

Championship Training Academy FAQs Elmhurst Location

Do I have to live in Elmhurst or go to Elmhurst public schools to participate?

No. CTA is open to all boys and girls entering 5th-12th grade regardless of their school or hometown.

Is attendance mandatory?

No. Each participant will check in and check out with their specific counselor before leaving camp. Since it's summer time, it is understood that campers might miss some days, or even a week or two due to family vacations or other commitments.

What days of the week will the camp meet?

Camp meeting days are Monday – Friday.

I heard that kids must already be accomplished runners before enrolling in CTA. Is this true?

No. Although it is true that there will be some of Illinois' finest cross country runners in the camp (5 participants from last year finished in the top 30 in the 3A state championship), each runner will be placed in the appropriate group and will be given workouts suited to his/her ability.

My child is not a very good runner. Will he/she run alone?

There will be runners of all abilities, including one that will match your child. Running is also a social experience, which causes natural groups to form.

Where will my child be running? Could he/she get lost?

When running at the Timothy Christian track, participants will be limited to the track and the grass area on the campus grounds. When running on the Prairie Path, participants will run on Wild Meadows Trace east toward Poplar and back west on the Prairie Path toward York Rd. This is a one-mile loop.

My child walks or rides his/her bike. Do you have any procedures he or she should follow?

Despite the new crosswalk safety precautions, all participants who walk or ride their bike and cross York Road **must** do so at the traffic light at Vallette and York. This will insure safety **and** maintain the car traffic pattern on York road.

Will every participant be assigned the same workout?

All High School runners' workouts will be similar, but will vary based upon ability.

Elementary School and Middle School runners' workouts will differ from high school workouts in both volume and intensity. They will be similar for all middle school runners as well as ability appropriate.

Will my child be running unsupervised on the Prairie Path?

Counselors will also run the workouts and while they might not be running with your child, a counselor will not be far behind or ahead.

How long does practice last?

Grade school/middle school practice will last 60-75 minutes.

HS practice will last 60 minutes to 2 hours depending on the workout goals for the day.

How will I be notified if camp is cancelled due to dangerous weather conditions?

Cancellation of camp will be announced on the website blog (ckrunning.com/blog) 30 minutes prior to the start of camp. A decision will be made with safety as a priority. An announcement will also be made on the CK Running Facebook page and ckrunning Twitter account. Parents should use their best judgment when determining to send their child to camp.

What if dangerous weather begins during camp?

Every precaution will be made to anticipate dangerous weather conditions. If we misjudge the situation we will take shelter at Olympia Chiropractic. Parents should try to pick up their child as soon as possible.

Will rained out days be made up?

No. Due to permits and scheduling, we are not able to meet on days other than planned camp days.

Where should I drop off and pick up my child?

When we meet at York Road and the Prairie Path, you can drop your child off on South Street or in the city lot just north of Vallette and east of York Road. The Farmers Market meets on Wednesdays; please plan appropriately.

I noticed there is an image waiver on the registration form. What is this for?

Photographs and video will be taken throughout the camp and put on the camp Facebook and ckrunning website. This will allow those not present at camp the opportunity to see participants in action on a regular basis. First names might be used to tag a photo; full names will not be shared.

We will be on vacation and miss a number of days. Will my child suffer any consequences?

No. Attendance is not mandatory. A running schedule can be provided if notification is given one week prior to leaving for vacation. Once your child returns from vacation, he/she will be given appropriate workouts to help regain any fitness that might have been lost over vacation.

My child is enrolled in summer school. Will he/she be able to leave camp early?

Yes. Many participants take a summer school class in the second half of the day and are excused when they need to leave.

Is there a washroom?

Participants will have access to a porta-potty. We request that this be used only in an emergency.

What if my child forgets to bring a water bottle?

There is a drinking fountain at York and the Prairie Path. When we meet at Timothy Christian, there is no access to water. Please don't forget a water bottle on track days.

What is your policy if a child develops a running injury while at camp?

CTA has a trainer on site to assess injuries and make a preliminary diagnosis. The trainer will log all injuries and will notify parents/guardians.

I am very interested in watching camp, can I stop by and observe?

Yes. Parents are welcome to watch.

My child has allergies/asthma/special medical conditions. What is camp policy?

A separate email will be sent to all participants requiring information regarding medical conditions necessary for the safety of all participants.