

On the Cover:

Cross-Country All-Americans Chris Hammer and Lynsey Ardingo run for the Lakers.

Camp Staff

Camp director Jerry Baltes has led the Grand Valley State University distance program to national prominence in the years he has been at the helm. The women's cross country team has placed third at the national championships in 2002, 2003, 2006, and 2007, fourth in 2004, and second in 2005. The men's team placed fourth at the national championships in 2005 and 2007, and fifth in 2006. Baltes has coached four national champions on the track along with guiding 23 different cross country athletes to all-american honors. In addition, Baltes mentored the 2005 women's individual national cross country champion Mandi Zemba.

Camp Philosophy

Give athletes the knowledge and understanding of distance running in a fun and motivational atmosphere in order to prepare the athletes to have success in future seasons. Train with runners from around the Midwest, learn from collegiate coaches on practical and technical aspects and listen to athletes that have experienced the top levels of running and are experts in training.

GVSU Cross Country Camp
Jerry Baltes
1 Campus Drive
97 Fieldhouse
Allendale, MI 49401

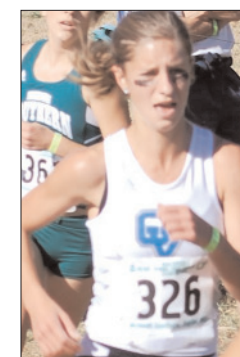
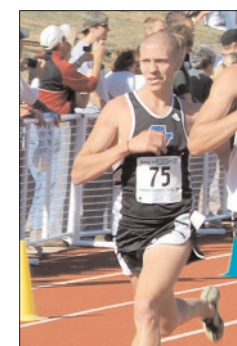


2008

Grand Valley State University

Cross Country Camp

7th-12th graders
Teams & Individual



July 13th - 17th

Contact: Joe Lynn
616-331-3360 lynnj@gvsu.edu

GRAND VALLEY STATE UNIVERSITY

Cost and Payment

- Resident: \$325 (room/board, instruction, T-shirt)
- Commuter: \$245 (meals, instruction, T-shirt)
- Team Rate: 7 or more \$25 off/1 coach stays free
- GVSU Faculty/Staff: \$25 off
- \$50 non-refundable deposit due with registration due on July 8th. \$25 extra is due after July 8th.

Special Prizes are Awarded to

- First to sign up for camp
- Winners of all contests held throughout camp
- Returning campers

Special Camp Features

- Training sessions at local parks
- Motivational speakers and presentations
- Talent show and dance
- Trip to Lake Michigan beach

Possible Speakers and Presenters

- Elite and National Class Athletes
- Grand Valley State Athletics and Coaches
- Top Midwest High School Coaches
- Nutrition and Injury Prevention

Grand Valley Cross Country Camp Alumni

- Recorded Personal Best's throughout 2007
- All-State & Top Team Performances
- Cincy St. Ursula Ohio Division I State Champions have attended the camp last four years
- Footlocker National Finalist

Daily Schedule

- 7:00 - Wake up
- 7:30 - Morning practice
- 8:30 - Breakfast
- 10:00 - Morning speaker
- 11:00 - Team Activity
- Noon - Lunch
- 1:00 - Camp Competitions
- 3:30 - Afternoon practice
- 6:00 - Dinner
- 7:30 - Evening speaker
- 8:30 - Activity/Camp competitions

What to Bring

- Bed supplies
- Toiletries and towels
- 5 days of running gear
- Swimsuit
- Casual Clothes

Check in and Check out

- Check in: Sunday, July 13th, 1-3 p.m.
- Check out: Thursday, July 17th, 11 a.m.



Registration

Check one: Resident: _____ \$325
Commuter: _____ \$245

Name: _____

Address: _____

City/State/Zip: _____

Sex: M/F Grade entering: _____

School: _____

Parents Names: _____

T-shirt size: S M L XL

Home number: _____

Emergency contact: _____

Emergency number: _____

Insurance company: _____

Policy number: _____

E-mail address: _____

Medical and Insurance info due by check in

Medical forms at: www.gvsulakers.com

Completed form and \$50 non-refundable security deposit check due by July 8th to:

**Cross Country Office
1 Campus Drive
Fieldhouse 97
Allendale, MI 49401**

**Make checks payable to:
Grand Valley Cross Country**