

### On The Cover:

Two time men's cross country all American Nate Peck and 2005 women's NCAA individual national champion Mandi Zemba run for the Lakers.

### Camp Staff

Camp director Jerry Baltes has led the Grand Valley State University distance program to national prominence in the 7 years he has been at the helm. The women's cross country team has placed 3<sup>rd</sup> at the national championships in 02',03', 4th in 04' and 2nd in 05'. The men's team placed 4th at the national championships in 2005..Baltes has coached 2 national champions on the track along with guiding 16 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 speakers that have experienced the top levels of running and are experts in training.



## Grand Valley State Cross Country

GVSU Cross Country Camp  
97 Fieldhouse  
One Campus Dr.  
Allendale, MI 49401

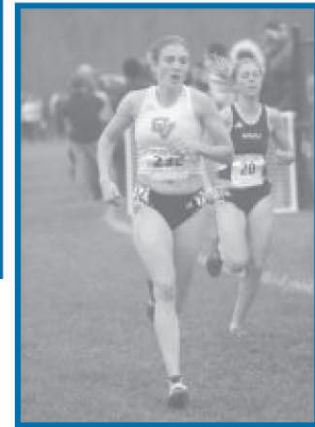
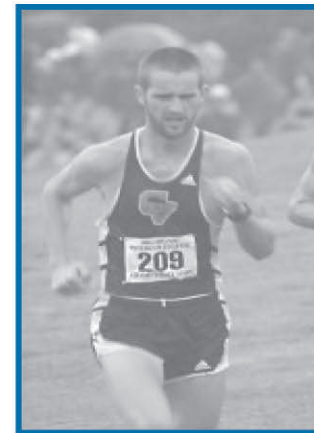


2006

Grand Valley State University

### Cross Country Camp

7th - 12 grades & Teams



July 16th - 20th

Questions? Contact: Jason Prowant  
(616) 331-3360  
prowanja@gvsu.edu



**Cost and Payment**

- ♦ Resident: \$315.00 (Room/Board, instruction, T-shirt)
- ♦ Commuter: \$195.00 (Meals, instruction, T-shirt)
- ♦ Team Rate: 7 or more \$15.00 off and 1 coach stays free.

*\$50 non - refundable deposit due with registration*

**Special Prizes are awarded to:**

- ♦ Team with the most members at camp.
- ♦ Farthest traveled
- ♦ 1st to sign up for camp.
- ♦ Winners of all contests held throughout camp.

**Special Camp Features**

- ♦ Video analysis of running form
- ♦ Motivational speakers and presentations
- ♦ Talent show and dance

**Possible Speakers and Presenters**

- ♦ Elite and National Class Athletes
- ♦ Grand Valley State Athletes and Coaches
- ♦ Top Midwest High School Coaches

**Grand Valley Cross Country Camp Alumni**

- ♦ Recorded Personal Best's in 2005
- ♦ All -State and Top Team Performances in 2005

**Camp Website**

<http://www2.gvsu.edu/~prowantj/>

**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 *Mental Challenge*
- 3:30 *Afternoon Practice*
- 6:00 *Dinner*
- 7:30 *Evening Speaker*
- 8:30 *Activity*

**What to Bring**

- Bed Supplies
- Toiletries and towels
- 5 days of running Gear
- Swimsuit
- Casual Clothes

**Check In & Check Out**

Check In: Sunday July 16th, 1-3 P.M.  
 Check Out: Thursday July 20th, 11 A.M



**2005 Grand Valley Cross Country Campers**

**Registration**

Check One:

Resident: \_\_\_ \$315.00  
 Commuter: \_\_\_ \$195.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Sex: M / F Entering Grade: \_\_\_\_\_

School: \_\_\_\_\_

Parents Name: \_\_\_\_\_

T – Shirt Size: S M L XL

Home Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Grand Valley Medical and Insurance info due by check in.**

**\*\*Forms can be found at [http://gvsulakers.collegesports.com/\\*\\*](http://gvsulakers.collegesports.com/**)**

**Make Checks Payable to GVSU Cross Country Camp.**