

University of the Incarnate Word



5th Annual Summer XC Camp

When: June 26th – July 1st, 2010

Where: U.I.W. Tom Benson Track Complex and Campus

**Available to: 14-18 years old high school athletes for
Overnight accommodations (limited to 30!)**

For commuter option – please call (210-805-3566)

Camp Features: *Overnight Housing Accommodations, Meals, T-shirts, Fun Activities, Certificates, Instruction in Distance running, Swimming, Drills, Weights, Strength and Hill Training, Injury Prevention, Nutrition, Technique Assessments, Event Competitions, Video Analysis and Much, Much More! A Must Attend Event!*

Fees

Overnight Camper Option: \$335.00 (includes everything)

Multiple family, team, and alumni discounts available

Register On-line at www.active.com and search for U.I.W. XC Camp. This event is a "One of a Kind" Camp held in San Antonio since 2006. Camp Attendees in the past included State and National competitors.

For More Information and Registration Forms: Contact Coach Derek Riedel at 210-805-3566 or riedel@uiwtx.edu

Visit these website for additional information:

**www.cardinalathletics.com or
www.iaapweb.com/brainpower**