

Hello,

September 10, 2017

This letter likely will be the final formal communication from High Peaks Elite to you in reference to the 2017 High Peaks Elite Camps. What you will see below is a summation, from you the athletes themselves, regarding what you learned at camp --- and the “take away” techniques and approaches you learned at camp, which you are now incorporating into your return to school and your cross country program. More on that in a moment:

Over the next few months, closer to mid-to-late November, we will contact those of you eligible to return by sending you the 2018 Camp Invitation and Brochure. The Invitation/Brochure will feature information for Camp 1, 2 & 3. Please be reminded the July camps fill up before the April Camp 1, usually sometime in February or early March. In that communication, we likely will give you the 2018 camp dates and any relevant information.

A number of us, namely Kyle Dacey, have been focused on the 2017 documents, which includes the Camp Writing, Hall of Fame selections, the Biomechanics’ video, Camp Video and all the clinics for both camps. All of that is uploaded in Google Docs.

Please note: With the camp writing, Camp 2 [52 athletes] totaled 56 pages, which was 1.08 pages per athlete on average; and Camp 3 [56 athletes] totaled 85 pages, which was 1.52 pages per athlete. In part, there was a wide separation in Camp 2, which resulted in just two athletes being selected for the Hall of Fame, while Camp 3, with more depth on average to the writing, selected five athletes to the Hall of Fame. Camp 2’s voting/reporting percentage was 85%; Camp 3’s voting/reporting was 86%. Each camp just had eight athletes not report/vote, which is outstanding considering the size of the camps.

Also, we have completed a revision of the Athlete’s Survey making it more efficient, more focused on the Camp Mission Statement and simpler. A friend, who’s a psychologist, also assisted in the formatting of the questions to make them more on point. We also are in the process of ordering new binders for athletes your “camp learning, [ie, coaches’ handouts], and a new water system, Cabo 20oz. water bag with carabiner [replacing water bottles].

We also have been developing a more systematic recruiting approach focusing on NYS, Vermont, New Hampshire, PA and Florida with specific camp coaches heading recruiting regions. This year, 2017, we increased our out-of-state recruiting and as a result we had a significant increase in athletes from those areas and others as well.

We also are in the process of evaluating our approaches to the learning at camp, especially focusing on the clinics, their variety, depth and “carry-over learning”. We are strongly convinced whatever needs to be done to create a better learning environment, better approach to the clinic presentation, take-away handouts, more visuals, etc, --- we are committed to that end. Your input, feedback, is crucial to us in that process as the summaries below will attest.

The athletes’ summation of the camp, a sampling of responses--22% of athletes from both camps--a criteria of breadth of topic, depth of explanation and enthusiasm with their approach to the learning was used for selection.

Usain Bolt, in a recent interview, summed up High Peaks Elite Mission Statement:

“Jamaica won only one gold medal at this year’s worlds, a disappointing haul given its success in the last decade. Bolt said his country’s young athletes will have to step up now that he’s gone.

“The biggest thing with Jamaica now is *if the youngsters want it*,” Bolt said his country’s *young athletes will have to step up now that he’s gone*.

Bolt said. “Over the years, one thing I’ve learned is *you have to want to be great. If you don’t, it won’t happen.*”

“Of course, *wanting to be great and doing what it takes to make it happen are two different things*, too.” [goals] [Action Plan]

“I’ve noticed a lot of the young athletes, as soon as they get their first contract and start making money, *they really just don’t care as much anymore*, “ Bolt said. “*A lot of them are satisfied* with getting their first contract, going out and making their first team. If they are satisfied with that, then we’re in trouble.

“Hopefully, a few of these young guys are going to *be hungry and want to be great*, and if we get those guys we will be OK but so far, it is not looking good.”

The 31 year old Bolt said *he had good people around him from his earliest success who were also there at the end*, helping him make the most of his talent.

