

Accommodations

This camp will be held on Lawrence University's picturesque campus nestled next to the scenic Fox River in Appleton, WI.



Campers will check in and stay at Russell Sage Hall (723 E. Boldt Way Appleton WI 54911).



Sage Hall is college dorm style housing equipped with beds, linens, and towels. Sage Hall is not air conditioned so we recommend bringing a fan for your room. Three buffet style meals will be served per day, but we encourage campers to bring their own snacks/drinks for in between.

Out of State Campers

For our campers flying into Appleton airport (ATW) we will have a shuttle to bring you to campus and then back to the airport again on Friday. We will just need you to email Coach Fast your flight information by July 16th. - jason.fast@lawrence.edu

Registration Information

Camp Fees: Registration Deadline July 7th 2014
\$400 - Fee before June 21st
\$450 - Fee after June 21st

Team Discount (5 or more runners from same school)
\$375* - Fee before June 21st
\$425* - Fee after June 21st

Limit of 60 campers so register soon!

*If you register for a team discount and your school doesn't get the minimum participants the remainder of the balance will be due before you are allowed to check in.

Camp fees cover lodging, tuition, three buffet style meals per day, a camp t-shirt, use of designated Lawrence facilities, and all of the scheduled social events.

Camp is for high school aged boys and girls. Special consideration will be given to younger runners upon emailed request. - jason.fast@lawrence.edu

You may register online at http://www.lawrence.edu/athletics/summer_camps or Please fill out all of the fields of the registration form, detach it, and mail with payment to:

Lawrence University Cross Country
711 E. Boldt Way
Appleton, WI 54911

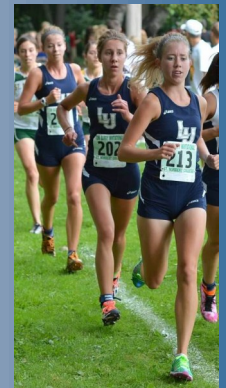
Please make checks payable to **Lawrence University**.

Camp Check in is from 9am-11am July 21st and Check out will be 11am July 25th campers must be picked up by noon.

Cancellations: Your fee (minus a \$50 registration fee) will be refunded no questions asked before July 7th. Any requests after must be accompanied by a signed excuse from your physician. We will not accept any requests for refunds after July 25th 2014.

Lawrence University Cross Country Camp

July 21st - 25th 2014



Held on the Lawrence University Campus



2011 Midwest Conference Champions

Our Mission

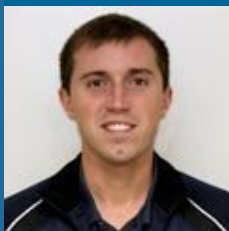
It's not the will to win that matters - everyone has that. It's the will to prepare to win that matters most." - Paul "Bear" Bryant

From best in the state to better than you were last year (and everywhere in between), our mission is to help you achieve your goals. During this camp you will be educated in topics including but not limited to: nutrition, proper training, injury prevention, the college recruiting process, race preparation (mental and physical) and SMART goal setting.

We also have a lot of fun activities planned like ultimate frisbee, dodgeball, a scavenger hunt, a talent show and so much more.

This camp will be a great place to make new friends while preparing you for a great XC season!

Camp Director



Coach Jason Fast has been the Head Cross Country and Track & Field Coach at Lawrence University since 2009. In his short time at Lawrence he has taken the Cross Country teams to the top of the Midwest Conference. In the five seasons he has served as Head Coach at Lawrence University he has won one Midwest Conference Team title (2011), coached 22 Student-Athletes to All-Conference honors in Cross Country and was named Midwest Conference Coach of the Year in 2011.

Coach Fast was also a standout runner for UW-Oshkosh in both Track and Cross Country from 2000-2004. He received both All-WIAC and All-Midwest Regional honors as well as being a member of the 2002 NCAA Division III National Championship team in Cross Country.

Contact: jason.fast@lawrence.edu - 920.832.6974

Camp Staff



Coach Cal Kromm has been the Head Cross Country Coach at Ashwaubenon High School since 2008. Coach Kromm has coached numerous All-Conference and All-State Student-Athletes. Coach Kromm also earned All-American honors in both Cross Country and Track & Field as a collegiate at UW-Oshkosh.



Coach Paul Brown has coached on all levels and most recently coached the 2013 Oshkosh Lourdes Academy's XC team to the WIAA State Championship. He has also coached on the NCAA Division III level. Coach Brown led the UW-Oshkosh Titans to a Conference title in 2011 and earned WIAC Coach of the Year honors for his efforts. Coach Brown also earned All-American honors in Track & Field as a collegiate at UW-Oshkosh.

****We will have additional counselors who are current student-athletes (to keep a 10:1 ratio) as well as college coaches who will attend our camp as guest speakers. ****

Daily Schedule*

6:30am - Wake up
6:45am - Morning Run
8am - Breakfast
8:45am-9:45am - Instruction
10am- 12pm - Activities (Volleyball, Ultimate Frisbee, Dodgeball)
12pm - 1pm - Lunch
1pm - 3pm - Activities
3:15-5pm - Workout
5pm - Dinner
6:30pm - 8pm - Instruction/Talent Show/Dance
10:00pm - In your own room. Lights out by 10:30pm

* Schedule is subject to change due to weather.

Registration Form

Please fill out all fields or register online at http://www.lawrence.edu/athletics/summer_camps

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Amt Enclosed: \$ _____

High School: _____

Phone: _____

Email: _____

Parent or Guardian: _____

Parent/Guardian Cell: _____

Roommate Preference: _____

T-Shirt Size (circle one) S M L XL Sex: M F

Health and medical information/liability waiver

I certify this person is in good physical condition and is physically able to participate in running camp activities. I hereby authorize the directors of the camp to act for me according to their best judgment in any emergency requiring medical attention. As a participant in the camp, I understand the risks involved in cross country events and release the camp and Lawrence University from any and all liability for injury or property damage that arise from the use of the premises/facilities or while participating in the camp events. I also understand that each camp participant must be covered by his/her personal medical insurance.

Signature of Parent/Guardian

Date

Family Physician: _____

Birthdate of Camper: _____

Insurance Provider: _____

Policy Number: _____

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