

# 2009 Building Champions

July 30 - Aug. 1, 2009

# X-C Camp

**For More Info: Call or Text  
Coach Hill 208-881-2028  
or E-mail [bhill@d59.k12.id.us](mailto:bhill@d59.k12.id.us)**

## Camp Agenda

### Thursday July 30th

3:00 pm...Campers arrive @ Firth High  
4:00 pm...Arrive at camp & Introductions  
5:00 pm...Group Run & Training Session  
7:00 pm...Dinner  
8:00 pm...Guest Speaker  
9:00 pm...Free time/Evening Activities  
11:00 pm...Bed Check/ Lights Out

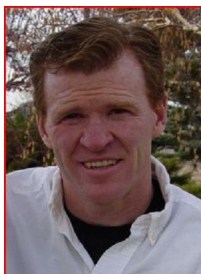
### Friday July 31<sup>st</sup>

7:00 am...Morning Run  
8:00 am...Breakfast  
9:00 am...Mini Clinics(rotating groups of 10)  
11:00 am..Pack for Hike  
5:00 pm...Poker Run  
7:00 pm...Dinner  
8:00 pm...Guest Speaker  
9:00 pm...Evening Activity  
11:00 pm..Bed Check/Lights Out

### Saturday August 1<sup>st</sup>

7:00 am...Fun Run  
8:30 am...Breakfast  
9:30 am...Final Activity  
11:00 am..Depart

## Camp Personnel Include:



### **Brett Hill-Firth XC/Track Coach, Motivational Speaker**

Brett ran cross-country and track at Malad High leading his team to the State XC in 1984. He then continued his career at Utah State University where he was All-Big West in cross-country and Big West Champion in the Steeplechase. Brett represented his country competing at the 1986 Jr. Pan Am games in the Steeplechase. His coaching career includes coaching 25 State Championship teams, 11 boys XC titles, 4 girls XC titles, 6 boys track titles, and 4 girls track titles.

### **Gregg Gensel-Head Track Coach Utah State University**

Gregg is in his 28th year of coaching track & field, and cross country at Utah State. He is in his 21st season as head coach of the men's program and his 16th year at the helm of the women's team. During his tenure at USU, Gensel has coached the Aggies to 25 conference championships in both men's and women's cross country and track & field, including both the men and women winning the 2006 WAC Cross Country championships and the men winning the 2007 WAC Outdoor Championship and the 2008 WAC Indoor Championship. The Aggie women have won seven of the last 16 track titles while the men have won nine of the last 15 championships. He has coached 156 conference individual champions and 29 All-Americans.



### **Steve Reeder-XC/Distance Coach Utah State University**

Steve enters his 29th year as the Aggie distance coach. He coaches both the indoor and outdoor runners in the 800 and longer distances, as well as working with the cross country team. He has coached numerous conference championship teams including the Utah State mens cross-country team to the last 3 WAC Conference Championships.

### **Luke Nelson- La Sportiva Mountain Running Team**

Member of La Sportiva Mountain Running Team, course record holder at various trail races ranging from 5 miles to 36 miles. Winner of 2-50K trail ultramarathons. Holder of the Fastest Known Time on the Teton Circumnavigation. Top finisher and winner of several Ski Mountaineering races. Graduate Student in the ISU Physician Assistant Program, Husband and Proud Father.



- Sean Schidmt-Head XC Coach Skyline High School
- Chris Blecher-Head XC Coach Highland High School
- Other Local Coaches

# Ages 13-18

Send Registration Form and Check to:

BC-XC Camp  
Brett Hill  
986 E 800 N  
Shelley, Idaho 83274

This is a coed camp, and besides the mentioned coaches there are will be three female adult chaperones (wives of the coaches) there at all times. The girls sleeping quarters will be upstairs in the lodge (5 bedrooms and 4 bathrooms), and the boys will be downstairs in the lodge (8 bedrooms and 4 bathrooms) with the coaches and their wives on the main floor between the two floors. Campers will be asked to bring their own sleeping bag (queen or full beds in each room), pillow, shampoo, soap and towels for showers. Cell phone coverage is marginal at best.