

# Registration Information

Date: July 1-5, 2012

Check In: Sunday, July 1 – 2-3 p.m.  
Marine-Corps Memorial Stadium  
(Enter though Gate 5 off Taylor Ave.)

Check Out: Thursday, July 5,  
10-11a.m. from your dorm

Overnight Tuition: \$495.00

Tuition Discount: \$455.00 each for five-  
member team or siblings

Day Tuition: \$450.00

*\*\$100 non-refundable deposit must accompany application .*

*\*\*Payment must be paid in full by first day of camp.*

Federal ID# 52-0613669

## Typical Daily Schedule

0700	Optional morning run
0800	Breakfast
0900-1150	Stretching/Plyometrics Strength Training
1100-1145	Instructional Lecture
1200-1300	Lunch/Relax
1300-1400	Swimming, Water Polo
1415-1500	Steeplechase Training
1515-1645	Free Time
1700	Dinner
1730-1830	Instructional Lecture
1900-2000	Evening Workout
2030-2130	Evening Recreation/Movie
2200	In Rooms/Lights Out

# 2012 Navy Co-Ed Distance Running/Cross Training Camp

- *Maximum 10-12 Runners per Instructor*
  - *Individual and Group Instruction*
  - *Warm-up and Stretching*
  - *Plyometric and Strength Training  
\*specifically designed for distance runners*
  - *Video-taped Running Analysis*
  - *Duathlon (Run/Swim/Run)*
  - *Cross Training Workouts  
(water running/lap swimming)*
  - *Steeplechase Techniques and Training*
  - *Trail runs on USNA Golf Course and area City  
and State Parks*
  - *Run on Navy's new, state of the art, indoor  
hydraulic banked track!*
  - *Recreation includes: kayaking, volleyball,  
swimming, water polo, and ultimate frisbee!*
- \*\*\*Suggested fitness level: ability to run at least  
2 miles per day\*\*\***

# GO NAVY

*For more information or questions,  
please contact  
Paula Roche  
at [proche@usna.edu](mailto:proche@usna.edu)  
or via phone at (410) 293-2831*

*N.A.A.A. Summer Camps  
Navy Cross Country Camp  
566 Brownson Rd. Ricketts Hall  
U.S. Naval Academy  
Annapolis, MD 21402*

# 2012 Navy Co-Ed Distance Running/ Cross Training Camp



*Day and Overnight Camp  
for Boys and Girls Ages 12-18  
U.S. Naval Academy, Annapolis, Maryland*

## July 1-5, 2012

*Ages 12-18*

*Directed by:*

**Karen Boyle**

*Women's Cross Country  
Coach, USNA*

*2007, 2008 and 2011 Patriot League  
Coach of the Year*

*Sponsored by the NAAA*

# NAVY CROSS COUNTRY

# 2012 Navy Co-Ed Distance Running/Cross Training Camp Highlights

# About the Camp Director

# Application

# Medical Information

**Dates** Sunday, July 1, 2012  
through  
Thursday, July 5, 2012

**Location**  
United States Naval Academy  
Annapolis, Maryland

**Director**  
Karen Boyle  
Women's Cross Country Coach, United States Naval Academy

**Philosophy**  
The Navy X-Country Camp is excited to announce its 13th year on the grounds of the United States Naval Academy. The camp is designed to accommodate the needs of the beginner, just starting out, to the top state level runner. We give each camper the personal attention he or she deserves. The focus of the camp is to provide quality instruction, an appreciation for the sport of X-Country, and guidance to reach goals.

**Camp Facilities**  
New indoor, banked 8-lane Mondo track, USNA Golf Course (Navy's Cross Country Course), Wesley A. Brown Fieldhouse, Quiet Waters Park and the Baltimore-Annapolis trail.

**Overnight Campers**  
The Overnight Camper fee includes professional instruction, all meals, housing and a camp tee-shirt. (overnight campers must be at least 12 years old by the first camp session.)

**Day Campers**  
Day Campers should arrive between 2-3 pm on Sunday, July 1, for registration at the stadium. The Day Camper fee includes professional instruction, lunch, and a camp tee-shirt.

**Travel Transportation**  
At no additional cost, Navy Distance/Cross Training Camp transports campers who require air or rail transportation to and from Baltimore/Washington International (BWI) Airport and BWI Amtrak Stations only. Arrive into BWI by 4:00 pm, Sunday, July 1, and we will provide transportation to and from the terminal. Complete itinerary must be emailed to boyle@usna.edu no later than 14 days prior to check-in.

**Check In**  
Sunday, July 1, 2012 – 2-3 p.m.  
Navy-Marine Corps Memorial Stadium (enter through Gate 5 off Taylor Ave.)

**Check Out**  
Thursday, July 5, 2012 – 10-11 a.m. from the dorm

**Questions?** Contact Paula Roche  
via email at proche@usna.edu  
or via phone at (410) 293-2831



## Camp Director Karen Boyle

Karen Boyle has enjoyed a great deal of success as head coach and 2012 will mark her 26th season at the helm of the women's cross country program. Through 25 seasons, she has a career mark of 123-21 (.854).

