

MUSTANG CROSS COUNTRY CAMP

FOR BOYS ENTERING GRADES 5-12 – \$65 (INCLUDES CAMP SHIRT)

\$10 DISCOUNT FOR MORE THAN ONE REGISTRATION PER FAMILY

FINANCIAL ASSISTANCE AVAILABLE IF NEEDED → EMAIL matt.pries@dcgschools.com

AUGUST 6-7, 2020, 8:30 AM -12:00 PM

Coaching Staff: Matt Pries, Josh Saba, & Mark Bennett, High School Boys Cross Country Coaches

Keri McDermott and Kellen Sulentic, Middle School Boys and Girls Cross Country Coaches

FEATURING: George Wares, Head Softball Coach, Central College

First DIII softball coach to reach 1000 wins, 75% winning percentage in 30+ years, four national titles

Thursday, August 6

@ DCG High School Track

(tentative schedule)

Check-in (8:00-8:25)

Team Builder

Age/Ability Specific Workout (5-8, 9-12)

Goal Setting

“Running for the Love of it”

with DCG Girls XC Coach Justin Droppert



Friday, August 7

@ Grimes North Sports Complex

(tentative schedule)

Check-in (8:00 -8:25)

Team Builder

Age/Ability Specific Run (5-8, 9-12)

“Each Person-Each Day-Get Better”

with Coach Josh Saba

“The Power of Your Mind”

with Coach George Wares



WHAT DO YOU NEED?
COMFORTABLE RUNNING CLOTHES
RUNNING (TENNIS) SHOES
WATER BOTTLE
DEDICATION-COMPASSION-GUTS



→ **To enroll, register online at crosscountry.dcgscamps.com**
Registrations after July 23 will be accepted, but there is no t-shirt guarantee after that date.

CLASS 3A STATE MEET: 2019 (STATE CHAMPS), 2018 (7TH), 2017 (STATE RUNNER-UP), 2016 (3RD), 2015 (4TH), 2014 (7TH), 2013 (15TH), 2010 (13TH), 2009 (12TH)

**ONE OF ONLY TWO TEAMS IN CLASS 3A TO BE TOP SEVEN THE LAST SIX YEARS.
LHC: VARSITY TOP THREE SIX YEARS IN A ROW. JV CHAMPS SIX YEARS IN A ROW.
MIDDLE SCHOOL 3A STATE CHAMPS: 2019 (8TH GRADE), 2018 (7TH GRADE)**