

## Sylvania Striders ?

### Monday:

- Meet the camp coaching staff \*\*
- Introduction to our warm-up routine
- Trail Run / Race to determine groups
- Cool-down run
- Core body work

### Tuesday:

- Warm-up routine
- Split into running groups
- Trail Run
- Cool-down and form work
- Upper body work

### Wednesday:

- Warm-up routine
- Split into running groups
- Trail Run / Speed Training
- Cool-down
- Core body work

### Thursday:

- Warm-up routine
- Split into running groups
- Trail run
- Cool-down
- Upper body work

### Friday:

- Warm-up routine
- Trail Race
- Cool down run
- Parent and Athlete banquet

\*\* Parents are encouraged to meet the coaches at the outdoor theater at Stranahan,

Every day will end with a healthy snack

The Sylvania Striders is a Junior High and High School distance running club that meets every morning at 8:00am. The Sylvania Striders is starting their 33rd season on June 9th. The Striders have produced individual State Champions, multiple All-State runners, and four State Championship teams. Many Sylvania Striders have received college scholarships and had successful running careers after High School.



Training on the soft surface trails help prevent common running injuries often associated with hard surfaces.

## Contact Information

Coach David Briggs  
dbriggs@sylvaniaschools.org  
419-508-9735

“Too many runners do not see the value of summer training. I benefited from summer training as a high school and college CC & track athlete. The Sylvania Striders summer running group allows area athletes to meet and train together, enabling runners of all competitive levels to improve and succeed through a developmentally appropriate training system.”

***Mr. Matt Geha/Former McCord Teacher/Principal Springfield Schools State Champion/All-American Runner***

“The single most important aspect of being a successful high school cross country runner is the work you put in during the summer.”

***Mr. Jon Monheim/Northview HS Teacher /State Champion Coach***

“Running Sylvania Striders gave me the strength I needed at the end of every season and I had a great advantage over the runners who did not train over the summer.”

***Meredith Wagner/Sylvania Northview 2009 State CC Champion Division I***

“Striders has been an integral part of nearly every successful distance runner in this tradition-rich community. The club is informal in nature and takes a low key approach that isn’t intimidating for beginners. A good way to meet future teammates in an informal setting.”

***Ross Deye/Club Founder State Champion Coach***

*2nd Annual K - 5  
Cross Country Camp*

# *Sylvania Striders*

## **Distance Running Club**



**Who?** Any student entering Kindergarten through 5th grade.

**Cost?** \$25.00 per athlete  
(additional family members \$15.00 each)

**When?** July 21st – July 25th  
Monday to Friday  
at 9:00 a.m.– 11:00 a.m.

**Where?** Behind Stranahan Elementary  
3840 N. Holland-Sylvania  
Road

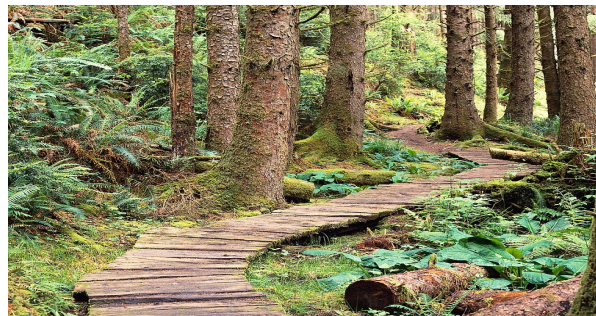
*Run the shaded trails of  
Wildwood Metropark during the  
coolest time of the day!*

### **Important Facts**

Distance running is a lifetime sport that promotes healthy living. It is also the least expensive and most assessable sports available.

Junior High cross country does not cut athletes so everyone is given an opportunity to run.

Cross country races allow all athletes to compete so no athletes are left out.



**ALL** Pre-registered athletes will receive a Sylvania Striders camp t-shirt.

Pre-registration ends **JULY 14th**

Athletes can register after July 14th but are not guaranteed a t-shirt.

Clip and mail prior to 7-14 or bring on 7-21

Name \_\_\_\_\_ Phone # \_\_\_\_\_ School attending fall 2014 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_ Circle size and shirt: YS YM YL S M L XL

All Strider coaches are certified in Sports-Related First-Aid Training. However, it is the responsibility of athletes (or their parents if under 18 years of age) to obtain a physical exam prior to a training program such as that provided by Sylvania Striders. While not required, it is recommended.

Parent's Signature \_\_\_\_\_  
Required

**Make checks payable to:**  
Sylvania Striders

**Mail registration to:**  
Sylvania Striders  
7865 Saltwood Ct.  
Sylvania, OH 43560