
What to Bring to Camp

- Water Bottle and a snack
- Sunscreen
- Appropriate Clothing
- Running Shoes
- A positive attitude
- Lots of Energy!!!!!!



Contact

Coach Berwa at 202-423-6156

andrew.berwa@copley-fairlawn.org

COPLEY HIGH SCHOOL CROSS COUNTRY IMPORTANT DATES 2019

August 1st- 1st Day of Practice

October 10th- Suburban League
Championships at Silver Creek Metro Park

October 19th - District Tournaments

October 26th - Regional Championship Meet

November 2nd - State Meet

*****Other meets are TBD*



2019 COPLEY HIGH SCHOOL CROSS COUNTRY CAMP

For Upcoming 2nd- 8th campers

Sponsored by Copley High School Cross
Country Team

Monday June 17th- Friday June 21st
2019

8:30am-11am



The camp will be held at the CHS Upper
Fields near the Softball Field.

*****Drop your runner off at the Big Tree near the
entrance of the High School.*

Coaching Staff

Coach Andy Berwa
Coach Lisa Smith

Coach Berwa coached Cross Country at CFMS for four years and will be entering his first season as XC Head Coach of the Boys and Girls Cross Country teams. Coach Berwa believes developing as a runner can positively impact all facets of life! He also believes anyone can be an efficient runner as long as you work hard, use proper running technique, and listen to your body.

A 1989 graduate of Copley High School, Coach Lisa Smith has participated in track and field and cross country from middle school to college. She has served as coach for Emmanuel Christian Academy, Copley High School track and field for the past eight seasons, and the assistant cross country coach the past five. Coach Smith believes that life lessons are gained through participating in sports. Her desire is that all participants not only become better as competitive runners, but also better individuals who use life lessons gained to impact others positively.

ABOUT THE CHS XC CAMP

- The CHS XC Camp is designed for campers to have fun, gain valuable experience and work in a comfortable environment.
- Camp attendees will receive top-notch instruction.
- Attendees will participate in daily drills and strength training while also playing fun developmentally appropriate games to promote running fitness and the love for running
- The coaches and team look forward to working with your camper.



Registration Form

Please bring this form with you on the first day of camp!!!

Camper Name: _____

Entering Grade: _____

School: _____

Emergency Contact Name and Phone Number:

Allergies or other concerns:

Email: _____

T-shirt Size: Youth S M L
Adult S M L

I, the parent/guardian of the above named camper, hold harmless the Copley High School Cross Country Camp and the Copley Fairlawn City School District responsible for any injury resulting from participation in the 2019 Copley High School Cross Country camp.

Signature: _____

Cost \$65 per camper/ checks made to CAASBC