

2020 HIGH SCHOOL CROSS COUNTRY CAMP

Wednesday, July 22nd – Sunday, July 26th

MISSION STATEMENT

To provide a camp that offers individual attention, guidance, and opportunity to high school student-athletes in an environment which fosters success through cross country and track & field coaching expertise founded in the latest research in exercise science.

CAMP DETAILS

All training activities will take place at On ZAP Endurance's facilities and running trails in Blowing Rock & Boone, North Carolina, which are among the best in the nation with over 26.2 miles of running trails in Moses Cone Memorial Park. Current On ZAP Endurance professional athletes will serve as camp counselors. Instruction includes running workouts, strength training, form drills, dynamic warm-up & stretching routines, racing strategies, and nutrition.

CAMP CHECK-IN/OUT

Check-in is 1:00-3:00pm on **Wednesday, July 22nd** at **ZAP Endurance**

- Directions to ZAP here:
<https://goo.gl/maps/akvXh2sJw6VaHDMb8>
- Check out is on **Sunday, July 26th** at **10:00am**.

ACCOMMODATIONS

Our Lodge has 24 beds in 8 suites with wood floors throughout all the rooms and carpet in the main lounge area. The rooms are equipped with nice double pillow-top twin beds. There are 2 doubles, 4 triples, and 2 quad suites in which each shares a full bathroom with an adjacent room, with the exception of 2 doubles. We have a coin operated washer and dryer on site along with a refrigerator dedicated to personal use for guests.

TRAVEL ARRANGEMENTS

It is the responsibility of each camper to arrange his or her own transportation to and from camp. Campers flying should book their flights to Charlotte Airport (CLT), attempting to arrive by 12:00pm on July 22nd and departing July 26th after 1:00pm.

SOCIAL MEDIA

Facebook:

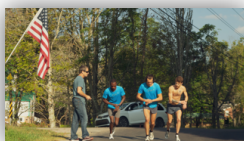
@On.ZAP.Endurance

Twitter:

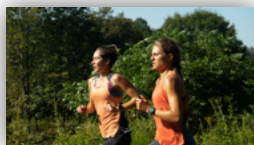
@ZAPEndurance

Instagram:

@on.zap.endurance



#comerunatZAP
#ZAPNation
#runonClouds



LIVE AND TRAIN WITH OUR PROFESSIONAL TEAM OF DISTANCE RUNNERS!

CAMP LOCATION

ZAP Endurance
9560 Blackberry Road
Lenoir, NC 28645
Phone: 828-295-6198

CAMP COACHES

Matt LoPiccolo (Camp Director)

On ZAP Endurance Assistant Coach
Email: zapendurance.matt@gmail.com

Pete Rea

On ZAP Endurance Head Coach
Email: zapendurance.pete@gmail.com

Ryan Warrenburg

On ZAP Endurance Associate Head Coach
Email: ryan.warrenburg@gmail.com

Andrew Wheating

On Sports Marketing / Special Guest Olympian
Email: andy-wheating@on-running.com

PRICE

- \$695.00 – overnight
- \$535.00 – extended day
- **Register at:** www.zapendurance.com
- Each camper receives On Shoes, Shirt, & Shorts!

SAMPLE DAILY SCHEDULE

7:00am	Roll Call & BREAKFAST
8:00am	Depart ZAP for Boone Greenway
8:30am	SESSION 2 – Workout & Video Recording Warm-Up Dynamic Flexibility Snowball 800's Cool-Down Video Recording of Running Form
10:30am	Return to ZAP
11:00am	Group Presentation – Patio College Prep Q&A (On ZAP Endurance Athletes)
12:00pm	LUNCH
1:00pm	Group Activity – Basketball Knock-Out Tourney
2:00pm	Group Presentation – Lounge & Gym Video Analysis (1-4) / Strength Training (5-8) *Then Flip/Flop*
4:15pm	Depart ZAP for Bass Lake
4:45pm	SESSION 3 – The Maze Easy Run
6:00pm	Return to ZAP
7:00pm	DINNER
8:00pm	Group Presentation – Lounge Running Mechanics (Coach Matt LoPiccolo)
9:00pm	Group Activity – Camp Fire & S'mores / Movie
10:00pm	Bed Checks Begin
10:30pm	Lights Out