“My first two Olympics were easier, I was confident, I was young, I was enjoying the sport, “ ” he said. But I think my last the years *were the toughest years*. For me because then I had done so much I found myself thinking ‘*why am I still doing this? I’ve accomplished everything,*’ I don’t really need to prove anything else.’ ” *But the team that I had around me really helped me* to push myself to set the bar so high.”

The Athlete’s Summaries: The highlighted parts focus on the “take-away learning / training techniques and & life-style-approaches” taught at camp.

Hey Coach!

Sam Schraver

I didn't realize the amount of detail you wanted in our response email, so let me clarify. I had a great time at camp, and learned so much I didn't know before. I think my athlete survey would be vastly different now, after learning the importance and meaning of so many facets of running. The clinics were engaging, interesting, and educational. I think the one on *biomechanics and the breath rate/stride rate one were my favorite*, just because they are very easily applicable and

present things I can look for and focus on during running every day. The more [mental/life style](#) focused ones are also very valuable, but take some more effort to apply.

As for the other activities, [I loved hiking](#), especially since it was cross-training. Not much is more rewarding than emerging from a sweaty uphill trudge than coming out onto a peak, feeling the cool wind on top and taking in the incredible view! [Meeting other people was easy](#) (once Fairport broke out of its shell), since we all had running in common, and I especially loved meeting all of the talented and knowledgeable coaches that we spent the week with.

Anyway, I'm not yet sure if I'll return for another camp, but I can say that this one has given me many things to think about during my running seasons. Fairport had its beginning of the season time trial yesterday, and I came in sixth on the team for the two-mile cross country course. Thank you for putting all of your hard work into this camp and sharing your wisdom and experience with us

[\(I downloaded and have been using the sleep app you suggested!\)](#)

Sam Schraver

P.S. As I mentioned in my first message, I most appreciated Ben's speech for its profound statement, Skylar's for its unique style and viewpoint, and Matt's for its honesty and message of gratitude.

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Hi Coach Guido, it is keegan pepin!

I just wanted to cast my vote for the best essay and also tell you how I have been doing with my running since camp. My vote for the essay is Lauren Ammons because [she wrote about something that I could relate to and it really touched me](#). She also wrote about something that [we all, the whole camp, can understand...unity as a team](#).

Since camp I have been really focusing on myself and my running. Camp actually was one of the toughest weeks of running for me due to taking track season off for the first time. I was just getting back into my running. [But since leaving camp I have really seen myself improve as a runner and a leader for my team](#). I have been keeping a [personal running log](#) and one I give to my coach each week so she can track my progress. Also I have been focusing on [eating a proper amount of calories](#). I had a reality check at camp when it came to [my nutrition and it really motivated me to start eating more but appropriately](#).

Not only that but [biomechanics](#) is something that [I have seen a dramatic change](#) in. At camp, [I was hit with reality that I looked like a chicken when I ran](#) (haha). Lately I have had my coach pointing it out and telling me when to fix it. It has really helped. [The change in my running form have improved my easy running pace from an 8:15 to around a 7:30-45](#). It is amazing what a little change can do!

Overall [camp has really helped me grow as a runner and I learned so much](#). I feel this season will be my best yet. I would also like to thank you for such an amazing experience! I will keep you posted on my season:)

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Hi Coach Guido,

I want to apologize for the previous email. I was planning on sending you a longer one including my training schedule from the past weeks I have not been at camp but I saw your email saying not many people had voted so I wanted to just quickly send that email so I wouldn't forget. Anyway, here is the email I have been meaning to send:

Thank you for the experience I had at camp. Last year I had gone to a different camp and it was not as nearly as informative as High Peaks. I actually had planned on going to a different camp in Colorado this year but the plans fell through. **I'm actually glad for that though because High Peaks made me look at running with a different point of view and it was just what I needed for the upcoming XC season.** You see, last XC season Freshman with a lot of motivation to improve, however, after the XC season my motivation started **I was a falling apart which I realize now is probably because I didn't know why I was running - I basically had no goals. I ran winter track and spring track with that mindset and I absolutely hated it. I think the only reason I got through winter track is because it was so short and the only reason I got through spring track is because my dad thought I should go through with it just so I could see if I really wanted to stop for next year.** So going into the summer and XC pre-season training this year was very difficult for me because **I was still very unmotivated.** I wanted to go to camp to see if I could motivate myself again. High Peaks did exactly that and more.

