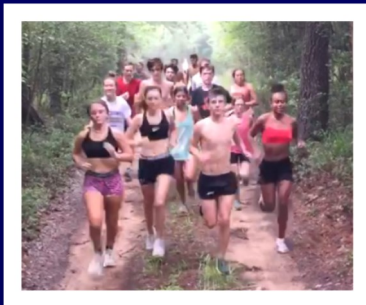




T3 camps offer choices in housing. Runners / teams can choose between staying in the indoor facility or camping outdoors in tree houses, tents or hammocks.

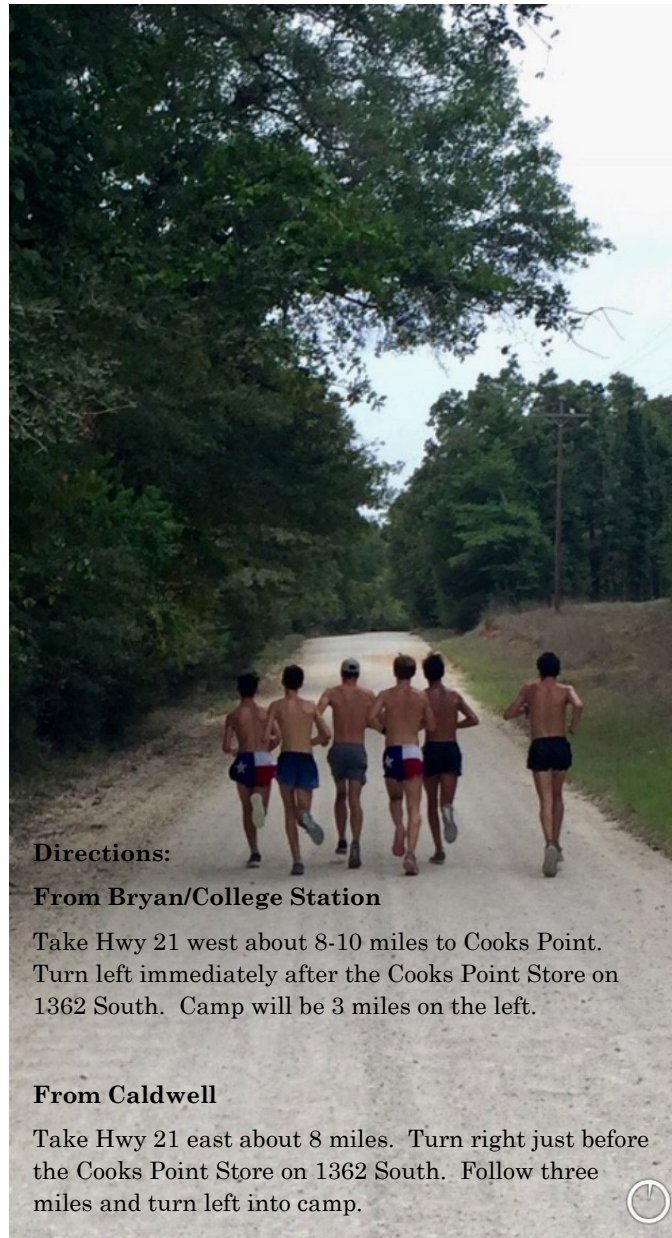


Coaches/Parents are free when accompanying runners.



# Cross Country

The summer sport that plays out in the fall.



## Directions:

### From Bryan/College Station

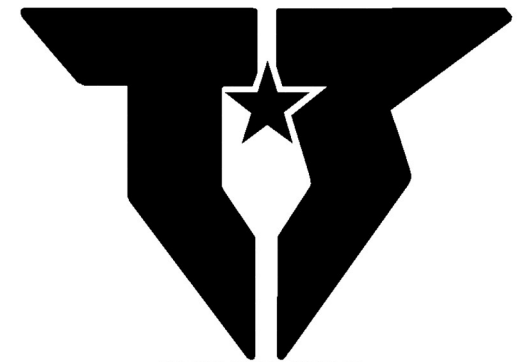
Take Hwy 21 west about 8-10 miles to Cooks Point. Turn left immediately after the Cooks Point Store on 1362 South. Camp will be 3 miles on the left.

