

## Over The Mountain Coaching Camp Philosophy

This camp is designed for high school runners (rising 9-12<sup>th</sup> grade) and coaches. The goal of the camp is to engage athletes in quality and appropriate training, while supporting them with education. Our anticipation is that the quality training athletes receive at camp continues with the athletes the rest of the year.

For coaches, this week serves as an opportunity to brainstorm and collaborate with both the experts that are presenting at camp and the other coaches attending. Evenings will include round-table discussions where coaches workshop their annual plans.



Over The Mountain Coaching  
2667 Southgate Dr.  
Birmingham, AL 35243



## A camp for distance runners

Over The Mountain Coaching Cross Country Camp is an overnight training camp for high school distance runners.



MOTION THERAPY

## Coach Porter

Lars Porter has experience coaching cross country at the junior high, high school, and collegiate level. He still runs today; and he hopes to instill a joy of running and competing that will last a lifetime.

## Coach Donaldson

Josh Donaldson is currently the head cross country coach at Homewood High School. Both girls and boys teams have had unparalleled success, winning both individual state titles and 6A team championships.

## Eskridge & White Partnership

Throughout the week, specialists from EW Physical Therapy and EW Motion Therapy will join the camp to work with athletes both formally and informally on practices that enhance performance and prevent injuries. These topics include stability, mobility, flexibility, foam rolling, soft tissue massage, strength training, yoga, and pilates.



MOTION THERAPY

## OTM Coaching Core Values

Be Better Tomorrow Than You  
Were Yesterday

Control What You Can Control

Your Internal Conversations  
Are The Most Impactful  
Conversations You Have

Trust Your Training

Take a Risk

Pressure Is a Privilege

Find One Reason To Be Great

Have Athletic Character

Athletes will be split into training groups based on their ability, performances, and training history. This information will be collected during registration and then reviewed upon camper arrival to make sure it is still accurate.

### DAY CAMP

New in 2023, campers interested in just coming for the day will have this opportunity. Campers will arrive early for the morning and stay through each day's activities. The camp experience will be the same while enjoying a good night's sleep in the comfort of their own bed.

## Meeting Location

Camp Dawson:  
2448 County Road 46  
Montevallo, AL 35115

## Dates

June 19-23. Check-in will be from Noon-2:00 on Monday the 19<sup>th</sup>. Pick-up will be at noon Friday the 23<sup>rd</sup>.

## Cost

The cost is \$550 (early reg. @ \$500 until April 1) per athlete and will include a technical running shirt, a foam roller, a thera-band, and towel. To register, visit [www.overthemountaincoaching.com](http://www.overthemountaincoaching.com)

## Contact Us

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