At camp, I realized that during all of **my training with my coaches in the past year I had never known why they were doing the workouts they made us do.** I mean obviously I knew they were supposed to improve us, but **I didn't know how; which I think was one of my major problems for Spring track.** There was also a sort of **optimism for running I think that I lost after the XC season ended** which was due to lack of goals. However, I didn't realize that it was because of that lack of goals until I went to High Peaks this past summer. Sometime after leaving High Peaks I remember I going into my room and pulling out a box that I had kept from my Freshman year of XC. I created the box right after the season ended and had put newspaper cut outs of races in it, as well as medals, pictures, goals sheets my coaches gave us and a paper plate award from the end of season banquet. Going through the box was incredibly nostalgic and kind of cheesy, but **it reminded me of why i had loved XC so much.** The **goal sheet we created at camp helped me** create a better mindset for the season to come and **it has helped motivate me** to get up and run for the past couple weeks.

The reason I wrote all of that was because I wanted to summarize how camp had helped me get back on my feet in the mental aspect of running. However, I also wanted to talk about the physical part as well. **After learning at High Peaks that recovery is what makes you a better**

runner, I've been paying close attention to my sleep schedule because I realized I had been doing badly with that. I also loved learning about the biomechanics of running. After learning about my specific biomechanics I have been working on stopping my arms from crossing the midline on my runs. I also have been working on hip strengthening, via squats and additionally increased how much core exercises I do each day. My stride rate is still in the low 80s (I guess that explains why my mom said I looked like a gazelle when I run). So I have been meaning to check that on runs, however, until a couple days ago I didn't even have a watch so I haven't really been working on stride rate as much as I should. Anyways, those are the key parts I have taken with me from my High Peaks experience. I also am planning on prepping meals for each day of the week in advance when school starts back up again. But for now I haven't needed to do that because I've had the time to make meals each day.

Anyways, If you would like I can send you over my training log from the past couple weeks. I have been working on putting my recent runs into Strava (website my dad uses) along with notes of how I was feeling that day, what the weather was like, and if i slept alright. But I'm also manually working on putting in each run I have done since the beginning of summer before I got the watch They haven't been too detailed so I'm working on making each entry better. But here's an example of a run I did today: Aoife Weiss

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Alec Schrader,

Hi Coach Guido, it's Alec. First off, I want to thank you for the phenomenal experience at camp in August. It was definitely the highlight of my whole summer. I loved the aspect of learning that was involved thanks to the awesome clinics you guys offered... I learned more then I could've imagined. My favorite clinics were the mental ones. Chads and Coach Moore's motivational one will have the greatest change on me. I also enjoyed the hikes and the fact that you let every camper interact no matter boy or girl. I still have a group chat with about 15 other friends I made at camp that we still text into every day..

I have some questions also. First off, I want to persuade my mom to let me go again next year. I was wondering if you guys will offer different clinics so that I will learn new stuff next year also... I know some of them will be the same but I want to take more notes on new stuff and just wanted to ask you? Second, my teams first invite is in like a week and a half. At camp I noticed that before most of the runs as a warm up, ps. However, we rarely if ever stationary stretched before a workout. I was wondering if I am supposed the coaches like Huckle and Chad would do a lot of squats and lunges to engage and warm up the glutes and hammys. We also did dynamic stretches before each workout, like A and B ski to do a stationary stretch routine before each practice and before a meet, or if it is different for practices and meets, or are we only supposed to stationary stretch after the run? I was wondering because all of last year my team would stationary stretch for at least 10 minutes before each meet and practice. Or should I just stick to squats and lunges and dynamic stretches to get properly warmed up? Finally, I have had problems with side cramps all last season that were really bad. I got one during the sectional race and it caused me to add on like 2 minutes to my time. Sometimes I get them in practice too. I was wondering if you have any methods to help the side cramps in my stomach/chest area when I run to go away?

