

Utica College Cross Country Camp

Open to all runners
ages 13 - 18

July 13 - 16, 2009



Camp Staff:

Head Cross Country Coach Jason Rose leads a coaching staff that has produced All-Americans, National Qualifiers, and All-Regional honors as well as 2006 Ohio Cross Country Runner of the Year honors



Camp Information

Camp Goals:

The purpose of the 2009 summer cross country camp is to provide athletes with the necessary tools to improve their training knowledge and physical performance in distance running. This includes an emphasis on running knowledge, work ethic, and self-discipline. It is our aim to lead athletes to personal development, overall aerobic enhancement and running improvement.

Schedule:

10:00 am: Arrive, Warm Up, Drills
10:30 am: Instruction and Workout
11:30 am: Speaker
12:00 pm: Lunch (Provided)

What To Bring:

Training shoes and/or track spikes, workout clothing and water/sports drink bottle

Cost:

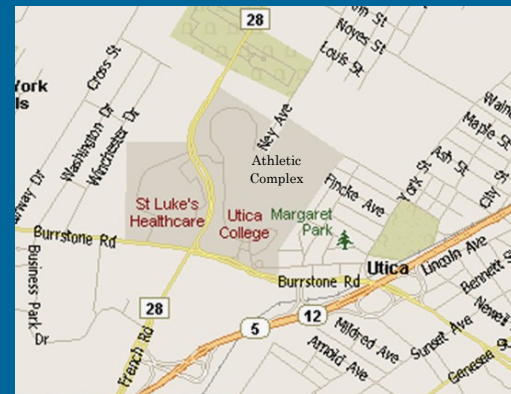
Early registration is \$50 non-refundable fee, post marked by June 11, with an additional \$75 due prior to or upon arrival at camp.

Late registration is between June 12 - 30 with an additional \$25 late fee.

Includes Training, Meals, Camp T-Shirt, and Utica College Track Spike Bag.



Directions To Camp



From North:

Take Route 5 and 12 South to Burrstone Rd. West
Turn right into Utica College's Campus
Take a left on the main campus road and follow around through numerous stop signs until you arrive at Utica College's Athletic Complex

From South:

Take Route 5 and 12 North to French Rd.
Turn right onto French Rd.
Take a right at the third light onto Utica College's Campus
Turn left at the bottom of the hill and follow around until you arrive at Utica's Athletic Complex

For Questions Contact
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