



Camp Features

- The longest active cross country camp on the east coast - 50 years of tradition!
- Located at **Camp Chenawanda**, Thompson Pennsylvania.
- Varied Terrain - Miles of trails and rolling hills.
- Two compulsory runs a day - 3 optional.
- All runs grouped by ability.
- Teams stay together.
- Clean, modern cabins.
- Coaches and college counselors always available to assist athletes.
- Co-ed boys and girls, ages 12-18.
- Recreational Facilities - Basketball, volleyball, softball, kickball, ultimate frisbee, ping pong, fishing.
- Olympic-sized swimming pool.
- Excellent menu served in a spacious dining hall (pasta bar and salad bar always available in addition to a plentiful dietary options). Also a Canteen and Snack Bar.
- Camp T-shirt for every runner.

COST:

- **Early Registration:**
Before April 1st 2024; \$525
- **Regular Registration:**
April 1st to July 15th 2024; \$595
- **Round trip busing available at additional cost. (See Website)**

Register and Payment at:

www.stroudsburgxccamp.com



Stroudsburg Cross Country Camp

August 18th-23rd 2024



***The place to go
when you are
serious about
Winning!!!***

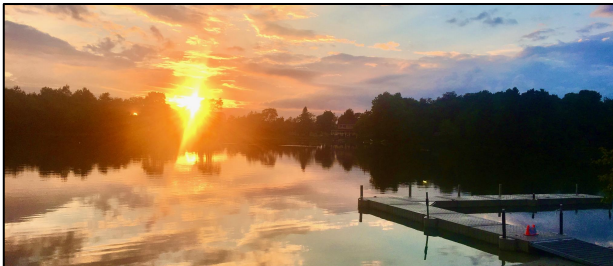
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Why Choose Stroudsburg?

Stroudsburg Cross Country Camp was established back in 1971. Every summer, for the next *50 years*, approximately 250 runners from the tri-state region attended this 6 day workshop. During this time, runners are challenged to grow as athletes and as individual leaders on their teams.

Located at Camp Chenawanda in Thompson, PA, this co-educational camp features shaded dirt roads and miles of great trails with rolling hills. Runs end with a refreshing cool-down in an Olympic-sized swimming pool. Other recreational facilities include basketball, volleyball, softball, and even fishing.



The Stroudsburg Philosophy

For 5 decades, **Stroudsburg Cross Country Camp** has established a tradition of excellence.

Stroudsburg caters to runners of *all* abilities. Every athlete who attends this camp has countless opportunities to increase their potential. Runners are grouped by ability and current cardiovascular condition - helping them to set goals for success during the week and their seasons. Using this strategy, many teams and individuals in attendance go on to help their programs excel in League, Section and State competition.

But it's not all work. Fun is emphasized. Numerous activities fill each day. Team games provide an ideal chance for athletes to problem solve, develop leadership skills and foster close bonds of friendship that last throughout the cross country season.



Stroudsburg Coaching Staff

Marc Rosado

Islip High School

Pete Modafferi

Clarkstown South High School

Steve Arnett

Arlington High School

Jesse Arnett

Somers High School

Chris Dossena

Fox Lane High School

Dana Dougan-Hollar

Pocono Mountain East HS

Pat Driscoll

Tappan Zee High School

Terry Horton

Marist College

Sarah Quigley

Clarkstown South High School

Joe Scelia

Brewster High School

Dave Claps

Islip High School

