

Coaching Staff

• Bob Braman

Head Track & Field and Cross Country Coach at FSU. 2006 NCAA Champions and NCAA Coach of the Year. Has coached six teams (M/W) to NCAA XC Championships over the last 4 years. Prior to joining the Seminoles in 2000, Braman spent 17 years at the University of South Florida. While at USF he was named conference Coach of the Year 14 times. Throughout his career, he has coached over 92 national cross country qualifiers, 71 distance NCAA track qualifiers, and 2 NCAA Champions.

• Sean McManus

Joined the FSU coaching staff in 2005. Helped FSU athletes to numerous school records and NCAA accolades. Previously coached at the University of Notre Dame from 2001-2005, helping athletes to 25 All-American, 64 All Big East Conference, and 22 All Great Lakes Region honors. McManus earned his M.S. in Exercise Science with a specialization in sport pedagogy and an emphasis on athlete motivation. Competed for the Notre Dame Fighting Irish in the 10,000m and cross country, helping team to 4 top 12 NCAA finishes.

• Rick Moody

Head Cross Country and Track Coach at Webber International University. He is a USA Track & Field Level II Certified Endurance Coach. Had the 2006 NAIA Florida Sun Conference and Region 14 Individual Men's Cross Country Champion, and NAIA All American. While at WIU, has coached athletes to school records in all distance events. Prior to WIU, led Frostproof High School to a 5th place (2004) and 8th place (2003) finishes at the Florida Cross Country State Meets.

"Trail"ahassee

Tallahassee is home to some of the finest running trails in the southeast. Over 200 miles of soft surface running trails are located in the Tallahassee area. All daily runs will be in the cool shade of Tallahassee's finest parks and forests.

Housing: All campers will be housed in Osceola Hall, located at 500 Chapel Drive.

Camp Cost: \$299 for team campers (5 or more from same school) and \$319 for individual campers. Costs cover room and board.

Camp Limit: The first 150 applications for team camp and 50 applications for individual camp will be accepted. Sign up early to ensure your spot!

Payment: Please make checks payable to Seminole Trails Camp and mail to 3532 Gardenview Way, Tallahassee, FL 32309. Please submit the entire portion when you submit your application. Please pay all camp fees by 2 weeks prior to your camp date.

Confirmation: Confirmation and check-in information will be sent by June 30th.

For Further Information Contact:

Bob Braman rbraman@admin.fsu.edu
Sean McManus smcmanus@mailier.fsu.edu

Sample Day

7:00am: Morning Run @ Wakulla Springs
8:00am: Breakfast
9:00am: Fun @ Wakulla Springs
12:00pm: Lunch
1:00pm: Learning Session
3:00pm: Free Time
5:00pm: Dinner
6:00pm: Mini Lecture
7:00pm: Evening Activity
11:00pm: Lights Out

Name _____ Phone: _____ Age _____ Sex _____

Street _____ City _____ State _____ Zip _____

High School _____ T-Shirt Size: S M L XL

Payment Type _____ Camp Attending (Please Circle): Team Individual

Email _____ Roommate Request (Name) _____

Parental Consent: My child _____ has my permission to attend and participate in the Seminole Trails Cross Country Camp. I give my permission for my child to be treated by a medical doctor as deemed necessary by the coaches or training staff responsible for camp operations. I hereby agree that I will not hold the Seminole Trails Cross Country Camp or its employees responsible for any loss, damage, or injury.

Here's some of the
SEMINOLE TRAILS you'll see,

- *Lake Overstreet / Forrest Meadows*
- *Miccosukee Greenway*
- *Wakulla Springs*
- *Munson Hills*
- *San Luis Park*
- *Lake Jackson*

Seminole Trails Cross Country Camp
3532 Gardenview Way
Tallahassee, FL 32309

SEMINOLE TRAILS

CROSS COUNTRY RUNNING CAMPS



Hosted by:

Florida State University
Tallahassee, FL

Camp Dates:

July 7-11 (Team Camp)
July 18-22 (Individual Camp)

Learn the methods of one
of the nations most successful
training programs.