

BLAZER DISTANCE RUNNING CAMP AT UAB

Individual and Team Camp

We invite you to run with the UAB Blazers this July. The UAB Coaching staff and current team members will teach you the key elements of becoming a great distance runner. In addition, our team building activities will help you learn what it takes to be a leader on your team. You will be training on the finest soft surface running venues in Birmingham, including Red Mountain State Park, Veterans Park, Oak Mountain State Park and the Jemison Trail. We will also be having a theme night for the Camp Dance on Saturday night, that theme will be determined before camp begins. Camp will utilize the best resources Birmingham has to offer to make this a camp to remember. Bring five members from your team and your Coach can join you at camp. If you have any questions please email or call Coach Esche at mesche@uab.edu 319-321-7942.

We hope to see you in July!

Phone 319-321-7942 (C)
Fax 205-975-3476

ADDRESS SERVICE REQUESTED

The Blazer Distance Running Camp at UAB
University of Alabama – Birmingham Cross Country Office
U 336 1720 2nd Ave S
Birmingham, AL 35294

BLAZER
DISTANCE
RUNNING CAMP
AT UAB



THE BLAZER DISTANCE RUNNING CAMP 2017

Camp Goals

The Blazer Distance Running Camp is designed to educate young student athletes about how to become better distance runners and leaders. Our hope is to provide a fun, exciting environment for campers to learn how to compete at the highest level and make their team better in the process. The Blazer Distance Running Camp will provide some tremendous instructional tools but will also teach campers the secrets of success on a daily basis. Campers will experience some of the best soft surface training areas in Birmingham including: Red Mountain State Park, Veterans Park and Oak Mountain State Park. Come out and train with the Blazers and give yourself a competitive advantage next November.

Daily Schedule

- Morning Run
- Dynamic Flexibility and running form drills
- Team Building Exercises
- Instructional talks—Topics Include: Nutrition, Goal Setting, Visualization, Race Tactics, Injury Prevention, Strength & Conditioning for Distance Runners and More
- Each camper will be part of a team that competes toward an overall team champion at the end of the week.
- Team games include: 16" Softball, Name That Tune, Ultimate Frisbee, Kick Ball, Knockout, Dodge Ball

Camp Director

Matt Esche

Head Cross Country Coach
Associate Head Track and Field Coach
NCAA Division I, Conference USA
4 time NCAA Qualifier Cross Country/Track
University of Iowa

Team Camp Information

Bring your team with you to The Blazer Distance Running Camp and train on the best soft surfaces in Birmingham, Alabama. Your coach can join free of charge when 5 or more campers sign up from your team. Bring a team t-shirt as there will be a t-shirt swap before the camp is up! A team is made up of 5 or members regardless of gender. For more clarification, contact Matt Esche at mesche@uab.edu.

The Blazer Distance Running Camp is open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender). Open to all boys/girls ages 12-18
The Blazer Distance Running Camp is independently owned and operated and is in no way administered or associated with University of Alabama-Birmingham

**The Blazer Distance Running Camp - Dates:
Wednesday July 12th – Sunday, July 16, 2017**
Detailed info packet sent out upon registration
Camp check-in 12:00pm - 2:00pm Wednesday
Camp Check Out 11:00am-12:00pm Sunday

Camp Tuition

\$425.00 – Individual Overnight Camper _____
\$400.00—Team Overnight Camper _____
Campers will stay in University of Alabama-Birmingham dorms and will be supervised 24 hours per day
\$300—Individual Day Camper _____
\$275—Team Day Camper _____
Day campers 6:30am-4:00pm(breakfast/lunch incl.)
Team = 5 or more campers from same team

Camp Staff

Come run with past and current UAB runners along with other Division 1 athletes from around the country!!!

Camp Rooming Request

Who do you want to room with?

Name: _____
School: _____
Grade: _____

REGISTRATION

NAME _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

PARENT'S WORK/CELL: _____

Email: _____

FAMILY MEDICAL INSURANCE COMPANY: _____

POLICY #: _____

AGE: _____ GRADE: _____

T-SHIRT SIZE (check one):

ADULT: ___ S ___ M ___ L ___ XL ___ XXL

I verify that my child/ward has been checked by a licensed physician and is physically able to participate in The Blazer Distance Running Camp. I understand that participation in the camp will involve instruction in the sport of running and may include vigorous physical exercise or activity involving a multitude of risks, including but not limited to, broken bones, sprains, muscle pulls and head injuries. In consideration of my child/ward being able to participate in The Blazer Distance Running Camp, I hereby agree and promise that I will not hold The Blazer Distance Running Camp nor its employees responsible for any loss, damages, or personal injury received as a result of my child/ward's participation or the conduct of camp directors and/or employees, including negligence. I hereby authorize the directors of The Blazer Distance Running Camp to act for my child/ward according to their best judgment in an emergency requiring medical attention, including the authorization of medical treatment. I agree to allow my child/ward to be treated by a certified athletic trainer or licensed physician (if necessary) and to assume all costs related to such treatment. I authorize my insurance company to pay benefits as required for medical treatment resulting from participation. Also, I authorize the disclosure of medical information to my insurance for the purpose of claim. This camp operated by Matt Esche and is not operated by, connected with or an official function of the University of Alabama-Birmingham

_____ Date: _____

Parent/Guardian Signature

Mail registration to address below. Make checks payable to:

Blazer Distance Running Camp
TO RESERVE A SPOT PLEASE SEND REGISTRATION FORM AND A \$100 DEPOSIT BY JULY 5th, 2017
FULL PAYMENT DUE UPON CHECK IN JULY 12th 2017

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