



2014 OAKLAND UNIVERSITY CROSS COUNTRY CAMP

This camp is designed to create an environment for young cross country athletes to learn new skills, learn to maximize their potential and take away new creative training techniques to help them continue to improve in their sport. The daily routines in our camp will offer daily group and individual instruction, introductions to new training methods that will help enhance training, and most importantly offer an opportunity to have a lot of fun all the while enjoying our beautiful campus and meeting new friends. The camp staff will be made up of current OU head coach, Paul Rice, along with other coaches and current student-athletes.

AGES

All high school-aged boys and girls are invited (entering 8th grade through freshman year of college in Fall 2015)

DATES

Oakland Cross Country Camp will be July 27-31. This is designed as a commuter camp; no housing will be provided.

LOCATION

This camp will be located on the campus of Oakland University - 2200 N. Squirrel Road, Rochester, Mich., 48309.

SCHEDULES

July 27 (Sunday)

2 p.m.	Check in at OU Athletic Center
2:45 p.m.	Group meeting/Orientation
3:30 p.m.	Group run and Post-run
5:30 p.m.	Dinner
6:30 p.m.	Group meeting
7:15 p.m.	Pick up

July 28-30 (Daily Schedule)

8:30-9 a.m.	Drop off
<i>Please eat breakfast prior to drop off</i>	
<i>Light pre-run snacks provided</i>	
9 a.m.	Group meeting
9:45 a.m.	Group workout
12 p.m.	Lunch
1 p.m.	Afternoon lecture
2:30 p.m.	Afternoon training session
4 p.m.	Post-run training table
<i>Not a full dinner, but a nutritious variety of post-run recovery foods</i>	
4:30-5 p.m.	Pick up

July 31 (Thursday)

8:30-9 a.m.	Drop off
9 a.m.	Final group meeting (awards day)
9:45 a.m.	Final group workout
12 p.m.	Lunch
1-1:30 p.m.	Pick up

COST

\$255 includes daily training and instruction, food each day, group insurance, training log booklet, Oakland Cross Country Camp Tee.

TO REGISTER

Mail a **completed registration form** and **payment** to:
Oakland Cross Country Camp
PO Box 756
Bloomfield Hills, MI 48303-0756

QUESTIONS? Please contact Paul Rice at 248.914.5001 or rice@oakland.edu

This camp is open to any and all entrants, limited only by number, age, grade level and/or gender.

REGISTRATION

Name: _____

Address: _____

Home phone: _____

Email: _____

Birth date: _____ Male Female (please circle)

T-shirt size (adult): S M L XL 2XL

_____ Cash or _____ check (made payable to PR Track & Field Camps LLC)

Mail a **completed registration form** and **payment** to:

Oakland Cross Country Camp
PO Box 756
Bloomfield Hills, MI 48303-0756

I wish to enroll my son/daughter in the 2014 Oakland Cross Country Camp. Neither the camp directors, Oakland University, nor anyone else connected with the camp assumes any responsibility for accidents (medical/dental) or any other injuries incurred as a result of attendance at this camp. The parent/guardian authorizes the directors and staff of the camp to act in their best judgment in any emergency requiring medical attention. The parent/guardian will furnish medical insurance for their child.

Parent/guardian signature: _____

Date: _____

Health insurance provider: _____

Policy number: _____