

Emerging Elites athletes  
run **1 minute faster** in xc

## Fall 2011 XC Highlights

### Honors & Distinctions

- 6 Boston Globe All-Scholastics
- 22 Boston Globe All-League Honors

### Public & Private in MIAA

- 1 Nike XC Nationals Qualifier
- 5 MIAA All-State XC Top 10 Finishes
- 16 MIAA All-State XC Qualifiers
- 3 EMass XC Champions
  - D3 Priyanka Fouda - Wellesley
  - D5 Olivia Brackett - Weston
  - D6 Sarah Keiran - Ipswich
- 11 EMass XC Top 10 Finishes
- 4 XC League Champions
  - Olivia Brackett - Dual County
  - Priyanka Fouda - Bay State
  - Sarah Foster - Middlesex
  - Lee Milne - Tri Valley
- 18 XC League Top 10 Finishes

### Prep Schools

- 2 New England Prep XC Champions
  - Sam Fujimori - Bancroft
  - Marykate Surette - Pingree
- 5 NEPSTA Prep XC Top 10 Finishes
- 7 NEPSTA Prep XC All-New England
- 2 EIL XC Champions
  - Sam Fujimori - Bancroft
  - Marykate Surette - Pingree
- 2 EIL Top 10 Finishes
- 7 All-EIL XC Honors
- 2 ISL Top 10 Finishes
- 2 All-ISL XC Honors



Emerging Elites is a division of TRACS, Inc.

The Tradition of **Performance** Continues...

emerging elites

79 Manet Rd  
Chestnut Hill, MA 02467



Champions are made  
in the off-season.

Run **Smarter.**





# Emerging Elites Summer Program

July 1 - August 24, 2013

## 8 Weeks of Progressive Training

...not a 1-week running camp

Emerging Elites train on soft running surfaces & have access to gym, locker rooms & showers. Training venues include Brookline & Chestnut Hill reservoirs, Heartbreak Hill & Charles River footpaths.

### Summer Program includes:

- Individualized daily training by Olympic coach
- Online training log reviewed daily by coaches
- 1:7 coach-to-athlete ratio
- Functional movement screen by Peter Stone, P.T.
- Core Development Program

## Educational Seminars

Designed for athletes & parents

June 17, Nutrition & Hydration for Performance  
June 19, Training Methodologies & Systems  
Aug. 3, XC Racing Strategy

## Brookline, Massachusetts

Easy access from 93/95/Mass Pike/Rt. 9

Mondays & Wednesdays, 6-8:30p

Saturdays, 9-11:30a

-or-

Tuesdays & Thursdays, 6-8:30p

Saturdays, 9-11:30a

## Application & Admission

Athletes & parents interview with coaches prior to acceptance

Nov. 1, Rolling admission opens  
March 1, Early decision deadline  
May 20, Regular decision deadline

## Why Emerging Elites?

College counseling & athletic recommendations

Training groups of talented & competitive peers

Year-round training opportunities

Year-round access to coaches & club staff

Club tradition of athletic performance

Apply now at [www.emergingelites.com](http://www.emergingelites.com)

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 @emergingelites