

BRIGHTON CROSS COUNTRY

Middle School Cross Country Camp

**Running Games * Cross Country Meet * Learn about Good Form Running, Nutrition, Training*

Brighton High School girls and boys cross country programs believe cross country is the sport for you! No matter your ability, this sport can be enjoyed by all. This camp is designed to promote the fun and excitement of cross country in a positive environment. All activities will be adjusted based on each individual's ability. The goal is to have fun while learning more about the greatest sport around. There is no requirement for pre-camp training. For \$35 (\$45 late registration: no guarantee of a shirt for late registration), your athlete will receive a camp t-shirt, 4 days of coaching and fun activities, 2K race, and age group awards. Questions or concerns can be directed to either of the program head coaches: Chris Elsey (boys) elsey@brightonk12.com or Kristi Matuszewski (girls) runkristi@comcast.net

Who: 5th - 8th Graders

Dates: Monday, July 21st -Thursday, July 24th, 2025

Time: 10:00 a.m. to 11:30 a.m.

Place: Brighton High School Back Field (behind tennis courts)

Cost: \$35 pre-registration (\$45 received after 6/23 or sign up the first day of camp)

Pre-Registration deadline June 23rd, 2025. Registration is with GoFan. Scan the QR code below to register and pay.

