

Cross Country Summer Camp 2019

Camp Week	August 12-16
Registration Deadline	August 2
+\$30 Late Registration	August 3-11
Time per Day	8:00-11:00am
Coed Age Group	Incoming Grades 5-8
Drop Off Location	High School Multi-Purpose Room
Tuition	\$100

REGISTER HERE

PROGRAM DESCRIPTION |

Each morning after runners arrive and shake off the morning sleepiness they'll get started with a fun warm-up activity game to get the muscles moving and loose. Following their warm up coach Scott will offer a lesson, instruction or video on running related topics such as form, what CC races are like, training principles, etc. Following indoor training they'll get outside to go through a daily running schedule which will include different distances and approaches. During the week each participant will set their personal 1-mile record to use as a goal for future participation.

Runners will primarily utilize the "Bagel Loop" of Coe Drive and Bagdad Road utilized by the middle and high school running groups.

WHAT TO BRING |

Each participant needs to be dressed for the weather and having layers is recommended. Running shoes are a must and if you have any questions about what an appropriate shoe is for a camp like this is please reach out to [Scott McGrath](#). Sunblock, a small, healthy snack and full water bottle are also must haves!

COMMUNICATIONS |

Shortly after the registration deadline ORYA staff will reach out to confirm your registration and offer a reminder about program dates and what to bring. Those that register after the deadline will receive a welcome note by the end of the day Friday, August 9th. If you register for the program after the end of the day of August 9th please call Greg Lingley at 603-815-2054 to receive your welcome note.

COACHES |

Your head coach is Scott McGrath, ORHS's varsity cross country coach. Scott is interested in building a passion for cross country at the younger age groups in hopes the continue with the sport through high school and beyond. Assisting Scott, depending on program registration numbers, will be current or former ORHS cross country athletes.

Scott McGrath grew up running cross country and track for ConVal High School where he became the individual Division II state champion in cross country in 2003 and set Division II state records for 1500 and 3000 meters in 2003 and 2004. Scott competed for Bentley University and the University of New Hampshire and began coaching in 2009 at Hopkinton Middle School. Later, Scott was assistant coach for Oyster River in 2011 when the Bobcats won state championships in cross country as well as indoor track. Scott has coached and trained over 50 Boston Marathon finishers and for the past three years has served as the head cross country and distance coach at Oyster River. Under his guidance, the Bobcats earned two runners-up and one state championship finish in cross country and sent one athlete to the prestigious Footlocker Cross Country National Championships in San Diego. Scott's coaching philosophy is centered in the long-term development of athletes of all abilities and sees a bright future for Oyster River Cross Country in the seasons ahead.

PLAYER TUITION |

ORYA summer camp programs are facilitated only by the ORYA office staff – not volunteer program AG's. Our summer camps are fundraisers for ORYA in lieu of reduction of funding from the communities we serve. Player tuitions are determined based on known or expected expenses and what is deemed as acceptable for the type & duration of program.