

On the Cover:

Cross-Country All-Americans Tyler Emmory and Katherine McCarthy 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, 2008 and 2009. The men's team placed fourth at the national championships in 2005 and 2007, and fifth in 2006, 2008 and 2009. Baltes has coached numerous national champions on the track along with guiding 27 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
Joe Lynn
1 Campus Drive
97 Fieldhouse
Allendale, MI 49401

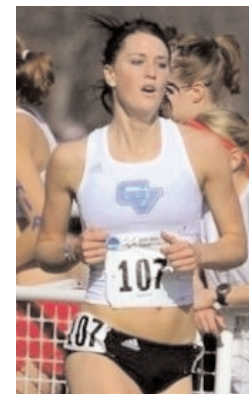


2010

Grand Valley State
University

Cross Country Camp

7th-12th graders
Teams & Individual



July 18 - 22

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 13. \$25 extra is due after July 14.

Online Registration

- Visit the Cross Country homepage at www.gvsulakers.com for online registration

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 Athletes and Coaches
- Top Midwest High School and College Coaches
- Nutrition and Injury Prevention

Grand Valley Cross Country Camp Alumni

- Recorded Personal Best's throughout 2009
- All-State & Top Team Performances
- Numerous state championship teams including Rockford and Cincinnati St. Ursula
- 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 18, 1-3 p.m.
Check out: Thursday, July 22, 11 a.m.

Confirmation

Email confirmation will be sent out when application is received



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: _____

Preferred Roomate: _____

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 13 to:

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

Make checks payable to:
Grand Valley Cross Country