

COACH GREG HIPPI

Camp director and coach Greg Hipp took on the head cross country coach role at NIU during the fall of 2011 after coaching stints at Missouri State and Appalachian State Universities' where his teams won seven NCAA Division-I conference team championships.

In his nine year career his distance runners have accumulated 119 All-Conference honors and 31 individual conference championship titles. With eight NCAA All-Region and two NCAA All-America track honors, Hipp's runners have compiled 21 NCAA Regional and 15 NCAA National Championship qualifying performances.

Additionally eight of Hipp's runners have qualified for the USA National Championship's including 800m runner Dallas Henry in 2009 who finished 16th and 10,000m runner Casey Owens who in 2005 finished among the nation's top ten and was a member of Team USA for two international competitions. Hipp is a USATF Level II certified coach in multiple event areas and is a member of the cross country executive committees for both USATF and the USTFCCCA.

Hipp graduated from Appalachian State University in 2002. While competing at ASU Hipp was a member of six conference championship teams.

COACH BLAKE BOLDON

Camp coach Blake Boldon is the head cross country coach at the University of Pennsylvania after coaching stops at UAB, Iowa State and Florida State Universities'. In addition to coaching, Boldon has written for Running Times and Fitness Magazine.

At Penn, Boldon has already lead Leslie Kovach to All-American honors and three school records. In addition, Boldon has coached two of the program's top-five all-time women's runners in the steeplechase. Boldon's also has coached four different Quakers to the IC4A's in the men's 5,000 meters.

Boldon graduated from Missouri State University in 2003 prior to going on to a professional career which included four USA top 10 finishes. His best finish came in 2007, placing fourth in the indoor 3000 meters. By running 3:59.18 in 2007 he became only the third Iowa native to run a sub four minute mile.

CAMP STAFF

Coach Hipp and Coach Boldon will be joined by accomplished male and female runners who will share their experiences and knowledge with campers. Past staffs at Coach Hipp's camps have included Olympians, Team USA Members, NCAA All-Americans, NCAA and USA National Qualifiers, NCAA conference champions and all levels of accomplished runners.

HUSKIES CROSS COUNTRY

Running Camp

NORTHERN ILLINOIS UNIVERSITY

Laredo Taft Campus - Oregon, Illinois

July 22-25

2012

YOUR SEASON STARTS HERE



Over 30-Miles of wooded soft surface trails, learn from top coaches and elite athletes, train with the best.

CAMP INFORMATION

Location / Accommodations: Check-in will take place at NIU's main campus in DeKalb, Ill. 25-Miles west of the Chicago suburbs. Camp staff will then transport campers to NIU's unique Laredo Taft outdoor education campus 35-miles west in Oregon, Ill. There campers will spend four days and three nights in air conditioned Taft campus residence halls with full bathrooms. All meals will be served buffet style in a modern dining hall. At the conclusion of camp campers will be transported back to NIU's main campus in DeKalb for check-out and pick-up on July 25th.

Eligibility: The camp is open to boys and girls of all ability levels who are entering grades 7 to 12. The camp size will be limited to 70 campers. The NCAA stipulates that the camp or clinic is open to any and all entrants (limited only by number, age, grade and/gender).

Amenities: Each camper will receive a water bottle and camp shirt.

Registration: Online registration is available with credit card or mail-in forms may be printed at www.NIUHuskies.com/camps. A parent/ authorization and release form must be completed and signed with the registration form.

Rate:	By June 15 th	After June 15 th
Overnight	\$385	\$410
Overnight Team	\$360	\$385

*Team rate for those registering five or more campers from the same school. All must register at the same time.



NIUHuskies.com/camps

CAMP SCHEDULE

Check-In: July 22nd – 12:30 pm

Check-Out: July 25th – Noon

Typical Camp Daily Schedule

7:30 am	Morning Workout
9:30 am	Breakfast
11:00 am	Educational Session
Noon	Lunch
1:00 pm	Games and Free Time
2:30 pm	Learn By Doing Session
4:00 pm	Afternoon Workout
5:30 pm	Dinner
7:00 pm	Motivational Speaker
8:00 pm	Social Activity / Games

Contact / Questions:

Greg Hipp, NIU Head Cross Country Coach

Phone: 815-753-9474

FAX: 815-753-7700

Facebook: [Facebook.com/NIUXCTrack](https://www.facebook.com/NIUXCTrack)

E-Mail: ghipp@niu.edu

CAMP PHILOSOPHY

Athletes will receive both group and individual instruction from top coaches and athletes on the methods that have led to their success. Topics may include training methods, psychology, positive lifestyle choices, nutrition, injury prevention and more.

