

# SEMINOLE TRAIL RUNNING CAMPS

## WHY THE SEMINOLES TRAILS ?

Individual instruction and program advising provided for each athlete. Meet and discuss your running with former and current Seminole male and female athletes and other top collegiate distance runners. This camp program has been operating successfully for 25 years and has helped produce numerous state and national level individuals. A philosophy that camp is more than running, rather it is time to learn and share in a unique fellowship with fellow athletes and a quality staff.

## 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 in 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 through drills, circuit and weight training, specific strength and flexibility exercises.

## CAMP GOALS

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

**CONTACTS** Coach Braman at [rbraman@admin.fsu.edu](mailto:rbraman@admin.fsu.edu)  
Coach Harvey at [kdharvey@admin.fsu.edu](mailto:kdharvey@admin.fsu.edu)

## Sample Daily Schedule

7:00am	Morning run @ Wakulla Springs
8:00am	Breakfast
9:00am	Fun @ Wakulla Springs
Noon	Lunch
1:00pm	Learning Sessions
3:00pm	Free Time
5:00pm	Dinner
6:00pm	Lecture
7:00pm	Evening activity
11:00pm	Lights Out

For more detailed information go to [seminoles.com](http://seminoles.com),  
Cross Country page



## DATES & FEES

### INDIVIDUAL CAMP

July 5 - July 9, 2009

### TEAM CAMP

July 12 - July 16, 2009

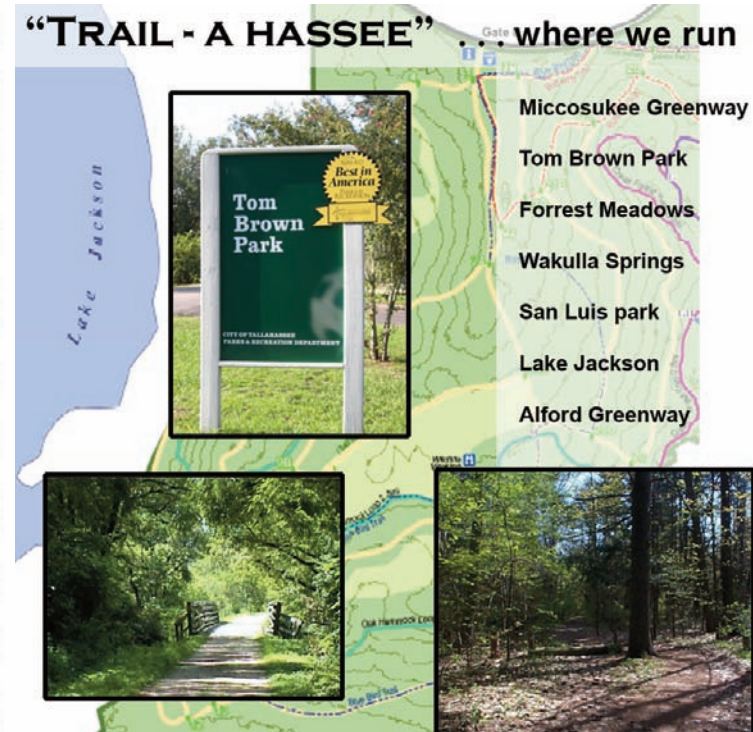
Fees : \$309 for Team campers(5 or more from the same school)  
\$349 for individual camper (cost will cover room and board)  
Please make checks payable to Seminole Trails Camp

Housing (NEW location): All campers will be housed in at Seminole Oaks; 700 North Woodward Ave; 850-222-0674 for directions.

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! The camp is open to girls and boys ages 12-18 yrs.

Confirmation: Confirmation and check-in information will be e-mailed by June 1st.

[Detailed Information at www.seminoles.com](http://www.seminoles.com) (cross country page)



**Camp Director**

**Head Men's Cross Country**

**Men's & Women's Head Track and Field Coach**

Braman, 51, is married to the former Debbie Turner and has two sons, Steven (20) and Tyler (18). He graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. Braman was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country and indoor track.

## BOB BRAMAN

Since his arrival in Tallahassee, Florida State cross country coach Bob Braman has built the Seminoles into one of the top programs in the country. About to start his tenth season at the helm of the program after leading the men's track and field team to its third-straight national championship. After a 22-year NCAA Championship drought, Braman has established the Seminoles as one of the Nation's elite XC programs. The men's team has six straight NCAA berths including top 20 finishes in 3 of the last 5 years. The ladies have qualified 4 of 6 years, highlighted by last falls 3rd place NCAA finish.

On the track Braman has coached his distance runners to top 4 finishes 9 times in the past 2 years - more than any distance coach in the nation. Braman began his coaching career at USF in 1983 as the men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. While at USF, Braman's men's cross country teams also won six straight conference titles between 1988 and 1993, three in the Sun Belt Conference and three in the Metro Conference. Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in ten of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis.



**Head Cross Country and Assistant Track & Field Coach**

## KAREN HARVEY

Coach Harvey is entering her third year as the women's distance coach at Florida State. Under Harvey's watch, the women's squad has won two South Region and ACC Championships in a row, and two third place finishes at the NCAA Championships. Harvey has also been named NCAA South Cross Country Region Coach of the year for two years in a row.

Prior to arriving at Florida State Harvey spent five years as Head Cross Country/Asst. Track Coach at the University of Illinois and two years as a Volunteer Asst. Cross Country/Track coach at the U of Michigan. Harvey's own athletic background includes being named to nine Canadian National Teams, achieving All-American status 3-times while competing for Michigan, and culminating in a No. 1 world ranking in the 3000 meter steeplechase in 1998.

A 1996 graduate of the University of Michigan, Harvey received her B.A. in anthropology. A native of Brantford, Ontario, Harvey is married to four-time NCAA Champion and three-time Olympian Kevin Sullivan.



**HARRY NORTON**  
Grad Manager XC & Track  
Florida State



**PETE ORMSBY**  
Cross Country Coach  
Webber Intl. University

**2009 SEMINOLE TRAILS  
RUNNING CAMP**

APPLICATION FORM

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ HIGH SCHOOL \_\_\_\_\_

EMAIL \_\_\_\_\_

PAYMENT TYPE :    Check            Credit Card  
AMOUNT ENCLOSED \_\_\_\_\_

*Please make check payable to: Seminole Trails Camp*

CAMP ATTENDING:  
TEAM                    INDIVIDUAL

ROOMMATE REQUEST NAME \_\_\_\_\_

PLEASE SUBMIT YOUR PAYMENT and THIS APPLICATION  
FORM TWO WEEKS BEFORE CAMP START DATE

**MAIL TO : Seminole Trails Camp  
3532 Gardenview Way, 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 \_\_\_\_\_



**Barbara  
Parker**

2007  
NCAA  
Cross Country  
and  
Steeplechase  
All-American



**Andrew  
Lemoncello**

2005  
NCAA  
Cross Country  
All-American  
and  
Steeplechase



**FSU XC**  
Seminole Trails  
Co-Ed Running Camps

3532 Gardenview Way  
Tallahassee, FL 32309