In 2011, Boyle guided the Mids back to the top of the Patriot League as the Mids claimed their third conference title in the last five seasons. The conference championship was one of four invitational titles the Mids won in 2011, which is the most by any Navy team under Boyle's guidance.

For her efforts, Boyle earned the third Patriot League Coach of the Year honor of her career.

Boyle also tutored one of the Mid-Atlantic region's top runners last season in Jess Palacio, who won a total of four individual titles and became the first three-time First-Team All-Patriot League honoree in Navy history.

In addition, Palacio became the sixth runner under Boyle to compete at the NCAA Division I Championship. In addition to Palacio, Boyle also coached Amy Watson (2008), Melissa Foon (2000), Rebecca Cline (1997), Jackie Hayes (1995) and Kerry O'Neill (1992) to NCAA Championship appearances.

In 2007, Boyle led Navy to a share of its first Patriot League championship, before claiming the title outright in 2008. Boyle was named Patriot League Coach of the Year on both occasions.

Boyle has led the Mids to significant honors on both the Division II (1987-1990) and Division I (1991-present) levels. In Navy's last-four years of Division II competition, Boyle coached the Mids to three-straight undefeated seasons and four-consecutive top-five finishes in the NCAA Division II Championship, with five runners garnering All-America honors. Boyle was named Eastern Region Coach of the Year in three-straight seasons (1988-90).

Boyle guided the program into the Division I ranks in 1991, and the Mids immediately achieved success by capturing the Eastern Collegiate Athletic Conference (ECAC) Championship. In 1997 and 2007, Boyle was named Navy's Fall Coach of the Year after she led Navy to undefeated seasons.

As a coach with the track team, she guided Marty Shue to a title in the indoor 1,500-meter run at the NCAA Championship.

In 1995, Boyle was selected as team leader for the USA Ekiden International Marathon in Beijing, China. She was also selected to help rewrite the level I track & field certification curriculum at the USA Training Center in Colorado Springs, Colo. In 1999, she received her C.S.C.S. certification as a nationally accredited certified strength and conditioning specialist. In the summer of 2001, Boyle served as an assistant track & field coach for Team USA in the Deaf Track & Field World Games, held in Rome, Italy.

Boyle, a 1979 graduate of Bowling Green, received her degree in physical education and earned her master's degree in athletic administration and recreation from her alma mater in 1982. Athletically, she competed in both track and lacrosse, specializing in the 400 and 4x400-meter relay on the track and was a leading scorer for the Falcons' lacrosse squad.

Her coaching career began at Heidelberg College in Tiffin, Ohio, where she coached the women's cross country and track & field teams from 1984-86, developing two national champions and nine All-Americans.

Boyle is a tenured professor in the Naval Academy's Physical Education Department, teaching personal conditioning, rock climbing, kayaking and triathlon training. Boyle also participates in road races and triathlons.

Administratively, Boyle served as the president of the NCAA Division I Women's Intercollegiate Cross Country Coaches Association (1999-2001), as well as a committee member on the USA Track & Field Coaching Education Board and the United States Track Coaches Association Long Distance Advisory Board.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Telephone \_\_\_\_\_  
Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_  
Camper's Email \_\_\_\_\_  
Cell Phone \_\_\_\_\_

- Overnight Camp \_\_\_\_\_ \$495.00 each  
 Team\* or Sibling \_\_\_\_\_ \$455.00 each  
\*(5 or more) - High School  
 Day Camp \_\_\_\_\_ \$450.00 each

T-Shirt Size \_\_\_\_\_  
Parent's Names \_\_\_\_\_  
Daytime Telephone \_\_\_\_\_

Name of School \_\_\_\_\_  
Year of High School Graduation \_\_\_\_\_  
Best Email Contact \_\_\_\_\_

Requested Roommate \_\_\_\_\_  
**Mile Time:** \_\_\_\_\_  
**5K Time:** \_\_\_\_\_

**Personal Interests/Activities:** \_\_\_\_\_

## Method of Payment

Amount Enclosed \_\_\_\_\_  
Check # \_\_\_\_\_  
Preferred Email Contact \_\_\_\_\_

**\*A non-refundable deposit of \$100 must accompany registration form.  
Balance must be paid in full by June 1.**

Make check payable to Navy Distance Running/Cross Training Camp.  
Federal ID#52-0613669

Payment by Credit Card is accepted **ONLINE ONLY** at  
[www.NavySports.com](http://www.NavySports.com)

Return completed application and deposit to:  
Navy Distance Running/Cross Training Camp  
Attn: Karen Boyle - Wesley A. Brown Field House  
566 Brownson Road  
U.S. Naval Academy  
Annapolis, MD 21402

**Applicant's Name** \_\_\_\_\_  
(Please print)

**Medical Treatment Authorization**  
I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well being of the applicant.

\_\_\_\_\_  
(Parent or Guardian Signature) (Date)

**Insurance**  
Coverage for accidental injury is required by all participants. Please complete the health care information below.

**Health Insurance Carrier:** \_\_\_\_\_

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

I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application, I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.

\_\_\_\_\_  
(Parent or Guardian Signature) (Date)

\_\_\_\_\_  
(Emergency Contact) (Phone #)

**Restricted diets, recent medical injuries, medications or conditions we should be aware of:** \_\_\_\_\_