3rd Annual Little Flock Baptist

Cross Country Running Camp

June 27 – July 1st

8:30 AM – 12:30 PM each day



Little Flock Baptist Church

5510 N. Preston Hwy Shepherdsville, KY 40165

Directed by: Dennis Minnis 10th year hosting running camps5510 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.

For runners wanting to prepare for the

2011 cross-country Season!

**Limited to the first 40 runners.**

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

**at 502-921-4065 or e-mail him @** [**dminnnis291@insightbb.com**](mailto:dminnnis291@insightbb.com)

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

* **$35.00 per camper**
* **Each camper will receive a medal, shirt, and training materials!**
* **Camp Championship race will be held on the final day of the camp.**

**Make checks payable to: Little Flock Baptist Church**

Mail or return all Forms to the address below **DEADLINE: June 24th.**

291 Jade Drive

Shepherdsville, KY 40165

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

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

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

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

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

Current Racing Times if available:

400 Meter\_\_\_\_\_\_\_\_\_\_\_ 800 Meter\_\_\_\_\_\_\_\_ 1500 Meter \_\_\_\_\_\_ Mile: \_\_\_\_\_ 2 Mile\_\_\_\_\_\_\_ 5K \_\_\_\_\_\_\_\_\_ Other Distance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **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 Little Flock Running Camp” I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_( students name) hereby waive and give up myself, my heirs, my family members, and all claims against “Little Flock Cross Country Running Camp” staff members, counselors, sponsors, (Little Flock Baptist Church) and against any person or business associated with the “Little Flock Running Camp” in the case of injury which may directly or indirectly result from my participation at the “Little Flock Cross Country Running Camp”. I also give my permission to “Little Flock 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 June 24th.

**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**

* Gym bag to keep your socks, towel, and supplies in.
* Sack lunch
* Great attitude and willingness to learn

Some of our 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: One of my coaching mentors who recently passed away. NATIONAL COACH OF THE YEAR IN 2006!, COACHED

OVER 100 STATE CHAMPION Track and Field runners. MEMBER OF THE KTCCCA HALL OF FAME.

* KENNY STOTTMAN: ST. EDWARDS COACH AND DIRECTOR OF THE ST. EDWARDS 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. Head Tennis Coach at St. X in Louisville, KY.

* 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!

DORTHY SAYERS CROSS COUNTRY COACH!

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

HIGH SCHOOL. BOSTON MARATHON VETERAN!

* 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.

* Vitalis Lanshima: World champion paraplegic printer.

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|  | http://talbronstein.org/images/10x10_trans.gif |  |

* Candyce Bingham: Former Lady Card who helped lead her team to play against the Connecticut Huskies in the 2009 NCAA National

Championship. Currently Candyce plays professional basketball in Germany.

Topics to be taught

* Running with a Christ centered focus!
* Team unity and goal setting for the individual runner!
* Academic Success! Why great runners need to put academics first!
* 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.
* How to run for the glory of God verses the glory of self.

Parents and Runners,

For the past ten years I have coached runners in Kentucky. I have hosted running camps in Bardstown, Louisville, Ashland and now Shepherdsville. My camps have been a place where runners could prepare mentally and physically for the cross country season. Each year I have been blessed to have had guest coaches and athletes who have shared their knowledge of running at my camps. Now for the third year in a row I will be hosting a Christ centered running camp at Little Flock Baptist Church. Campers will learn how they can run with the purpose of representing Christ both on and off the field of competition.

See you at the starting line!

Dennis Minnis

**2002 1.1 Mile Race @ Bernard Keene Cross Country Course in Bardstown, KY.**

**Middle School Boys**: Matt Phelps 8th grade: Nelson Co. 7:34

**High School Girls**: Megan Cheek 9th grade: Nelson Co. 8:05

**Middle School Girls:** Amber Jewell 8th grade: Nelson Co. 9:16

**Elementary Boys: Kyle Fenwick 3rd grade: Nelson Co. 9:56**

**Was a member of the North Oldham Middle School State Championship team in 2005!**

**2003 All races held at Bernard Keene Cross Country Course in Bardstown, KY. Two Camps were held in 2003**

High School Division 2.9 miles

Boys: Greg Sterns: Nelson Co 19:23

**Girls: Millie Heil: Nelson Co. 24:43 2 Time Cross Country State Qualifier**

**Middle School Division 1.4 Miles**

Boys: Shawn Figg: Nelson Co. 9:04

**Girls: Jordan Skaggs: Spencer Co. 9:25 Regional Runner-up Girls Class A Region 2 2003**

**Elementary Division 1.4 Miles**

**Boys: Jacob Bivens: Nelson 10:08 Ranked 13th in KY in 2003!**

**Girls: Chelsey Talley: Spencer Co. 10:41 Elementary State Champion in 2003!**

**2004 All races held at Bernard Keene Cross Country Course in Bardstown, KY. Two camps were held in 2004!**

**High School Division 2.9 miles**

**Boys: Daniel Bauder: PRP 18:28 3 Time State Qualifier in AAA Cross Country!**

**Girls: Kiara Watts: PRP 22:27 AAA State Qualifier in 2004!**

**1.1 Mile Race Middle School Divison**

Boys: Jacob Bolus: Conway 7:15 **23rd at Middle School State Championships 2005!**

