

2026 Junior Redhawks Running Camp with CVU XC Head Coach Dave Baird



For kids finishing grades 4-8 in 2026

DIRECTOR: Dave Baird

- CVU XC Head Coach (Girls & Boys)
 - 2025 Boys and Girls D1 State Champions, Girls NE Champions
 - CVU XC Girls finished 2025 ranked 14th nationally!
- CCS 5-8 Coed T&F Coach
- CCS 5th Grade Teacher
- 100 mile ultramarathon runner
- Parent of two teens

Assisted by CVU XC Athletes

DATES: June 22-26, 2026 M-F 9:00 am - 12:00 pm

LOCATION: Camp will take place on CVU campus (369 CVU Road, Hinesburg, VT 05461)

CAMP INFO: Open to all students who just finished 4th-8th Grade. Designed for kids who fit any of the following:

- Interested in running/getting exercise/physical fitness
- Want to connect with other kids and have fun
- Participated in XC or T&F in middle school (or interested)
- 8th graders considering running XC or T&F in high school
- 8th graders wanting to jumpstart conditioning to be prepared for other sports
- Any middle school athletes looking to get in better shape for other sports

OBJECTIVE: Help kids find joy in running and training. At camp kids will:

- Have lots of fun! (we'll do lots more than run...)
- Learn how the connection between physical body systems impacts running
- Improve mental toughness and develop confidence
- Understand connection between training, running, and racing
- Develop positive connections with other athletes
- Leave with an increased enjoyment of running and more knowledge about how to become a stronger, happier runner.

REGISTRATION: \$150 if registered by June 15, 2026, \$175 after June 15, 2026 .

Use this [ONLINE REGISTRATION LINK](#) or the QR Code to register and secure your spot. You can also email dbaird@cvsdvt.org if you can't access the link. Camp registration will close when full.



PAYMENT: After you have registered, you can pay via Venmo (@Dave-Baird-CVUXC) or mail a check made out to David Baird to the address below (be sure to include your child's name & CVU XC Camp in the notes section of the check).

David Baird
83 Wild Ginger Lane
Shelburne, VT, 05482

For questions or additional information, contact Dave Baird at dbaird@cvsdvt.org or 802-578-8040. More detailed info will be sent out to registered families in the week prior to the camp.