



Marian University High School Prospect Cross Country Camp

Monday August 3rd, 2026



Camp Overview:

9:30am: Registration: Stayer Center
75 S National Ave, Fond du Lac, WI
54935

10:00am: Campus Tour

11:00am: Admissions Talk/Lunch

11:30am: Coach Presentation

12:15pm: Dynamic Warm Up

12:45pm: Run/Activity

1:30pm: Mobility/Stretching
Exercises

1:45 - 2:00pm: Camper Pickup/Q&A

Cost: \$40 Cash or Check to Marian University Athletics - Track

Camp is open to anyone entering 9th-12th grade

Includes campus tour and \$1,000 visit award scholarship for future Sabres! Also includes lunch and a Marian T-shirt!

Offers high school runners a view into the life of a collegiate student athlete and teaches them about the recruiting process

Goes over the importance of proper warm up, cool down, strength training, stretching, mobility training, among other techniques for performing at a high level as a distance runner

All campers please come ready to run with proper apparel, running shoes, and a water bottle

If interested in attending please email Coach Huffman at rphuffman24@marianuniversity.edu to reserve your spot.

Athlete Name: _____

Age: _____ Grade: _____ T-Shirt Size _____

High School: _____

Home Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Medical Release:

I verify that my child has been checked by a licensed physician and is physically able to participate in the Marian Running Camp. I agree to allow my child to be treated by a licensed physician while attending if necessary and assume all costs related to such treatment. I authorize my insurance company to pay benefits. Also, I authorize the disclosure of medical information to my insurance company for the purpose of a claim. The undersigned does hereby agree to hold harmless and indemnify Marian University, their officers, agents, and employees from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my child in the course of the event.

Parent/Guardian Signature: _____