

General Information

Wolfpack Cross Country camp is a unique experience which will inform and empower high school runners to take those first few steps to actualizing their potential. The goal of the camp is to have fun while running. Campers will be exposed to the ins and outs of running, which range from race day strategy, to nutrition, to finding the perfect running shoe. Located on Centre College's beautiful campus, campers will have the opportunity to meet other state and regional runners. The staff is committed to ensuring that the time spent at Wolfpack Cross Country Camp is both helpful and fun for beginning and elite runners alike.

Come Run With the Pack!



Ryan New has served as the assistant cross country and track coach for the past three years at Centre College. His enthusiasm for the sport has helped athletes realize and actualize their athletic potential. Once a nationally ranked sprinter, he is now an All-American triathlete. His background and dedication to the sport provide young and seasoned runners the opportunity to see what it takes to run at the next level.

Tentative Camp Schedule*

7:00am AM Run	4:30 PM Run
8:30 Breakfast	6:00 Dinner
9:30 Running Clinic	7:00 Special Activities
11:30 Lunch	10:00 Lights Out.
2:00 Guest Lecture	(Recreational activities between sessions)

Camp Schedule will be available June 20, 2008.

Critical Camp Info

Costs

Resident: **\$350**

(Includes 3 daily meals, housing, camp jersey, camp completion certificate, fees and services.)

Day Camper: **\$265**

(Includes breakfast and lunch, camp jersey, camp completion certificate, fees and services.)

Team Discount

If 5 or more members of the same team attend, each team member will receive a \$25 discount.

Age Cut-off

Residential and Commuter Campers must have completed the 6th grade, regardless of their running abilities.

Deposit* Deadline: June 13, 2008

*A \$50 nonrefundable registration fee must be sent with application the above date (deposit included in overall price). **Payment Deadline: Payments must be paid upon arrival on July 5th.**

Registration packet sent upon receipt of application.

Questions?

(859) 238-5928

wolfpackcamp@gmail.com

Wolfpack Registration Form

First Name: _____

Last Name: _____

Address: _____

City/State: _____

Zip: _____

Parent/Guardian: _____

Phone: _____

Emergency Contact/Phone: _____

Email: _____

Gender: Male Female

Date of Birth: _____

School/Grade: _____

PR / Distance: _____

T-Shirt Size:

S M L

Medical Release/Waiver

Medical Insurance Carrier: _____

Policy Number: _____

In entering the camper's application, I release the right and forever discharge any and all rights and claims for damages, which may have occurred to the camper and I from the camp and the Centre College facilities or during off-campus activities. I understand that the camper is engaging in physical activity that has an inherent risk of physical injury. I attest to the fact that the camper is healthy and able to participate in all activities and has passed a sports physical exam within the past year. I hereby grant permission for the camper to attend Wolfpack Cross Country Camp and to be treated by a licensed physician or a member of the athletic training staff in the event of an injury, illness, or accident. If I cannot be reached, I give permission to allow the physician to hospitalize and treat the camper regardless of pay/insurance for the health and benefit of the camper.

I also recognize that the camp reserves the right to refuse admission to a camper if the Director determines such action is in the best interest of the camp or the student. I have also instructed the camper to obey, all rules, regulations, and instructions of camp personnel.

I acknowledge that a \$50.00 non-refundable deposit must accompany this application. I also understand that tuition is to be paid at the arrival of the camp.

Parent or Guardian Signature: _____

Date: _____

*Please make Checks payable to:
"Wolfpack Cross Country Camp"

*Mail to:
Ryan New
c/o Wolfpack Cross Country Camp
Centre College
600 W. Walnut St.



Coming to Camp

Housing and

Meals:

Residential Campers will be housed at Centre College, with each camper having one roommate.

Three meals will be provided. For commuter campers, breakfast and lunch will be provided.

Running:

Runners will be grouped according to fitness level and experience. The distance of runs and tempo of runs are also grouped according to fitness level.

Recreational Activities:

- Kickball
- Basketball
- Ultimate Frisbee
- Talent Show
- Water Games

Camp Topics:

- Nutrition
- Weight Lifting
- Shoe Selection
- Gait Analysis
- Injury Prevention
- Running in College
- Race tactics
- Goal Setting

What to Bring:

- Pillow & Sheets
- Towels
- Swimming Suit
- Casual Clothing
- Running Shoes, Shorts, and Shirts!!!!
- Sunscreen
- Money for Snacks
- Running Shoes!
- Running Shoes!
- Running Shoes!
- Don't Forget your Running Shoes!!!!!!!!!!!!