My practices have been going great. I've now started to keep a run log, I do more mileage this season than last year. [I'm feeling stronger than ever before and I'm confident for a great season.](#) Thanks for everything.

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Anna Cuciurean-Zapan,

I'm definitely [focusing on my stride rate during various types of runs \(tempo, easy, etc.\)](#). I also [started](#) a running log that I'm using frequently. My [mental stance on running](#) has also improved because of the [inspiring clinics, like Coach Moore's](#). I believe more in myself and believe in how fast I can be.

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Hi this is Alyssa Hendrix from camp 2. I didn't want to send you an update about my running progress until after my first meet which was Tuesday. I didn't run very well because the grass was so high on the course and it was 98 degrees outside, I ran a 20:14. I won the race but was not very happy about my time. This Saturday I am running my second meet at a place called Holloway which is one of the more hilly courses in Florida but I love to run there and usually PR ever time. Since the camp I have been working on my running form, breathing technique, and running more miles a week. (I have been slowly adding miles) Today I actually ran 18 minutes at 3.05 miles and am feeling very confident about my race this weekend. Thank you for inviting me to the camp and helping improve me as a runner and person.

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Emila DeVecchio,

I learned a lot from each one of the classes. For me, I would say that [the class about college and the transition into college level running especially D1 running was helpful](#) since I would like to run at that high of a level in college. I learned a lot about the athletic recruiting process because we have never gone through this kind of thing in my house. I also liked the classes about sleeping/eating/mileage stuff because I brought so many notes that I took back to my teammates. Most of the kids on my team thought mileage was key, but from the tips I learned at camp and from my strength coach here at home, [I have learned that the cross training and quality of the mileage that counts most not running a crazy amount of miles.](#)

Another class I liked was the [mental toughness class \[Dan Moore\]](#). Running is such a [mental sport, and having a class fully committed to it was great.](#) It hard to run up against such talented girls, but having the confidence in yourself and knowing you can do great is all the help. [I learned to really believe in myself and trust the training.](#) I know I can accomplish great things, so I have to stay positive and confident throughout the entire season.

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Lexi

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Lexi Westley

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Emilia DeVecchio, part 2

Hi! I really enjoyed camp and am hoping to come back next year. Camp was really helpful to me as a runner especially in terms of [my mentality](#). I sometimes find myself in a slump where I feel as though I can't improve or that the work I'm putting in isn't making enough of a difference, but [camp really helped me to go into this season determined and positive and really connect again with how much I love this sport](#). I already know that through the end of the season I will stay persistent to be the best runner I can be and my training and workout paces have already improved a lot. I also have been [paying more attention to my form](#), especially by keeping my [arms lower and swinging straight ahead](#) which I learned that I need to work on through the [biomechanics](#) film review. Thank you so much for an amazing camp experience!

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Coach Guido,

Hey Coach Guido! I hope you are doing well and have had a wonderful rest of your summer.

I recently raced in a county-wide race in Raleigh, NC and was fortunate enough to place 6th out of over 200 girls. It was a 3k race and though the weather conditions were not ideal, I was able to run a PR of 11:27 for cross country 3k.

[I am really missing camp and all the wonderful people that attended](#). I have definitely been [incorporating all the stretches, strengthening exercises, and breathing patterns](#) into all of my training runs. Thank you so much again for the wonderful week in Lake Placid! It has been so beneficial to my training so far.

I am also emailing you to let you know that I would like to vote for Sydney Stockwell's essay from the last night of camp. [I thought her essay was well written and fun to listen to!](#) It helped me learn more about the sport that we both love.

