

Hornet Summer Running Camp

Come out and run with the Hinsdale South Boys' and Girls' Cross Country teams this summer. It's a great way to start your day! Our camp is open to any interested student who will be in 7th through 12th grades next year—no experience necessary!

We expect 50+ young men and women will run cross country next year at Hinsdale South. This is a group that consistently ranks at or near the top in Grade Point Average out of all our sports. There will be absolutely no hazing, initiation, or bullying—just welcoming mentors!

Our coaching staff has many years of both athletic and coaching experience, as well as working with young people in the classroom. We will stress basic cardiovascular fitness and a love of running. It's great training for cross country or any sport!



Hornet Summer Running Camp

Hinsdale South High School
7401 Clarendon Hills Road
Darien, IL 60561
Coach Jim Dickerson
(630) 468-4254
jdickers@hinsdale86.org

Summer Running Camp



Hinsdale South Free Hornet Summer Running Camp



Tel: (630) 468-4254

Hornet Summer Running Camp

Camp Goals

The Hinsdale South Hornet Summer Running Camp is designed to prepare its participants for the upcoming cross country season through distance runs and maintenance, such as stretching and strength conditioning. We strive to make this a welcoming environment where each athlete is trained according to his or her level of fitness. We also aim to keep things fun and noncompetitive while encouraging athletes to work hard and improve through consistency.

Times and Locations

- Camp will meet from 7 a.m. to 9 a.m. (at the latest) every Monday, Tuesday, Wednesday, and Friday from June 14th through July 31
- Official meeting place is the parking lot adjacent to the Hinsdale South Athletic Stadium on Clarendon Hills Road. We will generally meet at Katherine Legge Park in Hinsdale on Mondays and Waterfall Glen Forest Preserve (main entrance off Cass Avenue) on Fridays

Highlights

- Run on the beautiful trails of Waterfall Glen Forest Preserve, rated by Chicago Amateur Athlete Magazine as the top place to run in the entire Chicagoland Area
- Our home cross country course, Katherine Legge Park, was voted as one of the top 5 cross country courses in the state of Illinois
- Optional track meet opportunities as well as a 2-3 mile time trial at the end of the summer
- Get to meet runners from other middle schools as well as Hinsdale South!
- Guest speakers!
- Bagels!
- T-Shirts!

Our Coaches

Jim Dickerson is in his twelfth year as Hinsdale South's Head Boys' Cross Country Coach and fifteenth as a school counselor at South. His coaching highlights include 5 consecutive State Meet team appearances, 4 Regional Championships, and 4 All-State xc runners with the Hornets, as well as coaching experience at Neuqua Valley High School, Glenbard North High School, North Central College, and College of DuPage. In 2007 he was able to take the Neuqua Valley Boys' team to Nike Nationals, where they won the National Championship. He mostly wants to help ALL of his athletes to be their best and run personal best times. He is assistant boys' track coach in the spring.

As an athlete, Jim was a captain and state qualifier at Peoria Notre Dame High School and a multiple Division III All-American and steeplechase school record holder at North Central College in Naperville, where he was a part of three National Champion teams. Jim was inducted into the North Central College Athletic Hall of Fame in 2012.

Kim Johnson is our own homegrown coach! She started running at Mark DeLay Elementary in Darien in 5th Grade, qualified for the State Championship Meet at Darien's Eisenhower Junior High School, and ran for four years at Hinsdale South, where she was an All-Conference runner in the 4X800 meter relay in track. This will be her 12th year as a cross country coach and her fifth as a head coach at Hinsdale South, where she is a Math teacher. Her teams have qualified for the State Meet in 2019 and 2020, and was just points away from another qualification in 2021. Kim still runs, focusing mostly on full and half-marathons. She has a goal of running at least a half-marathon in every state! She is a graduate of Ohio University in Oxford, Ohio.

Registration

- Register at hinsdalesouth.8to18.com/accounts/login
- Create a log in and sign up for Co-Ed Cross Country
- \$100 (Contact coaches if this is an obstacle)
- Contact Art Ostrow at (630) 468-4240 with registration questions

