

CAMP INFO

Who: 9th - 12th grade (male and female)

Price: Residents \$525, Commuters \$375
\$250 non-refundable deposit

Team Discount: *Please contact Coach Skiles for the team discount*

7-13 per student \$475

14-20 per student \$450

21-27 per student \$425

28+ per student \$400

What to Bring:

Running attire for five days (morning and afternoon workouts), including warm-up suit for cool mornings and evenings and modest swimming wear. Rain gear for possible rainy runs.

At least two pair of comfortable running shoes for training.

Laundry bag, twin bed sheets, pillow, bath towels, water bottle and personal hygiene supplies.

Casual attire for evenings and lectures.

Extra spending money for personal expenses.

Watches

Camp Registration



Registration Deadline
June 20, 2025



CAMP GOALS

To take steps to improve skills in long-distance running and knowledge.

Knowing what a college student-athlete life is like.

Athletes are educated about how to prevent running injuries and how to identify if they are over-training.

The athletes will feel motivated to achieve their fullest potential.

Athletes will be given the tools to be a better teammate.

The guidance they need to set goals and prepare mentally for distance running.

Team leadership building drills will be taught.

CAMP DETAILS

Payment

All payment is due before June 20. There will be available payment plans. Please contact Coach Skiles at askiles@ozarks.edu if you need to set up a payment plan.

Check-In Process

Registration (Check-In) 1 PM - 3 PM on Sunday, June 22 in front of MacLean Hall. Upon arrival, all campers will check-in outside of MacLean Hall. We will ensure that all necessary forms are completed, and signed, and provide any last-minute instructions. The first session will begin at 4 PM. If you arrive early, you may want to bring your lunch.

Parents, during the check-in process Camp Staff (coaches, trainers, etc.) will be available to visit with you and answer any questions you may have.

Check-Out Procedures

Please note that campers may only be released to individuals who are listed on the registration forms as approved for check-out. We kindly request that you refer to the camp schedule for the daily pick-up locations.

Overnight Campers

Campers will stay at Maclean Hall. Rooms are equipped with two twin beds. You may request a roommate online during the registration process or you may email askiles@ozarks.edu with any requests. If you do not request, you will be paired up with one based off of age and grade. The hall will be always supervised. No visitors in the dorms, no males in female rooms and no females in male rooms. We will follow all campus policies while in the dorm.

Class Sessions

We will break athletes into groups for the morning classes. Each group will attend 6 different classes.

New to Campus

New to this year's XC camp! We will offer exciting opportunity to explore local trails, challenge your bowling techniques, and enjoy our aquatic center.

SCHEDULE OF EVENTS

SUNDAY

1 - 3 PM	Resident camper move in
4 - 6 PM	Camp Intro/Team Sessions
6 - 7:30 PM	Dinner
8 - 9 PM	Activity
10 PM	Lights Out

MONDAY - WEDNESDAY

6 AM	Morning Run (45 min to 1 hour)
7:30 - 9 AM	Breakfast
10 - 11:50 AM	Class (2 sessions)
12 - 1:30 PM	Lunch
2 - 3:50 PM	Class (2 sessions)
4 - 5 PM	Team Session
6 - 7:30 PM	Dinner
8-9 PM	Activity
10 PM	Lights Out

THURSDAY

6 AM	Morning Run (1 hour)
7:30 - 9 AM	Breakfast
9 AM - 12 PM	Resident Move Out

COMMUTER PICK UP TIMES:

Sun. 5 PM @ Mabee Gymnasium
Mon. - Wed. 4:30 PM @ Mabee Gymnasium
Thurs. 9 AM @ Mabee Gymnasium

CLASSES/ACTIVITIES

Yoga
Nutrition
Racing Strategy
Admission Process /Recruiting
History of the University of the Ozarks
Strength Training and Why It Is Important
Team Bonding Activity
Outdoor Activities
Racing Strategy
Athletic Training
Cross Training

*To learn more about
OZARKS ATHLETICS visit
ufoathletics.com*

TONY SKILES
HEAD CROSS COUNTRY/TRACK
COACH

817.487.5042 ☎
askiles@ozarks.edu ✉



UNIVERSITY OF THE OZARKS
***Cross Country
Camp***

June 22 - 26, 2025

UNIVERSITY OF THE OZARKS
415 North College Avenue
Clarksville, Arkansas 72830