Maryville Patriots

Cross Country

Running Camp

July 11-15

8:00 AM – 12:00 PM each day

For runners entering grades 2-8



Maryville Elementary School

4504 Summers Drive

Louisville, KY 40229

Directed by: Dennis Minnis5510 N Preston Hwy. Shepherdsville, Kentucky 502.955.87605510 N Preston Hwy. Shepherdsville, Kentucky 502.955.87605510 N Preston Hwy. Shepherdsville, Kentucky 502.955.87605510 N Preston Hwy. Shepherdsville, Kentucky 502.955.8760

* 3 Time KY Area 4 Cross Country Coach of the year.
* Former Nelson County Varsity Coach and Runner.
* Trained at Nike Running Camps and Ohio University Running Camps
* 2004 All State Committee Member and 2006 Area 3/Jefferson Co. Representative for Boy’s and Girl’s Middle School cross-country.
* Director of the Maryville Triple Crown CC Racing Series.

**Limited to the first 30 runners.**

**Spots will fill up quickly! Call Coach Dennis Minnis**

**at 502-921-4065 or e-mail him @ dminnis291@insightbb.com**

----------------------- \* ENTRY FORM and Cost \* ----------------

* **$50.00 per camper**
* **Each camper will receive a shirt, medal and training materials.**
* **Camp Championship race will be held on the final day of the camp.**

**Make checks payable to: Maryville Elementary School**

Mail or return all Forms to the address below **DEADLINE: July 1st.**

291 Jade Drive

Shepherdsville, KY 40165

LAST NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FIRST NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade you will be entering: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS, STREET \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE NO. (\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **T-SHIRT SIZE: (CIRCLE ONE) youth small (8-10), youth medium (10-12), youth large (14-16), adult small, adult medium, adult large, adult XL.**

**Waiver of Liability and Statement of Fitness/Understanding of how camp fees are spent.**

In consideration of acceptance of this entry and permission to participate in the “Maryville Cross Country Running Camp” I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_( students name) hereby waive and give up myself, my heirs, my family members, and all claims against “staff members, counselors, sponsors, and against any person or business associated with the “Maryville Cross Country Running Camp” in the case of injury which may directly or indirectly result from my participation at the “Maryville Cross Country Running Camp”. I also give my permission to “Maryville Cross Country Running Camp” to use my name, any photography, video, or other recordings of me that are made during the course of the camp for news media purposes. I understand that camp funds will not be refunded after July 1st.

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Medical Consent Form**

**Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examinations and immunizations for the above named student. In the event of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me, the treatment necessary for the best interest of the above named student may be given.**

**In the event that an emergency arises during a practice session, an effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the athletic coach to provide the needed emergency treatment to the athlete prior to his or her admission to the medical facilities.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent or Guardian: Date:**

Important phone numbers for emergency contacts:(mandatory)

**Work: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Family Physician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Insurance # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Medical Conditions/Allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rules for Camp**

* Students are to be respectful to camp staff and fellow campers.
* Students are to keep their trash and personal items picked up during and after training sessions.
* Sign below if you agree to the rules listed above.

Camper’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What to Bring to Camp each day**

* A good pair of running shoes. If you need a good pair call Swag’s Running Store.
* Gym bag to keep your extra socks, towel, and supplies in.
* Sack lunch
* Great attitude and willingness to learn.

Partial list of Past Camp Speakers

* SWAG HARTELL: FORMER sub 4 minute miler, FORMER WORLD RECORD HOLDER IN THE ½ MILE FOR

17 YEAR OLDS. LOUISVILLE MINI MARATHON CHAMPION! OWNER OF SWAG’S

RUNNING STORE IN LOUISVILLE, KY. Trains some of Louisville’s top talent! Loves

running and loves teaching others how to run!

* TOMMY WILLIAMS: COACHING LEGEND AND MENTOR. NATIONAL COACH OF THE YEAR IN 2006!, COACHED OVER 100 STATE

CHAMPION RUNNERS. MEMBER FOR THE KTCCCA HALL OF FAME.

* KENNY STOTTMAN: ST. EDWARDS COACH AND DIRECTOR OF THE ST. EDWARS INV, AAU RUNNING

COACH WHO HAS TRAINED SOME OF THE BEST TALENT IN LOUISIVLLE, KY.

* KERRY LANCASTER: AVID RUNNER, MY FORMER RUNNING COACH WHO TURNED NELSON COUNTY

HIGH SCHOOL INTO A TOP 10 CC PROGRAM IN THE MID 90’S.

ST. X Head Tennis Coach.

* FRANK MCGLAVIC: COACHING LEGEND IN KY! HEADS UP THE MEET OF CHAMPIONS! STATE

CHAMPION COACH! Helped bring the Coaches National Youth CC Championships to KY!

* STAN CLARK: STATE CHAMPION COACH. Two time LOUISIVILLE MINI MARATHON CHAMPION!
* STEVE WIGGINGTON: FCA DIRECTOR FOR LOUISVILLE, KY! WKU BASKETBALL ALUMI! COACHES

DORTHY SAYERS CROSS COUNTRY!

* PASTOR EDDIE BENTON: Former TRACK AND FIELD COACH ASSISTANT AND CC COACH OF BARDSTOWN

HIGH SCHOOL. BOSTON MARATHON VETERAN! FORMER PASTOR OF PARKWAY BAPTIST CHURCH.

* JOE PAUL SMITH: FORMER NELSON CO. MIDDLE SCHOOL COACH. BOSTON MARATHON RUNNER.
* TONY ROWE: Davies County Head Cross Country Coach: Nation Coach of the Year, Author of the Book: Trails, Trials and Triumphs. Has

won Seven AAA State Championships in Cross Country.

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Topics to be taught

* Team unity and goal setting for the individual runner!
* Academic Success! Why great runners need to put academics first! We check grades each week to make sure each runner is meeting school academic expectations. Cross Country rules and scoring
* Nutrition habits and time management for the high school runner.
* RACE TACTICS!
* Running Logs: Why have one? Runners will learn to keep track of their progress throughout their running career.
* Running Shoes: Does it matter?
* Handling Success in Stride: Runners will learn how to develop a game plan for winning on and off the cc course!
* The importance of rest for the runner.
* Hill Training techniques. Warm-up and Cool down techniques
* Running games: How to make practice fun. Coach Minnis will share his favorite running games that help make running a blast! New games for the 2011 season will be taught!
* Speed drills and Tempo Runs: Why they are beneficial.
* Pyramid Theory: What is it and are their different versions? It is a training model to use to build your season upon and yes there are different pyramid models to follow.
* Mental toughness: Why every great runner has always had the mental edge over his or her competition. We will look at how you can develop a mental game plan in order to overcome personal fears before meets.
* Where do runners go after high school in America? I will teach runners about the different possibilities for runners that want to run after high school and college.