

BISHOP EUSTACE PREP SCHOOL'S



2019 Summer Running Program



MONDAYS (beginning July 15)

Pennypacker Park in Haddonfield

Time: 5:30pm

Grades: 5-8

THURSDAYS (beginning July 18)

Queen of Apostles Field at Bishop Eustace

Time: 5:30pm

Grades: 5-8



Registration Due by The First Day of the Program



2019 Summer Running Program



This informal, two-day-a-week program is open to all boys and girls of middle school age who want to develop themselves as cross country/distance runners. The sessions will take place either at Pennypacker Park in Haddonfield (Mondays) or at the Bishop Eustace campus on our "State of the Art" track and field facility (Thursdays). Runners will develop their abilities both on the trails and on the track. No experience necessary.

CAMP OBJECTIVES:

- Serve as conditioning for the middle school cross country season ahead
- Learn stretching and warm-up exercises
- Distance runs over trails/Track runs to help improve strength building
- Core/strength exercises that are essential for distance runners
- Learn importance of rest and nutrition
- Much individual instruction and encouragement

BIOGRAPHY of BISHOP EUSTACE COACHING STAFF

Chris Threston is returning as our Girls Cross Country Head Coach. Since taking over in 2005, the Girls XC team has consistently ranked in the Top 10 in South Jersey (last year #5), have won five conference championships, six South Jersey Open Championships, and five Bob Kiessling Memorial South Jersey Non-Public Championships, among others. In that time, the team has produced five All-South Jersey performers (including two Runners of the Year) and has either as a team or individuals, qualified for the State Meet of Champions eight times. Additionally, Coach Threston's Boys Winter Track and Field teams have won the State Championship for the past five years.

Mike McClain has been a member of the Bishop Eustace coaching staff for the past four years. A 2004 Eustace graduate, Coach Mike currently serves as the Head Coach of the Girls Spring Track and Field team and for the past four years, the Assistant Coach for Girls Cross Country. Prior to coaching at Bishop Eustace, Coach McClain served as an Assistant for the Rutgers (Camden) Track and Field/Cross Country teams at a time when the program produced several Division III All-Americans. As Head Spring Track and Field Coach, the team has won two Conference Championships and a Woodbury Relays Championship in just three years.

Pat Donnelly is returning as the Boys Cross Country Head Coach for his fourth season. Coach Pat had a standout career at LaSalle Prep and St. Joseph's University prior to coming to Bishop Eustace. In just his first season, the Boys Cross Country team won the State Non-Public Group B Championship. His teams have also won conference championships in two of the past three seasons. Additionally, Coach Pat works with the Boys and Girls Distance teams during the Winter and Spring Track and Field seasons as many of those athletes have achieved State Championships over the past three years and will now run in college. In 2019, Coach Pat was elevated to Head Coach of the Boys Spring Track and Field team.

Holly Bischof worked exclusively with the middle school program last summer. A 2012 Eustace graduate, Holly was a three-time All-South Jersey selection, two-times All-State, State Runner of the Year in 2011, and Foot Locker Nationals qualifier. Holly is the only BE runner to win the State Meet of Champions when she won it in 2011. Holly earned a scholarship from Duke University where she earned her degree in Neuroscience. Holly recently received her Masters degree in nursing from the University of Pennsylvania.

Other staff will include area coaches and former Bishop Eustace cross country graduates who currently in college or recent college graduates.



2019 Summer Running Program



REGISTRATION

(Please Print)

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE #: _____

EMAIL: _____

Grade entering 2019 school year: _____ Age: _____

School Attending 2019: _____

WHAT YOU NEED:

(Grouping of athletes will be based on conditioning and experience)

- Have a good pair of distance running shoes (a.k.a – “trainers”)
- Please bring water and a snack.
- If possible, have a digital watch which has a stopwatch feature

HERE ARE THE SESSIONS (BEGINNING JULY 16 & ENDING AUGUST 16)

▪ MONDAYS (from July 16-August 12)

Time: 5:30PM

Place: Pennypacker Park (parking lot by the softball field)

Grades: 6-8

Fees: NONE

▪ THURSDAYS (from July 19-August 15)

Time: 5:30PM

Place: “Queen of Apostles Track and Field”

Grades: 6-8

Fees: NONE

*****The summer running is a new pilot program this year without charging a fee. If it becomes permanent in the future, we may charge a small fee in order to provide amenities (i.e. T-Shirts) and cover other expenses.**



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RELEASE FOR MEDICAL TREATMENT

Name: _____

Any allergies to medicines? If so list below:

List any conditions that physicians should be aware of:

I hereby authorize any medical treatment which may be advised or recommended by the attending Physician of

(Camper's Name)

(Insurance Company)

(Policy Number)

(Signature of Parent or Guardian)



RELEASE AND WAIVER OF LIABILITY

The undersigned hereby acknowledges that participation in this camp and related activities involves an inherent risk of physical injury, and the undersigned, on behalf of the registrant, hereby assumes all such risk and does hereby release and forever discharge the camp and all employees and agents thereof from any and all liability of whatever kind or nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property, and the consequences thereof, resulting from the registrant's participation in or involvement with this camp, including any failure of equipment or defects on premises.

I hereby state that I am the legal guardian of said child.

Signature of Participant Date

Signature of Parent or Guardian Date

MEDIA RELEASE STATEMENT

As parent/legal guardian of the above camper, I give permission for photographs to be taken during activities at the Bishop Eustace Summer Running Program. These photographs will remain the property of the Bishop Eustace Track and Field/Cross Country and may be used in publications and marketing campaigns. I give my permission for my child to be filmed or photographed.

Signature of Parent/Guardian