### From Caldwell

Take Hwy 21 east about 8 miles. Turn right just before the Cooks Point Store on 1362 South. Follow three miles and turn left into camp.



TOP TIER TRAINING CAMPS LLC



ESTABLISHED IN 2008



The Roads are Always Open

3101 FM 1362 South, Caldwell, Texas

817-366-0763

[rjondrasek@gmail.com](mailto:rjondrasek@gmail.com)

[www.t3camps.com](http://www.t3camps.com)



## About the Camps

Top Tier Training Camps, LLC (T3camps.com) was established in 2008 with the goals of providing motivation for summer training, building team chemistry, leadership training and educating runners on training, racing, nutrition and what it takes to be your best at distance running.

Camps are led by coach Robert Ondrasek who has led multiple teams and individuals to the State Cross Country Championships and National meet over his 35+ years of coaching in Texas at the 4A, 5A, and 6A level.



### Mission statement:

Top Tier Training Camps, LLC is a distance camp designed to develop high school runners whose aim is to maximize each individual's physical and mental capabilities based on their age and training level. We strive to educate runners to have the knowledge and desire to train on their own, to be better team members, to develop leadership qualities and to excel in the classroom and in society.

## Sample Daily Schedule

6:45 a.m.	<i>Wake up</i>
7:00 a.m.	<i>Morning run</i>
9:00 a.m.	<i>Breakfast and clean up</i>
10:00 a.m.	<i>Logbook session (proper nutrition)</i>
11:30 a.m.	<i>Core and stretching session</i>
12:30 p.m.	<i>Lunch and clean up</i>
1:30 p.m.	<i>Rest and relaxation</i>
2:30 p.m.	<i>Logbook session (injury prevention)</i>
4:30 p.m.	<i>Group activity (team discussion or games)</i>
5:00 p.m.	<i>Strengthening drills</i>
6:00 p.m.	<i>Dinner and clean up</i>
7:15 p.m.	<i>Logbook session (racing)</i>
8:15 p.m.	<i>Flashlight run</i>
9:30 p.m.	<i>Showers</i>
10:15 p.m.	<i>Lights out</i>



### Things to bring to camp:

Sleeping bag, pad, hammock, bedding, pillow, bug spray, sunscreen, flashlight, swim suit, towel, running shoes, running clothes, socks, toiletries, water bottle, three ring binder, pen, camp chair, sandals, reusable masks, and ear plugs.

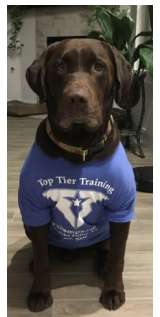
## Registration

Visit **T3camps.com** for registration, camp brochure, and camp forms. For more information call 817-366-0763.

## Summer Sessions 2021

- **Session 1**— June 16-18, 2021 \$200  
(Wednesday—Friday)
- **Session 2**— June 30-July 2, 2021 \$200  
(Wednesday—Friday)
- **Session 3**— July 12-15, 2021 \$325  
(Monday—Thursday)
- **Session 4**— July 27-29, 2021 \$200  
(Tuesday—Thursday)
- **Session 5**— TBA

Runners bring Camp Fee (Check, Cash, or Money Order) with them to check in (11:00AM—12:00PM) the first day of camp.



### Our curriculum:

Sessions such as character building, overcoming adversity, leadership training, achieving excellence and mental toughness address the mental side of running. The physical aspect is approached with sessions over strength, injury prevention, goal setting, physiology of training, racing, training methods (including pre and post season workouts) and nutrition. Additional sessions may include real world demands, state meet demands and goal setting.