Girls: Brittany Shain: Nelson Co. 9:14

**1.1 Mile Elementary School Division**

Boys: Kyle Fenwick: Nelson Co. 7:12 **Top 50 at Elementary State Title: Twice!**

Girls: Tiara Watts: Jefferson Co. 8:49

# **2005 All 1500 Meter races held at Maryville Elementary School. Three Camps were held in 2005!**

**Girls 1500 Meter Championships**

High School: Annie Wiggington-Nelson Co. 6:46 Now is 2011 she runs for Center College!

Middle School: Hannah Summitt-Maryville 7:31

Elementary: Courtney Bloom-Maryville 8:12

Middle School: Derrick Jones Zoneton Middle 6:16

Elementary: Brandon Goeing Maryville 6:19 Ranked 6th in Boys Elementary in 2005!

**2006 All 1 Mile Races on the Zoneton Middle School Property: Four Camps were held in 2006!**

Girls High School: Betsy Hines: North Bullitt 6:11 2 Time State Qualifier in Cross Country!

Boys High School: Alex Bettag: Desales 5:36.62 All Area 3 Senior Team in Jefferson Co!

Girls Middle School: Teal Wigginton: Dorthy Sares 7:07.62 Now a student at WKU! She still runs for the love of it!

Boys Middle School: Brandon Goeing: Maryville 5:53 Top 55 at State in 2006! Current North Bullitt Basketball Player.

Girls Elementary: Tor Wigginton: Dorthy Sares 6:49.34 Top 50 at State in 2006! Now runs for Eastern High School.

Boys Elementary: Kyle Pursley: Maryville 6:13 Top 40 at State in 2006! Now plays soccer at North Bullitt High School.

**2007 All 1500 Meter races held at the Maryville CC Course: Three Camps were held in 2007!**

Girls High School: Teal Wigginton 5:59.15 2007 Maryville Triple Crown Open Division Champion!

Boys High School: Derrick Jones 5:03.18 Three year camp veteran! North Bullitt Track Runner!

Girls Middle School: Tori Wigginton 6:08.02 46th place at the Girls Middle School State Championships!

Boys Middle School: Kyle Pursley 5:49.25 5th place at Elementary State Championships!

Girls Elementary: Courtney LaForest 6:27.40 64th place at the Girls Elementary State Championships!

Boys Elementary: Dallas Ochsenbein 6:00.36 2nd place at Paul Dunbar Invitational!

Open Adult Race: Coach Dennis Minnis 5:48.36 I finished the cc season alive and well! ☺

2008 **All 1500 Meter races held @ Maryville CC Course: Two Camps were held in 2008!**

Girls High School: 48 Brittany Bloyd 6:08 Beth Haven 48th @ Class A State Championships 21:24.41

Girls Middle School: Chelsey Slayton 6:05 2008 Triple Crown Champion: Hite Inv. Champion!

Boys Middle Schools: Kyle Pursley 5:39 2008 Triple Crown Champion All Area 4 Middle School Team

Boys Elementary: Dallas Ochsenbien 5:51 2008 Triple Crown Champion All Area 4 Elementary Team

2009  **All 1 mile races held @ Little Flock Baptist Church**

Girls High School: Gentry Collins 7:27 North Bullitt Cross Team and Track Team!

Girls Middle School: Chelsey Slayton 6:56 North Bullitt Eagles Track Team and State Middle School Record Holder in the 800 Meter

Girls Elementary: Caroline Collins 7:38 84th at the Meet of Champions!

Boys Middle School: Kyle Pursley 6:01 Took 2nd in the 2010 Papa Johns 10 Miler Youth Division.

Boys Elementary: Noah Ford 8:53 Runner who came all the way from Florida! Go Gators!

**2010 All 1.4 mile races held @ Little Flock Baptist Church**

Girls High School: Chelsea Slayton 9:50.21 North Bullitt High School. 2010 Outdoor AA 800 Champion;

Boys High School: Michael Dowell 8:35.68 North Bullitt High School CC member and track and field runner.

Boys Middle School: Trevor Greenwald 11:23.54

Girls Middle School: Heather Whitlow 12:20.66

Boys Elementary: Adam Isaac 15:15.64

Girls Elementary: Tress Wigginton 11:59.02 Dorothy Sayers Classical School

Girls Lower Elementary: Makayla Jones 17:12.44

Boys Lower Elementary: Caleb Richardson 21:27.23 Little Flock Christian Academy