

Texas Tech High Altitude Cross Country Camp

2008, 2009 and 2010 Big 12 Women's Conference Champions
Held at Cloudcroft, New Mexico



August 6-10, 2012

The philosophy of the Texas Tech High Altitude Cross Country Camp is to encourage and prepare serious cross country runners for the high school cross country season. It is open to all cross country runners. This will be excellent preparation for the high school season starting a few weeks later. It will be an intense week of hands-on training at 9000 feet elevation. With a 4 to 1 camper to counselor ratio, personal attention will be an emphasis of the camp.

CAMP GOALS

- Athletes will improve their knowledge of distance running and training.
- Athletes will learn drills that are distance specific.
- Athletes will learn about prevention of running injuries and how to identify overtraining.
- Athletes will be inspired to reach their potential.
- Athletes will be given information on the correct choice of equipment and shoes.
- Athletes will learn about team running and the team aspects of cross country.
- Athletes will be given information on goal setting and mental preparation for distance running.

EXPENSES

- \$475.00 per camper will cover transportation to and from Lubbock, Texas, meals, housing, camp insurance and camp t-shirt.
- A nonrefundable deposit of \$100 is due with application by **July 1, 2012**.
- The remaining balance of \$375.00 is due by **August 1, 2012**.

GENERAL INFORMATION

- Registration must be done in advance. Complete registration form and mail it with your \$100 deposit by **July 1, 2012**.
- Campers will be supervised at all times. A camper will not leave the supervision of camp personnel in the evening or at meal times.
- Campers should report to the Fuller Outdoor Track and Field complex at Texas Tech University at 12:00 p.m. (noon) on August 6 for departure. Campers can be picked up at the Outdoor Track and Field complex at 3 p.m. on August 10.

FACILITIES

The camp will be held in the heart of the Lincoln National Forest in the Sacramento Mountains in Southern New Mexico. With an average high of 69 degrees and low of 44 degrees expect great weather for distance running. Running will be done on trails in the Lincoln National Forest and dirt roads around the camp. A day trip to White Sands National Park for training is also planned.

WHAT DO I BRING?

- Running attire for five days (morning and afternoon workout), including warm-up suit for cool mornings and evenings. Rain gear for rainy runs.
- At least two pair of comfortable running shoes for training.
- Laundry bag, twin bed sheets, pillow, bath towels, toilet articles.
- Casual attire for evenings and lectures.
- Extra spending money for personal expenses.

Camp staff will include coaches, athletes and personnel at Texas Tech University.

For more information contact Jon Murray at jonathan.murray@ttu.edu or 806-742-3355 ext. 287 or visit www.texastech.com Also on Facebook under Texas Tech Cross Country Camp.

Please note that in accordance with NCAA rules, a booster or other representative of Texas Tech's athletics interests may not pay for any expense (e.g., registration fee, travel, lodging, etc.) related to a prospective student-athlete's participation in a sports camp or clinic administered by Texas Tech or any of its coaches or staff members.

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Texas Tech High Altitude Cross Country Camp Application

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Name _____ Male Female

Address _____ E-mail _____

City _____ State _____ Zip _____

Phone (_____) _____ Parents/Guardian _____

Cell Phone (_____) _____

Grade completed in 2011-12 _____ Birthday _____

Adult T-shirt size: XS S M L XL

Please attach the medical information sheet. The camp maintains the highest safety standards. However, Texas Tech Cross Country Camp does not assume liability for accidents, illness or disease.

MEDICAL RELEASE: I hereby consent to emergency medical or hospital service rendered to my child by appointed physicians or at accredited hospitals, in the event such is needed as determined by the camp director.

Signed _____ Date _____

Attach your check for the \$100 NON-REFUNDABLE DEPOSIT and return to:

Jon Murray
Texas Tech Cross Country Camp
6th and Boston, Box 43021
Lubbock, Texas 79409-3021

Camp director: Jon Murray (806) 742-3355 ext. 287 or jonathan.murray@ttu.edu
Check out our Facebook page under Texas Tech Cross Country Camp.

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CAMP MEDICAL FORM

Please return complete form with application and deposit.

Please print or type. All information is requested to assist us in identifying appropriate care for participants and is confidential.

Name _____ Birthdate _____ Gender: Male Female

Social Security Number _____ Grade in school in 2011-12 _____ Age _____

Parent or guardian _____

Home address _____ Phone _____
NUMBER AND STREET CITY STATE ZIP AREA CODE NUMBER

Emergency contact _____ Phone _____
NAME AREA CODE NUMBER

HEALTH HISTORY
Check all that apply.

_____ Frequent ear infections.
 _____ Heart defect/disease
 _____ Convulsions
 _____ Diabetes
 _____ Bleeding/clotting disorders
 _____ Hypertension
 _____ Mononucleosis

Diseases

_____ Chicken pox
 _____ Measles
 _____ German measles
 _____ Mumps

Allergies

_____ Hay fever
 _____ Ivy poisoning, etc.
 _____ Insect stings
 _____ Penicillin
 _____ Other drugs
 _____ Asthma
 _____ Other (specify) _____
 _____ Date of last tetanus shot _____

Name of Family Doctor _____ Phone _____

Name of Family Dentist _____ Phone _____

Do you carry family medical or hospital insurance? No Yes

Carrier _____ Policy / Group No. _____

Is camper currently taking any medications? No Yes (If yes, list all on back.)

Operations or serious injuries (dates) _____

Chronic or recurring illness or medical condition _____

Activities encouraged or limited by physician _____

Dietary restrictions _____

Additional health information _____

For Female

Has this person menstruated? No Yes

If not, has she been told about it? No Yes

If so, is her menstrual history normal? No Yes

This health history is correct so far as I know, and the person herein described has permission to engage in all prescribed camp activities except as noted. Authorization for Treatment: I hereby give permission to the medical personnel selected by the camp director to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide and arrange necessary related transportation for me or my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to secure and administer treatment, including hospitalization, for the person named above. The completed form may be photocopied for trips out of camp.

Signature of parent or guardian or adult camper/staff _____ Date _____

I also understand and agree to abide with the restrictions placed on my camp activities.

Signature of camper _____ Date _____