

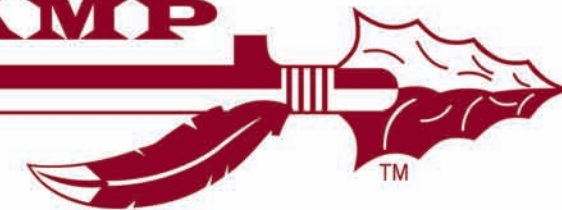


Seminole Trails Running Camp

Florida's Cross Country Playground !



SEMINOLE TRAILS RUNNING CAMP



WHAT TO EXPECT & TRAINING ...

All daily runs will be done in the cool shade of the area's parks and forests. Each training session will feature different scenery and trails around the city of Tallahassee. These training sessions will include instruction in various cross country training techniques such as hill running, fartlek, interval running, racing tactics, etc... There will also be instruction in supplemental training methods teaching drills, circuit and weight training, specific strength and flexibility exercises. **For the first time this year we will be providing treadmill biomechanical video analysis at the Capital City Running store.**

CAMP GOALS ...

- * Emphasize the physiological and psychological aspects of training and competition
- * Offer a thorough knowledge and philosophy of cross country
- * Teach training techniques for cross country competition
- * Provide technique and biomechanical analysis
- * Team building and goal setting for the season

DATE, FEES, HOUSING ...

JULY 6 - 10, 2011

Both Individual & Team Camps

Fees : **\$319 for team camper** - group of 5 or more with coach free
(Team camp info will be emailed to the coach)
\$369 for individual camper

Cost will cover room, meals, instruction and transportation

Housing: Seminole Oaks; 700 North Woodward Ave; 850-222-0674 for directions.

Camp Limit: This camp is open to any and all entrants but limited to the first 100 applications for team camp and 50 applications for individual camp will be accepted. Sign up early to ensure your spot! The camp is open to girls and boys ages 12-18 yrs.

Confirmation: Confirmation, check-in information, and "what to bring" will be will e-mailed by June 1st.

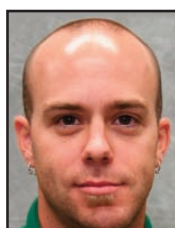
MEET OUR CAMP STAFF ...



Bob Braman
Florida State
*Head Men's XC
Head Track Coach*



Karen Harvey
Florida State
*Head Women's XC
Asst Track Coach*



Pete Ormsby
Webber Intl Univ
*Head Cross Country
and Track Coach*

Plus several counselors; including FSU assistant coaches and athletes

Sample Daily Schedule

7:00am	Morning run @ Wakulla Springs Park
8:00	Breakfast
9:00	Fun @ Wakulla Springs
Noon	Lunch
1:00pm	Learning Session
3:00	Free Time
5:00	Dinner
6:00	Guest Lecturer or Learning Session
7:00	Evening activity or Movies
11:00	Lights Out

2011 SEMINOLE TRAILS RUNNING CAMP APPLICATION FOR CAMPERS AND COACHES

NAME _____ PHONE _____

AGE _____ SEX _____ SHIRT SIZE _____

STREET _____ CITY _____ STATE _____

ZIP _____ HIGH SCHOOL _____ COACH _____

EMAIL _____

ROOMMATE REQUEST NAME _____

PAYMENT TYPE : Check OR Money Order AMOUNT ENCLOSED _____
(\$100 deposit holds your space) (Coaches FREE with 5 campers)

Please make check payable to: Seminole Trails Camp
(Full refunds until July 1st for injuries)

PLEASE SUBMIT YOUR PAYMENT and THIS APPLICATION FORM at least TWO WEEKS BEFORE CAMP START DATE
MAIL TO : Seminole Trails Camp, 5528 Pimlico Drive, Tallahassee, FL 32309

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 medical doctor as deemed necessary by the coaches or training staff responsible for the 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.

Parents Signature _____

Camper MUST bring a copy of their Health Insurance Card at check-in

For more detailed information go to seminoles.com, Cross Country page

Contacts: Coach Braman at rbraman@fsu.edu, Coach Harvey at kdharvey@fsu.edu

