

# Registration Information

Date: July 2-6, 2008

Check In: Wednesday, July 2 - 1-2:00 pm  
(at Navy-Marine Corps Stadium)

Check Out: Sunday, July 6,  
11:00 am-12:00 pm from your dorm

Weekly Tuition: (overnight) \$450.00

Weekly Tuition: (for 5-member team or  
sibling discount) \$395.00 each

Weekly Tuition: (Day) \$350.00

*\*\$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

0600	USNA Golf Course morning run
0845	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

# 2008 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*
- *Video-taped Swimming 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 frisbee golf!*

**\*\*\*Suggested fitness level: ability to run at least  
2 miles per day\*\*\***

# GO NAVY

*For more information or questions, please contact  
Camp Director Karen Boyle at  
boyle@usna.edu or  
Paula Roche 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*

# NAVY CROSS COUNTRY

# 2008 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 2-6, 2008

*Ages 12-18*

*Directed by:*

**Karen Boyle**

*Women's Cross Country  
Coach, USNA*

*2007 Patriot League Coach of the Year*

*Sponsored by the NAAA*

# 2008 Navy Co-Ed Distance Running/Cross Training Camp Highlights

**Dates** Wednesday, July 2, 2008  
through  
Sunday, July 6, 2008

**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 11th 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 8-lane Mondo track, USNA Golf Course (Navy's Cross Country Course), Quiet Waters Park and the Baltimore-Annapolis trail, Lejeune Pool (Navy's Olympic Size pool).

**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 (arrive at 9:00 am)**  
Day Campers should arrive at 2:00 pm on Wednesday, July 2, 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 2:00 pm, Wednesday, July 2, and we will provide transportation to and from the terminal. West Coast Campers may arrive after 5:00 pm, Tuesday, July 1. There is no extra charge for coming in from the West Coast and staying the night before the camp begins! Complete itinerary must be emailed to boyle@usna.edu no later than 14 days prior to check-in.

**Check In**  
Wednesday, July 2, 2008: 1:00 pm - 2:00 pm (at Navy-Marine Corps Stadium)

**Check Out**  
Sunday, July 6, 2008: 11:00 am-12:00 pm from the dorm

# About the Camp Director



**Camp Director  
Karen Boyle**  
Karen Boyle has enjoyed much success during her 21 years as Navy's head coach, guiding her teams to a 110-19 (.853) mark over her career. At the helm of the program in 2007, she mentored the Mids to a tie for the Patriot League Championship title, their first since joining the league in 2003. For her efforts, Boyle was elected by her coaching peers as the Patriot League Coach of the

Year. 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 four-straight undefeated seasons and 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, Boyle was named Navy's Fall Coach of the Year after she led Navy to an undefeated season.

During her tenure at Navy, Boyle has coached four NCAA qualifiers including Kerry O'Neill, who became the school's first NCAA Division I qualifier in 1992. Jackie Hayes qualified in 1996, while Rebecca Cline qualified one year later. In 2000, Melissa Foon qualified for the NCAA Championship in Ames, Iowa.

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. The summer of 2001 saw Boyle serve 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 the adventure challenge. Boyle also participates in road races and adventure races and is currently training for the Tri-America Triathlon with "Team in Training," benefiting the Leukemia Society.

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. She still serves as a Past President on the NCAA Division I Women's Executive Committee.

## Questions?

Contact Coach Boyle at [boyle@usna.edu](mailto:boyle@usna.edu)  
or  
Call Paula Roche  
at (410) 293-2831

# Application

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Telephone (\_\_\_\_) \_\_\_\_\_  
Age \_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_  
Campers Email \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_  
 Overnight Camp \$450.00 each  
 Team\* or Sibling \$395.00 each  
\*(5 or more) - High School \_\_\_\_\_  
 Day Camp \$350.00 each  
T-Shirt Size \_\_\_\_\_  
Parent's Names \_\_\_\_\_  
Daytime Telephone \_\_\_\_\_  
Name of School \_\_\_\_\_  
Year of High School Graduation \_\_\_\_\_  
Requested Roommate \_\_\_\_\_  
**Mile Time:** \_\_\_\_\_  
**5K Time:** \_\_\_\_\_  
**Personal Interests/Activities:** \_\_\_\_\_

## Method of Payment

Amount Enclosed \_\_\_\_\_  
Check # \_\_\_\_\_

**\*A non-refundable deposit of \$100 must accompany registration form.  
Balance must be paid in full by June 1, 2007.**

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 - Halsey Fieldhouse  
566 Brownson Road  
U.S. Naval Academy  
Annapolis, MD 21402

# Medical Information

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

**Medical Treatment Authorization**  
I/We, being the legal guardians of the above applicant, authorize the Navy Distance Running/Cross Training 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 Navy Distance Running/Cross Training Camp and certify that he/she is in good health and able to participate in the program activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication, such as allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Navy Distance Running/Cross Training Camp accepting this application, I/we hereby agree to save and indemnify and keep harmless the Navy Distance Running/Cross Training Camp, its agents, sponsors and employees against any and all liability, claims, judgements or demands for damages arising as a result of injuries sustained by the applicant during or as a result of any course given the applicant of the Navy Distance Running/Cross Training Camp.

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

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

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_