

Menard Eagle Summer *Running* Camp

An Invitation!

Dear Parents and Students,

The end is in sight! While some of us are looking forward to the end of a school year, many of us are focusing on the next year (3 months from now!). Hard as it may be to believe, it's time to begin planning for August. You may not know but I teach Social Studies and Math, but I am also the new coach the Boys track and both cross country teams, and that's the reason for this letter.

Menard has developed a rich running tradition over the last thirty plus years. The cross country girls have been district and parish champs and within the top 3 in the state (including 11 state championships and 8 runner-ups) for all but three of the last thirty years. The cross country boys have been district champs twenty of the last twenty-one years and in the top six in the state numerous times (including 2 state championships and 3 times as runner-up).

Cross Country is a fall sport. We start in early August and end before Thanksgiving. Each year we normally have around 50 runners (of all shapes, sizes, abilities, and ages!). No one gets cut, everyone runs in all the meets, and our system is geared to finding success for each runner regardless of ability. It's also a great way to get in shape for winter and spring sports.

As sort of an introduction to running, or maybe a "Let's see if I might like this running thing," each year we host a one week running camp. This will be our 28th camp. I'm writing now to invite you to join us this year. If you didn't manage to get out there for Cross Country earlier this year, maybe now's the time to try this running thing!

The dates are Monday, ***June 14th through Friday, June 18th, from 8:00 AM to 1:00 PM*** at Menard. The cost is \$125.00 per child, and **no running experience is necessary**. If you're interested or even think you might be interested, fill out the attached application and come join us. There's no commitment to cross country in the fall; you'll at the very least get yourself in shape for the summer; and you'll have a lot of fun. **This camp is for runners of all ages and experience levels!!!**

If you would like to talk to me first, call me anytime during the day at 903-658-1094 (email is mredmon@holysaviormenard.com) I'm looking forward to meeting you!

Sincerely,

Morgan Redmon
Head Coach, Boys Track and Cross Country

PS: During each Cross Country season I hear a lot of, "I almost decided to come to the camp" or "I almost decided to run Cross Country this year," from many students. A lot of people go through life "almost" doing a lot of things. Don't go through life being an "almost" kind of person! Come try it out. You'll make new friends for sure. Our best runners have traditionally been boys and girls who haven't had much if any athletic experience but tried out this running thing – and found that with a commitment to being the best they can be, they have been able to find much success.

MENARD EAGLE SUMMER *RUNNING* CAMP

Monday, June 14, 2021 through Friday, June 18, 2021

Name _____ Gender _____ Age _____ Grade Next Year _____

Street _____ City _____ State _____ Zip _____

Parents' Names _____ Home Phone _____

Current School _____ Birth Date _____ Emergency Phone _____

Email Address _____

Activities will include proper warm-up and cooldown, exercises to improve running ability, games, and (of course!) running. Runners will be divided into skill levels and will be supervised at all times. Instruction will include proper running form, running shoe selection, motivation, proper diet for athletes, and more.

The focus will be on making running fun while developing a higher level of conditioning for each individual during the two-week period. Awards will be given for various categories at the end of the two weeks.

Lunch and snacks

Lunch will not be provided, but we will have a canteen for snacks and drinks at certain times throughout each day. If you would like to pre-load money at the canteen for your child please designate how much you would like to add for them below and include that money in your camp fee. We will also be taking orders for pizza each day for lunch at \$2.00 a slice and this money can also be added to your entry fee. **Please indicate below how much canteen money you would like to add, and how many slices of pizza you would like to purchase for lunch each day.**

Canteen Money to be added for my child: _____

Lunch Pizza Order (\$2.00 per slice): Monday: _____ Tuesday: _____

Wednesday: _____ Thursday: _____ Friday: _____

Location:	Meet at Menard under the trees by the tennis courts
Dates and times:	Monday, June 14 through Friday, June 18, 2021 Monday through Friday only -- no camp on weekends 8:00 PM to 1:00 PM (RAIN OR SHINE!!)

I hereby authorize the director of the Menard Eagle Spring Running Camp to act for me according to their best judgement in any emergency requiring medical attention.

Parent or Guardian Signature _____

Return this form with a check for \$125.00 plus any extra to:
(Make checks payable to Menard High School)

Menard Eagle Running Camp
4603 Coliseum Blvd.
Alexandria, LA 71303

Questions???

Morgan Redmon: mredmon@holysaviormenard.com

Cell: 903-658-1094