

## 2009 Summer Training Tips and Information

### Reduce the risk of injury:

You must implement stretching, strength-training, appropriate warm-up and cool-down jogging. Being consistent in your training can reduce some of the risks of running related injuries. The following list needs to become a part of your daily routine.

1. Eat healthy.
2. Hydrate.
3. Stretch.
4. Yield to traffic when running on roads.
5. Be drug and tobacco free.
6. Replace shoes regularly.
7. Train consistently.
8. Do some cross-training.
9. If it hurts, back off on the amount of running.
10. Listen to your body!

### Summer Running:

- Be self-disciplined! You should be running 4-5 times a week in June and 5-6 times a week from July to August.
- Be sure to always warm-up by starting with an easy jog and stretching. Also be sure to cool-down by doing 10 minutes of stretching.
- Include rest/cross training/ and easy runs between your long days.
- Having a running partner (group) helps keep your motivation high and helps you with staying disciplined.
- Summer runs are not races. Be sure to enjoy your runs! Run a scenic course, run with a friend when not running with teammates.
- In June and July make sure your longer runs are at conversation pace (meaning you can talk to someone with out losing your breath when running).

### Summer Team Runs Begin Monday, June 8th.

- ♦ We will meet every Monday, Wednesday and Friday 7:30 a.m. to 8:30/8:45 a.m.
- ♦ Mondays and Wednesdays at Valley High School.
- ♦ Fridays will meet at Campbell Rec. Area Park in Clive
- ♦ Captains or coaches will organize each run.
- ♦ Bring WATER each morning!

### Summer Training Logs:

Running calendars (given out at informational meeting) will be used to monitor the mileage every month (10 weeks over the summer vacation). They need to be returned to coach by mail or in person. **Camp money will help pay for VALLEY XC Dri-fit T-shirt that will be rewarded for meeting running goals.**



VALLEY CROSS COUNTRY CAMP  
Coach Tom Trygstad  
12881 Sunset Terrace  
Clive, IA 50325

## 2009 SUMMER CAMP



## Dates

August 3rd-7th  
from 7: 30AM-11:00AM  
@ Valley High School

*For Boys  
Entering grades 8th-12th  
for the 2009-2010  
school year*

Questions:  
Call Coach Tom Trygstad  
at 440-1137  
or email at  
trygstadt@wdmcs.org

## 2009 Camp Features

The Valley boys cross country camp will provide a fun atmosphere for campers to learn about and train for cross country running.

Campers will stretch, run, eat, drink (hydrate with Gatorade), lift, swim, watch running videos, yoga, and be given packets of information about distant running, nutrition, stretching, etc..

Each camper will also have the opportunity to hear motivational speeches by coaches and special guests.

### CAMP DIRECTOR

The camp will be conducted by the Valley boys cross country coach **Tom Trygstad**. Coach Trygstad has coached at Valley the past 6 years. The past three years as the head coach. During that time Valley's XC team has qualified for the State Meet the last 5 years in a row! This past season Coach Trygstad was named CIML coach of the year. The varsity team finished the season, CIML Iowa Conference Champions, District Champions, and finished 6th at the State Meet. The 9th-12th grade program has grown considerably over the past 3 seasons. The 2008 season had 80 boys participating in cross country. Coach Trygstad was also a head boys cross country coach at Newton High School for 4 years.



**Officially high school season begins 7:30 A.M.  
August 10th @ Valley High School. The following  
need to be completed by August 10th to be  
eligible to participate!**

- Updated Physical
- Emergency Medical Card
- Eligibility Card
- All paper work completed at VSW or VHS athletic office

All forms can be picked up at the Valley Athletic Office or at Valley Southwoods office and should be turned in to your school's office by August 10th.

### EACH CAMPER WILL RECEIVE

- **Valley XC short sleeve T-shirt**
- **Valley XC sticker and car decal**
- **Valley XC water bottle**
- **Valley XC running information packet**
- **Guest motivational speakers**
- **Food and Drinks**
- **Summer Running Award (Valley XC Brooks Dri-fit shirt for meeting running goal)**

**Cost of the camp is: \$75.00 per person**

## **REGISTRATION** **INFORMATION**

Fill out and return to address shown on back of camp brochure.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Grade Fall 09: \_\_\_\_\_

School: \_\_\_\_\_

Parents name: \_\_\_\_\_  
\_\_\_\_\_

### **Parents Release and Indemnity Agreement:**

In consideration of the acceptance of this application for enrollment in the 2009 Valley Boys Cross Country Camp, I intend to be legally bound and release any and all rights and claims for damages I may have against the West Des Moines Community School and all coaches for any damages which may be sustained and suffered in connection with participation in the camp. I hereby grant permission for my child to be a participant in the camp and if injury should occur during traveling to, participating in or returning from camp, I agree to pay for all costs, present and future, through my medical insurance policy and /or personal finances.

\_\_\_\_\_  
PARENT SIGNATURE:

### **T-Shirt Size (circle your size)**

Adult:            S            M            L            XL

**MAKE CHECKS PAYABLE TO:**  
**Valley Boys Cross Country Camp** (\$75.00)