

**SEWARD HIGH**  
**"JUST RUN" CROSS-COUNTRY CAMP/CLINIC**  
**FOR**  
**GRADES 7TH-12TH MEN & WOMEN**  
**ON**  
**2 week clinic JULY 11th-15th. And from the 18th.-22nd.**  
**AT**  
**Seward High School Track (except on Wednesdays we will me at**  
**Concordia's CC Course)**  
**6:00 -7:15 P.M.**

Please fill out the form below and send it to:

Kurt Holliday  
919 South St.  
Seward, NE. 68434

Cost of the clinic is \$20 before July 1st, \$25 after July 1st (price includes a t-shirt) and checks can be made to: Kurt Holliday. Those that pre-register will be guaranteed a shirt. Athletes may sign up on the 11th but will only get shirts on a first come first serve basis. Alumni will be free, but must be there to help both weeks to get a free shirt.

If you have any questions or need assistance to cover the cost of clinic please contact: Kurt Holliday at (402)643-4227.

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Seward Cross-Country Clinic  
July 11th - July 22nd. From: 6:00-7:15 p.m.

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

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

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

Size of shirt: S M L XL

Year in School this coming fall (circle one) 7th 8th 9th 10th 11th 12th Alumni

I am looking forward to seeing you on the 11th of July.

Please feel free to contact me if you have any questions at 643-4227.

## Seward High Cross-Country Clinic (Tentative) Workout Schedule

- Monday  
July 11th.      - Talk about the importance of stretching and cool down.  
                     - Distance run with warm-up and cool down.
- Tuesday  
July 12th.      - Stretch, Distance run with strides on track.  
                     - Meet in weight room, talk about set up and use of weight equipment.  
                     - Talk about Hill Training and importance.
- Wednesday  
July 13th.      - Run on Concordia's Cross-Country Course to learn the course.  
                     - Cool down and Stretch.  
                     - Talk about importance of whirl pool.
- Thursday  
July 14th.      - Talk about importance of shoes and tempo runs, Stretch and Tempo run.  
                     - Meet in weight room for weights and stretching.
- Friday  
July 15th.      - Warm-up to Concordia, Talk about intervals and running intervals  
                     around the practice field. Strides and Drills, cool down back to  
                     High School & stretch.
- Saturday &  
Sunday        - Optional run on one of these days on your own.
- Monday  
July 18th.      - Warm-up, Stretch, Fartlek practice on Concordia Course.  
                     - Weight room for stretching and weights.
- Tuesday  
July 19th.      - Talk about Nutrition, Hydration and Sleep.  
                     - Stretch, distance run, cool down and stretch.
- Wednesday  
July 20th.      - Course Run at Concordia - Team Competition?  
                     - Stretch
- Thursday  
July 21st.      - Stretch, easy run and cold whirl pool. Stretch Good.  
                     - Drills and Strides.  
                     \_ Run Olympics?
- Friday  
July 22nd.      - The Ice-Cream Run.

Note: Meet at Seward High School this year except for Wednesday's we will meet at Concordia University at the start of the Cross-Country Course.  
We should be done with clinic between 7:00-7:15 p.m. every evening.  
Drink plenty of fluids during the day prior to practice.

We will have speakers throughout the course of the clinic. Info is likely to change from day to day. Above is just a tentative schedule of events.