

# The Lakeshore Running Camp

June 7- 9<sup>th</sup>, 2021



This running camp is designed to introduce runners to all phases of running *and* to coach them on striving to become the best individual possible. Running topics will include: training, racing, nutrition, flexibility, goal setting, proper equipment, and running logbook set up. Additionally, leadership, motivation, excellence, and character will be priority discussions in our logbook sessions. Campers will run 2-3 times a day on soft surfaces in a variety of backdrops. Cabins/tents will be provided for overnight campers. The camp site is the Cleburne State Park Group Barracks with dining hall located in Cleburne State Park. The facility has separate men and women's group barracks that are mirror images of each other. Each barrack is 675 square feet and has 12 double bunk beds with mattresses that will sleep 24 overnight visitors; air conditioning and heating, breezeway with ceiling fans and full service private restrooms are located across the breezeway from the barracks.

Cost of this camp is \$230 (email [justin.leonard@southlakecarroll.edu](mailto:justin.leonard@southlakecarroll.edu) attendance confirmation and I will send you payment and waiver information). This includes meals, travel, lodging, personal training and racing system set up, t-shirt and 75+ page logbook. Camp staff coaches include Justin Leonard (Head Cross Country Coach, Southlake Carroll High School), Landon Leonard (DFW Firefighter and Paramedic), Mary Teel (retired teacher), Candy Leonard (retired teacher) and Nikki Leonard.

Here is a typical camper's day...

9:00 a.m. - breakfast  
9:45 a.m. - rest  
10:15 a.m. - morning logbook session  
11:30 a.m. - shake out run (1-2 miles)  
12:00 p.m. - lunch  
1:00 p.m. - Games  
3:00 p.m. - afternoon teambuilding competition  
5:00 p.m. - Games  
6:00 p.m. - evening run  
7:00 p.m. - dinner  
8:00 p.m. - evening campfire logbook session  
9:30 p.m. - showers/snacks  
10:00 p.m. - lights out

Each camper should bring:

- **A one inch 3 ring binder with notebook paper, pens or pencils**
- A fold up chair to sit in
- A sleeping bag, pad and pillow (pad is optional)
- **A water bottle**
- 4-6 sets of running clothes
- Running shoes
- Swimsuit
- Towels and toiletries
- Sunblock, bug spray



*Please email Coach Leonard- [justin.leonard@southlakecarroll.edu](mailto:justin.leonard@southlakecarroll.edu) if you plan on attending.*