Thanks!! Lauren Ammons

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Coach Guido,

I am very sorry for my delayed response. I have applied the knowledge from this camp to [improve myself both physically and mentally](#). The [biomechanics clinics](#) were helpful in improving my efficiency. When running, I make sure that I [swing my arms at ninety degrees instead of one-hundred and ten degrees](#). To stop putting too much body weight on one hip, I have been working on [developing my core and muscle](#). I do extra core sessions with a couple of teammates after practices and have attended optional weight training sessions (that was a goal on my goal sheet). [Mentally, I have been trying to turn off my "voice of limitations", and strengthen my "voice of possibilities" \[Dan Moore\]](#). This has helped me push through hard workouts. I am still developing this [growth mindset \[Nate Huckle\]](#), but am making progress. Lastly, my [sleep schedule has improved](#). I have [changed my circadian rhythm](#), where I now go to bed consistently from 10:00-10:30 pm and wake up at 6:00 am. I even get tired at 9pm now I feel that this cross-country season will be a strong one. Thank you for coordinating such an insightful camp!

The

Sincerely, Emma Fiorini

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Coach,

Thank you again for another great camp. I learned a lot and this will definitely help me as a runner. I've changed my [diet to get more nutrition](#), made sure I [got more sleep](#), and have paid [more attention to my running form \(especially stride rate\)](#). Since camp I have been injury free and I'm sure this is in part due to [knowledge gained from clinics](#) as well as new stretches. I'm very excited for this upcoming season and to see what I'm capable of.

Best regards, Jack Callard

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Hi Coach Guido,

My experience at camp this summer has impacted my summer training as far as to make it my best preseason yet, [physical and mental health wise](#). I have had the opportunity to [share some of the topics I have learned at camp as a captain of my team and have even introduced Meghan's post-race analysis document with my coach to consider doing with my team this season](#). After struggling for so long after injury, [this camp has taught me how to find myself as a runner again and I have never felt more prepared for a season than I do for my senior year season](#). So I want to thank you and all the other coaches for helping me find this and having an opportunity [to make so many friends at camp that I am still in touch with](#).

Thank you again!

Sincerely, Bailey Carrillo

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Guido,

I feel that I really benefited from your sleep clinic. [I have been getting ten hours of sleep the majority of this summer, and I feel that because of that my training has been better](#). [I feel that I have recovered quickly from my workouts](#). I also have been doing more upper body work and hip work that has improved my form.

Lea DeJordy

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Hello Coach Guido,

I thought that Jordan Valliancourt had the best essay at camp in my opinion. Since camp, I have been getting [10 to 11 hours of sleep](#) and I've been trying to go to bed at the same time and get up

at the same time every day to stay on a consistent schedule. I've also been eating a lot healthier and I've noticed that I have had more energy. I have been working on my [mental toughness](#) too by doing my absolute best in all my workouts. My first meet is on Thursday and I'm more excited to run than I was before I came to camp. I've also been hiking a lot more since because at camp I realized how much I enjoyed it. Anyways, I have greatly valued my experience and thank you for being my mentor coach!

Sydney Stockwell

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Hi Coach Guido! I think I'm doing well with sleep even during the school year. I always make sure to get at least [8.5 hours](#) and in summer I almost always get over 9. My [stride rate](#) has been about 92 but I have to remember to double check it during my runs; the strides mid run sound like a good idea and I'll try that out.

Thanks!

Emilia DelVecchio, part 3

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Emma Pyles

Hi Coach Guido!

I would like to vote for Violet Sullivan, Emma Fiorini, and Lauren Ammons for the Camp Hall of Fame Writing.

As for my summer training, I feel that camp helped provide me with information to improve this season. I feel that I am in a better spot coming into the season than I have been before. I thought that the clinics were VERY helpful, and provided a lot of information that I had never implemented/ thought about with my training. [I have copied my notes from all the clinics and given them to my coach!](#)

Thank you so much for a great camp experience! I truly feel that what I have taken away from this camp will help me and my teammates improve. Thanks again and have a great XC season!

