PA record and an all-time PA Indoor record in the 4x1 Mile Relay. In 2008, the Tigers won the Penn Relays Distance Medley Championship of America. Hewitt has been recognized as a two-time Pennsylvania Independent Schools Cross Country Coach of the Year in 2006 and 2008.

SENIOR STAFF:

CLAIRE HEWITT - Assistant Women's coach at Saint Joseph's University, current UPenn 3k steeplechase record holder.

BRYAN SKELLY - Head Boys' XC coach at The Haverford School, former Atlantic 10 Conference Champion at LaSalle University.

RENEE SKELLY - Head Girls' XC coach at Penn Charter, numerous NCAA and USATF National qualifiers at NC State University and as a professional.

OTHER STAFF MEMBERS WILL BE MADE UP OF CURRENT NCAA ATHLETES AND PROFESSIONAL RUNNERS.