Our goal is to provide an appropriate level of training during the camp based on each runner's current abilities and individual training needs. We want campers to return home excited to continue their training and prepared for a great fall season.

Camp staff will provide extensive opportunities for campers to take part in social activities.

RUNNING TRAILS

All of the camp's training runs will take place on wooded soft surface running trails within the NIU Laredo Taft Outdoor Education Campus and at nearby Lowden and Castle Rock State Parks. Campers will have access to over 30-miles of northern Illinois's best and most beautiful trail running options.

The camp will conclude with the challenging and soon to be famous Blackhawk run!

Camp staff will run with campers as trail guides to provide supervision during all training runs. A certified sports medicine athletic trainer will be on call.



July 16th Registration Deadline



NIU HUSKIES CROSS COUNTRY RUNNING CAMP – July 22-25, 2012

MAIL-IN CAMP REGISTRATION FORM



REGISTRATION INFORMATION

Last Name

First Name

Campers E-Mail

Parents E-Mail

Home Phone

Cell Phone

Home Address

City

State

Zip

Campers School

Grade (2012-2013 Year)

Grade (2012-2013 School Year)

Gender (Circle): Male | Female

Adult T-Shirt Size (Circle): Small | Medium | Large | X-Large

FEES:

- By June 15th, 2012:
- Overnight Individual Rate: \$385
 - Overnight Team Rate: \$360
- After June 15th, 2012:
- Overnight Individual Rate: \$410
 - Overnight Team Rate: \$385

MAIL REGISTRATION AND FEES TO:

NIU Huskie Sport Camps
219 Convocation Center
1525 W. Lincoln Hwy
DeKalb, IL 60115

Make Checks payable to "Northern Illinois University"

*Team rate for those registering five or more campers from the same school. All must register at the same time.

Online Registration and Payment Also Available At:

www.NIUHuskies.com/camps

CONSENT TO TREATMENT / LIMITATION AND WAIVER OF LIABILITY

In partial consideration of our child's acceptance into the Northern Illinois Sport Camps, I/we as parents of the camper named in this registration do hereby agree to limit the liability of the Northern Illinois University Sport Camps, Northern Illinois University, its employees, agents, officers, staff and physicians, to the coverage of the medical insurance policy covering participants in the Northern Illinois University Sport Camps. I/we further agree to waive all liability, except for loss caused by gross negligence, of the Northern Illinois University Sport Camps, the Board of Trustees of Northern Illinois University, its employees, agents, officers, staff and physicians, for any accident, injury (including death), illness or other mishap which might befall the above-named camper while traveling to or from, or during his/her attendance at the Northern Illinois University Sport Camps, which is not covered by said medical insurance policy. Further, I/we hereby grant permission to the staff and physicians of Northern Illinois University, and medical or surgical consultant deemed advisable, and any hospital to render to the above-named camper any medical and surgical treatment that they deem necessary. I/we understand that all possible effort will be made to inform me/us in case of such treatment. This health history is correct to the best of my/our knowledge and my/our son/daughter has my/our permission to participate in camp activities with the exception of those noted under physical restrictions. I authorize Kishwaukee Community Hospital, Physicians Immediate Care, and the DeKalb Clinic to release medical information regarding the above named participant to interested parties including parents and family physician.

CAMPER'S HEALTH HISTORY – REQUIRED: All information must be completed *by camper's parent or legal guardian* in order to participate in the camp. Circle Yes/No/None or Enter Information.

YES / NO Asthma YES / NO Heart Disease YES / NO Diabetes YES / NO Head Injury/Concussions

Allergies To Drugs / NONE _____

Allergies To Foods / NONE _____

Current Medications / NONE _____

Skin Conditions/NONE _____

Other Medical or Physical Conditions / ONE _____

A doctor's release must be attached if camper is recovering from a recent surgery, illness, injury, skin condition or if he/she will be participating with a cast or splint. NOTE: Camp includes physical activity. Participants are encouraged to be properly conditioned.

INSURANCE INFORMATION – Campers will be responsible for all medical payments.

Circle One: YES, the camper is insured NO, the camper is not insured

I attest that all of the above listed information, from all sections, is agreeable and correct to the best of my knowledge.

Parents/Legal Guardians Printed Name

Emergency Contact Phone Number

Signature

Date Signed