

Crater High School Running Youth Camp 2026 (August 25th -27th)

The Crater Cross Country team is back for its Youth Running Camp next week. Led by coach Justin Loftus, the camp will teach low and high intensity cardio exercise, mobility, stability, and dynamic warm-up techniques with one of the best cross country teams in the country, where the boys placed 4th in the U.S. in 2022, 12th in the U.S. in 2023 and won the Distance Medley Relay at the 2024 New Balance Nationals breaking the national record (Tayvon Kitchen 1200 in 3:00.03, Nicholas Kube 400 in 49.49, Caleb Doddington 800 in 1:52.75, Josiah Tostenson 1600 in 4:02.04). In 2024 both boys and girls teams won cross country state titles and in spring of 2025 Josiah Tostenson (#3 all time 1500 in 3:36.85) and Tayvon Kitchen (national record in the 3000m) broke the 4 minute mile and signed NIL contracts with New Balance.

Run shoulder to shoulder with current Crater athletes who have won district, state and national titles. These athletes will be available to give helpful advice, expert insight and tools for your best season ever.

Come make new friends, participate in activities and experience the system that makes Crater so successful. Hosted at the Crater Track, campers have the opportunity to learn from some of the best high school athletes in the world.

Schedule includes:

Tuesday, August 25th	9:45am	Check in - Track Shed
Tuesday, August 25th	10:00am - 12:00	Orientation, buddy runners, CCC basics
Wednesday, August 26th	10:00am - 12:00	(Active Isolated Flexibility), Race wup, threshold, game, Pool run
Thursday, August 27th	10:00am - 12:00	Sprint drills, core/Kettle, Choc Milk Mile

Who: Grades 4th-8th

Sign-up: Email coach Loftus to reserve a spot at justin.loftus@district6.org or alex.grover@district6.org.
Space will be limited. Registration will be in-person near the Crater track shed (Football/track gate entrance - right of the big white tent). We will have Check in on the track.

Cost: \$75 (includes a 32oz CraterXC Hydro) - Name on the side
Cash or check written out to Crater Distance
Waiver to be filled out on arrival day one - you can download on Crater XC website <https://www.cratercrosscountry.com/>

Questions: Contact Justin Loftus @ 541-261-0644 or email justin.loftus@district6.org

