

CSU Distance Camp July 14-17, 2008

This camp is designed for high school girls and boys. Through daily running and integral clinics put on by coaches, athletes and knowledgeable running enthusiasts, participating athletes will develop valuable skills and techniques. They will gain a better understanding of the sport and they will be able to use these newly acquired skills in upcoming seasons to perform to the best of their ability.

The camp will be held July 14-17, at Pingree Park Mountain Campus, owned and operated by Colorado State University. Pingree Park is located in the high Rocky Mountains with trails, lakes, and abundant wildlife. Meals are provided by the cafeteria at Pingree Park or snacks will be in the recreation room along with pool tables, video games and other activities. Fishing, hiking, ropes course and other activities will be available to the campers as well.

Transportation will not be available. The athletes will need to be dropped off at Pingree Park and will need to be picked up from there at the conclusion of the camp. For directions, visit:
<http://www.map.colostate.edu/pingree.html>

What to bring: Campers should bring sleeping bags, pillows, blankets, several changes of running clothes, rain gear, a light jacket/pullover, pants, running shoes and street shoes or cross trainers. Also, any gear they want to bring for hiking, fishing, and games. Expect late afternoon rains, highs in the 80's and lows in the 50's.

Camp Fees are as follows:

\$375 per camper
\$50 non-refundable deposit to reserve your camper's space.
A discount will be available to coaches who bring more than 5 athletes from their teams. This discount will be a waiver of all fees related to the camp over and above the cost of room and board.
Continuing Education Credit will be available for coaches that attend and pay an extra fee.

The camp will be limited to 60 campers due to the limited space available at Pingree Park. To reserve your space, please submit your completed application, camp fees, signed medical authorization, insurance and emergency information, and proof of a recent physical by May 17, 2008 to:

CSU Distance Camp
Department of Athletics
Ft. Collins, CO 80523-0120

Camp Disclaimer

Colorado State University does not discriminate on the basis of race, age, color, religion, national origin, gender, disability, sexual orientation or veteran status in its programs and activities. Full participation of all individuals is encouraged.

Camp Contact Information:

John Carter: (970) 491-2962
jcarter@lamar.colostate.edu



CSU Distance Camp
Colorado State University
The McGraw Athletic Center
Fort Collins, Colorado 80523-0120
2-60166

Colorado State University Distance Camp - July 14th - 17th, 2008



Pingree Park Mountain Campus ~ Roosevelt National Forest

CSU Cross Country

Our distance program has a stellar history. Not only have we produced numerous national and international racers, but we are also the proud Alma Mater to Olympians Wendy Knudson (1:59 800), Libby Hickman (9:12 3,000 meters) and national champion, Bryan Berryhill (3:55 mile/3:37 1500 meters).

This fall was an exciting and historic season for our Cross Country program! The women's team was nationally ranked, winning the Mountain West Conference Championships, the NCAA Mountain Regional Championships, and placing 15th at the NCAA National Cross Country Meet! Over the past few years, both our men's and women's Cross Country teams have received several bids to run at Nationals. Only a small number of schools in the country have that honor!

Renowned speakers include Bryan Berryhill--a 10-time All-American and two time NCAA Champion at Colorado State--as well as nutrition experts, running shoe experts, CSU Coaches, and sports-specific doctors.



Medical Waiver Form

In order for a student to participate in camp, we must have this form by the first day of camp.

Release and Medical Authorization

In order for students to participate in camp activities a parent or guardian must sign this release and medical authorization.

Release and Liability

In consideration of the Colorado State Distance Camp of Colorado State University granting the student permission to participate in the Distance Camp, I hereby assume all risks of his/her personal injury that may result from Distance Camp activity. As parent/guardian, I do hereby release Colorado State University, the Board of Governors of the CSU System, the Colorado State University Distance Camp, and their officers, employees, and agents and all instructors and all participants in said Distance Camp program from liability, including claims and suits at law or inequity, for injury which may result from the student taking part in Distance Camp activities.

Parent/Guardian Signature

Date

Medical Authorization

I request and authorize the proper personnel of this camp to refer to an appropriate medical facility, for treatment of illness, injury or both; and I further authorize the physician(s) selected by the camp personnel to treat said injury or illness as they think best for the most advantageous welfare of the patient if that should be a circumstance.

Camper's Name

I agree to assume all costs related to such treatment. I understand that I will be responsible to any medical or other charges in connection with student's attendance in this camp.

Insurance Company

Policy Number

Camp Registration

Name

Sex (circle one): Male Female

Address

City/State/Zip

Home Phone #

Date of Birth

Grade In School Entering Fall of 2008

Parent's Name(s)

School Name

E-mail

Are you an athletic award winner (letterwinner)?

Yes

No

Make all Checks Payable to:

CSU Distance Camp

Department of Athletics

Fort Collins, CO 80523-0120