

TRI-STATE DISTANCE CAMP

Location: Homer, NE – Meet at the Homer Track – (South of the School)

Date: July 11th, 2024 – Check in starting at 8:00 am.

Time: 8:30 AM – 2:55 PM

Cost: Up to \$40 per runner (Coaches are free).

Grades: This camp is open for all 6th – 12th Grade.

T-Shirt: To guarantee a shirt, registrations need to be turned in by June 22nd. Anything after doesn't guarantee a shirt.

Included: T-Shirt, Lunch, Snacks, Water, Door Prizes.

Other Notes: Bring extra clothes/towel, as your clothes will get wet during the water/dodge ball challenge and every athlete needs a parent permission form signed.

Payment: Venmo (@AaronSasges) – email registration form to – aaronsasges@homerknights.org

Mail check and registration form to: Homer Community Schools

Attn: Coach Aaron Sasges

212 South 3rd Street

Homer, NE 68030

Electronic submissions and questions can be emailed to: aaronsasges@homerknights.org

Find us on Facebook – Tri-State Distance Camp

This camp is a great opportunity for both runners and coaches to learn from college coaches and athletes. This year we will have Coach Cisar from the University of Nebraska Omaha and Ex-Husker (Track and Field) Cody Mzoracek. Jim the Shoe Guy will be back from Peak Performance talking about shoes.

Schedule

8:00 – 8:30 am – Check -In

8:30 – 8:40 am – Introductions

8:40 – 9:40 am – Team Warm Up/Group Run/Team Cool Down

9:45 – 10:30 am – **SESSION 1** – Coach Cisar (University of Nebraska Omaha) – Consistency & the Effects it has on Student-Athlete Development.

10:30 – 10:40 am – Door Prizes/Bathroom Break

10:40 – 11:25 am – **SESSION 2** – Coach Cisar (University of Nebraska Omaha) – Benefits of Strength Training

11:25 – 12:00 pm – Team Run/Water/Dodge Ball Challenge

12:00 – 12:30 pm – LUNCH BREAK (Pulled Pork or Pasta)

12:30 – 12:35 pm – Door Prizes/Bathroom Break

12:35 – 1:20 pm – **SESSION 3** – Coach Mroczek (Ex-Husker T&F Athlete & Scotus H.S. XC, Track Coach) – The Mental Side of being an Athlete.

1:20 – 2:05 pm – Team Activity – Football Field

2:05 – 2:10 pm – BREAK

2:10 – 2:45 pm – **SESSION 4** – Jim The Shoe Guy (Peak Performance) – Proper shoes and accessories.

2:45 – 2:50 pm – Group Photo

2:50 – 2:55 pm – Door Prizes

Registration Form

*There are two ways of registering – as a team or individual.

Registration can be done ONLINE or Paper:

1. Individual Registration Link: <https://forms.gle/BJ818rmA4L7gyVuV6>
2. Team Registration Link: <https://forms.gle/PyAnkbnZUv3NuApL6>

Individual Registration Form

Athlete Name	Grade Level	Gender	School Attending	Phone Number	T-Shirt Size	# of Coaches/Adults Attending

If a coach or adult attending the camp would like a t-shirt, please include name, phone, size of t-shirt and \$15 per t-shirt below. Thank you.

Adult/Coach Name _____

Phone Number _____

T-Shirt Size _____

Adult/Coach Name _____

Phone Number _____

T-Shirt Size _____

Team Registration Form

***Discounted Rate – 5-9 registrations - \$35 per athlete. 10+ registrations - \$30 per athlete.**

Coaches Name: _____ Coaches Phone: _____

Coaches Name: _____ Coaches Phone: _____

Coaches Name: _____ Coaches Phone: _____

School: _____

T-Shirt Sizes (If you would like a t-shirt, please include \$15 per shirt and size(s) needed below:

<u>Athletes Name:</u>	<u>Grade:</u>	<u>Gender:</u>	<u>T-Shirt Size:</u>
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____ (Discounted Rate)
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____ (Discounted Rate)
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____

Parent Permission Form

***Every athlete needs one of these signed by their parent or legal guardian. Thank you.**

I am participating in "Tri-State Distance Camp" at my own risk and waive all claims of every nature against the organizers, officials, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the camp. At the time of registration, I will inform the organizers regarding any relevant medical condition. I agree to follow the rules, which govern road running and will follow all pedestrian laws.

I, the undersigned have read the above waiver and release, and understand that I have given up substantial rights by signing it and I sign It voluntarily.

Athlete Signature: _____

Athlete Print Name: _____

Date: _____

If participant is under the age of 18: This is to certify that my son/daughter has my permission to participate in the "Tri-State Distance Camp," is in good physical condition and that the organizers have my permission to authorize emergency medical treatment if necessary.

Parent's Signature (for those under 18): _____

Print Name: _____

Date: _____

A BIG THANK YOU TO OUR SPONSORS & SPEAKERS!