



## **SCHAEFFER ACADEMY CROSS COUNTRY CAMP**

*Cross Country teams are built in the summer...not the fall.*

Whether you're an experienced runner, new to the sport, or just curious about giving our sport a try for the first time, join your Schaeffer Team and Coaches for an awesome 2 days/ 1 night running camp. Camp is open to all students entering grades 6-12. We'll enjoy running the barn trails each day and we are eager to share our knowledge, experience, and passion for the sport.

Oh, did I mention we'll also have fun? When not on a run, we're planning on epic capture the flag games, giant slip 'n' slides, a bonfire, and much more.

**Coaches,  
Dave and Sheri Crow (Jr High Team)  
Joey Furst (JV/Varsity Team)**

Grades: (entering) 6-12

Dates/Time: Drop off: 1:00pm July 9, Pick up 3:00pm July 10

Cost: \$25 (if registered by 6/15) \$30 after 6/15

Where: The Barn. 4218 Viola Rd NE, Rochester MN

Meals: Dinner on the 9<sup>th</sup>, Breakfast and Lunch on the 10<sup>th</sup> included

*What to bring: Running clothes for 2 days, running shoes, swimsuit and towel, change of clothes, sleeping bag, pillow, and an air mattress*

SIGN UP: email [dcrow10@gmail.com](mailto:dcrow10@gmail.com)

QUESTIONS: email [dcrow10@gmail.com](mailto:dcrow10@gmail.com) or (507) 319-7919