



## *St. Sebastian Arrows Summer Running Camp*

*Where: Horizon Elementary School  
46665 Broadmore Dr. Sterling, VA 20165*

*When: June 10<sup>th</sup> - 14<sup>th</sup>*

*Grades: 3<sup>rd</sup>- rising 9<sup>th</sup> 9:00 am -11:30 am*

*Cost: \$125 per athlete (\$100 for siblings)*

*Checks can be made payable to: Elizabeth Long*

*Registration is now open and closes on:*

*Wednesday, June 5<sup>th</sup>*

*What to Wear/Bring: A good pair of running shoes, athletic attire, a water bottle, and a snack. Sunscreen is advised 😊*

*Our goal for this camp is to introduce new runners to the joys of running and encourage current runners to continue to stay fit through the Summer months by allowing them to experience different drills and workout schemes. This is a great way to get some Summer conditioning in as well as determine if you have any interest for being on the St. Sebastian cross-country and/or track & field team(s).*

## *Coach Bio:*

*Liz Long: Liz was a standout basketball, cross country, and track and field athlete in high school where she set numerous club and school records in track & cross country and won individual state titles in both the 800 m and 5k. She went on to compete collegiately, running cross country at Marymount University where she earned All-Conference and MVP honors during her time there. While still in college, Elizabeth got a job coaching middle school and high school basketball and track/cross country at Leesburg Christian School, as well as, teaching physical education classes there. Elizabeth also coached the Our Lady of Hope 8<sup>th</sup> grade girl's JCYO basketball team in 2016 and the 7<sup>th</sup> grade boy's JCYO basketball team in 2017. Elizabeth graduated in December 2017 with a bachelor's degree in Sport Science from California University of Pennsylvania. Elizabeth currently works for Oakcrest school in Vienna, VA as head coach for high school and middle school cross-country, middle school basketball and assistant coach for high school and middle school track and field. She is greatly looking forward to working with athletes at the St. Sebastian Arrows Running Camp this summer, motivating them to recognize and use their God-given talents to reach their full potential.*