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Hi Coach Guido. Thank you for the opportunity for letting me run at the camp. I'm doing great right now. I have been having consistent sleep every night, getting around 9.5-10 hours each night. I also started keeping a running log on [running2win.com](#), which is fun to see how long I have been going. In case you were wondering, my team name is MendonXC. I also have been eating better food which has been helping me perform better in workouts to help me improve. Once again thank you very much for helping me become a better runner. Jimmy Smith

As for my summer training, I feel that camp helped provide me with information to improve this season. I feel that I am in a better spot coming into the season than I have been before. I thought that the clinics were VERY helpful, and provided a lot of information that I had never implemented/ thought about with my training. [I have copied my notes from all the clinics and given them to my coach!](#)

Thank you so much for a great camp experience! I truly feel that what I have taken away from this camp will help me and my teammates improve. Thanks again and have a great XC season!

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Coach Guido,

First off i would like to apologize for sending this message so late school just started and i wanted to get my first race out of the way so i could update you on how it went! Last Saturday we had our first race at Lakeland Florida. The coarse was very hilly and all the runners in Florida know it's very challenging. However, i had a really good first race **finishing second behind Alyssa Hendrix. who also went to the camp!** I finished with a time of 19.16 which was close to my last years personal best. Even though i'm focusing on getting into the low 18's this was considered a very good time for the coarse. We have our next meet on Saturday at our home coarse and i hope to break 19 there! As far as the story's my personal favorite was Carter Bertrand's. I found it very inspiring and it effected me on an emotional level! Thank you for all you did for me! I can see myself turning into a better runner every practice! Ill keep you all updated!

Best Wishes,
Mackenzie Czurak

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Hi Coach Guido!

I apologize for not getting back to you sooner. The beginning of this cross country season and the weeks leading up to it following the end of camp have proved to be most hectic, as I have been preparing myself in hopes of having a successful Junior year as a runner.

Immediately following the last day of camp, I knew that **the things I had learned at the Olympic Training Center were unique gifts that I can take with me throughout the rest of my career as a runner and athlete.** Although I am encouraged to live by the newly implemented lessons from the outstanding coaches at camp, **I have discovered it isn't always as easy as it seems when attempting follow through perfectly.**

getting enough wholesome sleep

One of the most challenging of these lessons to live by for me has been. **Between family vacations and summer activities I have found it difficult to go to bed early enough to reach that optimum amount of sleep,** being I believe for myself between **9-10 hours if not more.** Oftentimes I find myself going to sleep later and sleeping longer, which I have now discovered cannot be the healthiest sleep. **On days where I stay up later than I should and sleep well through the mornings I have found I feel more tired and have less energy later in the day. I have recently begun trying to go to bed as soon as possible and allowing my body to wake itself up at a more reasonable hour, which has brought great results for me in terms of being energized and less sore for practice. This system has also allowed my body to get back into a more normal routine, which I will need to get used to quickly in time for the upcoming school year. By staying consistent by getting enough good sleep I believe I can be a healthier and happier student, athlete, and overall person.**

Another notable institution **I have taken from camp are the great friends I have made.** The High Peaks environment is truly unique. I have never before been in a place with so many kind and

generous people who share similar interests as me. This has furthered my belief that runners are some of the best people out there. I came to camp knowing my friend Megan from Aquinas whom I have known in the Private Parochial League over the years. She introduced me to a ton of amazing people, including Alyssa from Spencerport and Becca from Keshequa, in which I am glad to call me new friends.

Lastly, as of right now, the most crucial of things I have brought with me from camp are the goal setting skills the coaches have taught me. I have just recently set a time with my coach where I am going to sit down with him and share my short-term as well as long-term goals for the season. For example, some of these goals include what I have learned at camp. One of my goals is to remain healthy by getting enough sleep each night. I also would like to become a more mentally strong and focused by not giving into the pressures or distractions that come with competitive racing. Some big goals I have set include helping my team win a sectional championship and advance to states. I would also like to become a more prominent leader on my team, guiding us in a positive and determined direction. Finally, I would personally like to drive to become Class B Sectional Champion and go on to State Championships. I now know, thanks to my incredible experience at camp and the incredible individuals as well as coaches who I have attained as wonderful supporters in my life, that this goal is surely possible.

