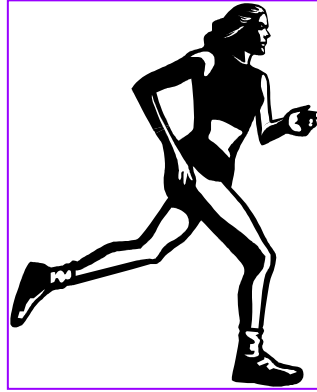


# Niles North Girls' Cross Country and Track and Field Camp



## **All High School Girls Welcome!**

The 2013 Girls' Cross Country and Track and Field Camp will be held Mondays through Thursdays from June 24<sup>th</sup> - July 25<sup>th</sup>.

### **PLEASE NOTE:**

We will meet on the **NILES NORTH** track !!!!!

The focus of camp will be to build a running base for the cross country season as well as to maintain fitness and skills for the track season. Camp will include: road runs, weight training, speed work, track drills, hill work, field events and basic conditioning.

**June 24<sup>th</sup> - July 25<sup>th</sup> 6:30 - 8:00AM**

Please meet on the **NILES NORTH** track.

Cost of Camp: \$50 Non – Resident Fee: \$60 Camp # CNGX01 – (Grades 9 – 12)  
Cost of Camp: \$50 Non – Resident Fee: \$60 Camp # CNGX02 – (Grades 6 – 8)

**Register online at:** <http://summer.niles219.org/>

Please contact coaches with questions  
Coach Andy Swedberg @ 847-626-2234 [andswe@d219.org](mailto:andswe@d219.org)  
Coach John Fitzpatrick @ 847-626-2413 [johfit@d219.org](mailto:johfit@d219.org)