## **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

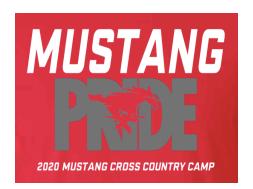
"Running for the Love of it"
with DCG Girls XC Coach Justin Droppert



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.dcgcamps.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 (7<sup>TH</sup>), 2017 (STATE RUNNER-UP), 2016 (3<sup>RD</sup>), 2015 (4<sup>TH</sup>), 2014 (7<sup>TH</sup>), 2013 (15<sup>TH</sup>), 2010 (13<sup>TH</sup>), 2009 (12<sup>TH</sup>)

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 (8<sup>TH</sup> GRADE), 2018 (7<sup>TH</sup> GRADE)