Thank you for helping make my first year at High Peaks a great one! I can't wait to return next year!!

P.S. : I thoroughly enjoyed this end of camp project and although I enjoy writing anyways, I have discovered some things about myself in doing so, which have opened my eyes and allowed and inspired me to truly work towards being the kind of runner I want to be. Julia Spagnola, [a 2nd generation High Peaks Elite Camp Athlete]

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hello! i wanted to vote for julia spagnola for the best written piece. since leaving lake placid all has been well and i hope the same for you! i have been running 30-40 mile weeks averaging about 9 hours of sleep per night. i have since noticed i recover from runs better and have been all around a happier person. after camp i started hill bounding before all of my hill workouts and i feel more confident, faster, and stronger on the hills. i don't quite remember her name [Jordyn Naylon] but i ran with one of the mentor coaches and she told me not to surge up hills like i was doing and instead at the top of the hill take ten really fast steps and you will catch up to the competition who did surge and will also have more energy than them. this has really stuck with me and helped me a lot. everything jaylah and i have learned we took back to silver creek to our team mates and our coaches. overall i am very thankful for my experience at the otc and thankful for my new found knowledge:)

Julia Kennedy

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Sarah Winfree

I ask utilizing what camp taught me, the biomechanics and stride rate practice, I found important along with the breathing clinic. I am currently in the Adirondacks and we just hiked Buck Mountain. I practiced saving energy by holding myself back and making every step was one that would be energy proficient, I felt great the whole time up and down! We recently did a

hard interval workout during practice and I remembered what coach Moore said about finding your why and I thought , " if coach Moore ran a Iron mans on a injured hip I can do this, I was in the final group to finish. I also utilized this during a time trial on Mendon east, and I am happy with my results. My time was around 23:38. Although I wish we had more time on the peaks hiking I enjoyed this camp profusely and I can't wait to return next year!

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For the essays, I'd like to vote for Violet Sullivan. Violet's essay may have been much longer than what was required, but I could easily picture her experience with her friend and understood how it effected her. I had actually gotten the opportunity to read it before she presented it, and the large amount of sportsmanship and compassion her friend had shown to her and how she had explained the experience brought tears to my eyes, and I was very close to having the same reaction when she finally presented it. I could easily relate her essay to my cross country team. Sportsmanship and teamwork were a rare trait with my team. I had had a rough freshman year because of an unexperienced coach and a captain that was constantly competing with me and my twin for the number one spot on the team, making me feel like I was my own team's enemy rather than a part of it. Overall, I'm glad others have the ability to share such experiences and inspire people like me.

I'd like to thank you for the huge influence High Peaks has had on me. As a sophomore, I am now a captain of our cross country team, and my team is now bonded and friendly with each other and is getting stronger and stronger with the guidance of yet another new coach, who is extremely qualified to help us aim for top five in the state. Since camp, I have been focusing more on my form and writing in a running log every day. Before I had this experience, I had the worst form, so much so I was called "the terminator" by a close running friend. After camp, I maintained the good form I had developed in just a week, and I was recently complimented on it, which filled me with joy given all the work I had put in to improve it. I'm looking forward to a fantastic season and many more to come, and this camp was just the beginning of a bright future as a runner. Thanks again for everything and see you next year!

Katelyn Pepin

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A suggestion: This document may likely be the summation from your peers of what is important take away s from camp.

Please use it as a reference, save it for future need. So many times, in a low point in your running, where focus and the future may not be clear and cloudy, this document will support you---it could be for you the sun coming out after a thunder storm.

Good luck

and remember, “once a High Peaks Elite athlete, always a High Peaks Elite athlete.”