



Summer 2022

“Living Life with Passion, Running Miles with Purpose”

COME RUN WITH US!

Join us as we prepare for a great 2022 season! Camp is open to all girls and boys who will be in grades 6-12 for the 2022-23 school year. Junior High and T&F camp will not leave BHS grounds.

As coaches we encourage all runners to sign up for **BHS summer fitness**. It provides cross country runners with the necessary core development through conditioning, strength training, dynamic stretching, and agility training. Summer fitness is held on Monday, Wednesday, and Friday. Athletes are expected to go after running camp on those days. ***Although this program is run by BCSD coaches or staff, it is not sponsored by the Bettendorf Community School District or its schools. All proceeds support the outside camp or activity.***

Cost: \$50.00

Make Checks Payable To:

Girls: TBD

Boys: Dave Terronez

Mail Registration to:

Girls: TBD

Boys: Dave Terronez, 5153 Brentwood Drive, Bettendorf, Iowa 52722

Questions:

Call Coach Terronez @ 505-2440 or email david.terronez@rimsd41.org

Name: _____ Grade in 22-23: _____

Address: _____

Phone: _____

Parent cell phone: _____

Parent e-mail: _____

Runner e-mail: _____

t-shirt size: Small

Medium

Large

X Large

We have adequate health insurance and will not hold the Bettendorf Community School District or its employees responsible for any injuries that may occur while our son/daughter is a participant at the Bulldog Cross Country Camp.

Signature of parent/guardian: _____ Date: _____

TIMES are 7:45 a.m. High School Boys and Girls

Junior High 8:30am and Track & Field Camp (Speed) 9:15am until 10am!

UPDATES ON TWITTER: Bett Boys XC/TF

Monday, June 6: BHS warm up, form drills, wickets and core Time Trial 800 - T&F 10m dash

Tuesday, June 7: BHS Oregon Run on the turf working on pace - wickets and starts - first 4 steps

Thursday, June 8: BHS - warm up, form drills, wickets and core - Short or Long Rusty - sleds push&pull

Monday, June 13: BHS warm up, form drills, wickets, core and Time Trial 800 or 1 mile

Tuesday, June 14: BHS Oregon Run on the turf working on pace

Thursday, June 16: BHS warm up, form drills, wickets, core and 18th Street/Field Sike

Week of June 20th TBD or off

Monday, June 27: BHS warm up. Form drills, wickets, core and Time Trial 800

Tuesday, June 28: BHS Oregon Run on the turf working on different paces: 1 mile & 5K

Thursday, June 30: BHS warm up, form drills, wickets, core and hill workout

Monday, July 4: No camp Happy Fourth of July

Tuesday, July 5: BHS Oregon Run on the turf working on pace as well as backwards running

Thursday, July 8: BHS warm up, form drills, wickets, core and hill workout

Monday, July 11: BHS warm up, form drills, wickets, core and Time Trial 800/1 mile.

Tuesday, July 12: BHS Oregon Run on the turf as well as running backwards

Thursday, July 14: BHS warm up, form drills, wickets, core and hill workout Maplecrest

Monday, July 18: BHS warm up, form drills, wickets, core and Time Trial 800/1 mile

Tuesday, July 19: BHS Oregon Run on the turf as well as running backwards.

Thursday, July 21: BHS warm up, form drills, wickets, core and hill workout

Week of July 25: Family Week - run on your own - week is set aside by IGHSAU and IAHSAA -

Week of August 1: Captains' Practices (more information to follow)

Season starts Monday, August 8 at 3:45pm. at BHS. A physical and new concussion form must be on file with FAMILY ID in order to participate in practice beginning Aug 8, 2022

