

# REDSTORM

UNIVERSITY OF RIO GRANDE

## CROSS COUNTRY CAMP

The University of Rio Grande Cross Country Camp is nestled in the foothills of the Central Appalachian Mountains on the campus of the University in Rio Grande, Ohio. It is surrounded by rolling gravel roads, has single track trails and a cross country course, a large indoor pool, and has a state of the art track on campus for camp use. This is a TEAM camp and teams are encouraged to come as a group with a coach. INDIVIDUALS may also attend without a coach.

Coach Registration is free with at least 7 runners registered and will get a 50% discount for having 4 or more athletes registered. Coaches will control mileage run for the week and the extend of camp activity participation such as the core workout sessions, or the number of doubles run by their team. Contact [mpaxton@gmail.com](mailto:mpaxton@gmail.com) with any questions!

**Date:** July 14th - 17th, 2024 (Beginner Camp), July 14th -19th, 2024 (High School Camp)

**Place:** University of Rio Grande

**Contact:** Head Coach Matt Paxton: [mpaxton@rio.edu](mailto:mpaxton@rio.edu)

**Cost:** \$325 for HS camp & \$225 Beginner camp

**Registration:** (ONLINE) [https://portal.campnetwork.com/Register/Register.php?camp\\_id=397895](https://portal.campnetwork.com/Register/Register.php?camp_id=397895) **Past speakers:** Jim Spivey, Bob Schul, Jeff Howard, Rod O'Donnel



## Track and Field Camp

We are welcoming every one of every ability level and coaches to our Track and field camp this summer. All experience levels are welcome. All events contested in high school will be taught. Camp is lead by the University Coaches and Athletes along with some great area high school coaches. Commuter camp 9AM-4PM daily. Lunch provided and a shirt.

**Date:** June 10,11,12 2024

**Place:** University of Rio Grande

**Contact:** Head Coach Matt Paxton: [mpaxton@rio.edu](mailto:mpaxton@rio.edu)

**Cost:** \$100 per athlete or coach. If athlete and coach come together then it's \$100 for the pair.

**Registration:** 8AM on campus or [https://portal.campnetwork.com/Register/Register.php?camp\\_id=397895](https://portal.campnetwork.com/Register/Register.php?camp_id=397895)

