

Top of Utah Cross Country Camp 2017

Utah State University



July
24th - 27th



Regular Camp

July 24th-26th

\$150

\$140 if team of 7 or more

\$110 commuter

*Extended Camp July 24th-27th

*coaches should review Extended Camp attendees
with Coach Dan Line before registration

\$200

\$185 if team of 7 or more

\$150 commuter

Payment and Registration is due by July 21st

Payments received after due date require \$20 processing fee

make checks payable to:

Aggie Track Club

mail Registration form to:
(please include payment)

Aggie Track Club
7400 Old Main Hill
Logan, UT 84322

Camp Contact and Information

<http://www.utahstateaggies.com/camps/ust-camps.html>

Camp Staff

USU Head Coach
Distance Coach
Camp Director

Gregg Gensel
Artie Gulden
Daniel Line

435-770-0085
570-259-0895
435-755-6135

gregg.gensel@usu.edu
artie.gulden@usu.edu
daniel.line@besd.net

Supported by the

Aggie Track Club

**Top of Utah Cross Country Camp 2017
REGISTRATION FORM**

ATHLETE INFORMATION

T-shirt size (circle) S M L XL

Name: _____

male: _____ female: _____

Address: _____

phone: _____

preferred roommate: _____

email: _____

School(grade): _____ ()

Coach: _____ (phone) _____

Open Camp: \$150 (July 24th-26th)
 \$140 – Team Discount
 \$110 – Commuter Discount

Extended Camp: \$200 (July 24th-27th)
 \$185 – Team Discount
 \$150 – Commuter Discount

Circle one option above *Payment must accompany form*

MEDICAL EMERGENCY CONTACT (other than parent/guardian)

Name: _____

phone: _____

Camper's CURRENT MEDICATIONS: _____

Camper's PERTINENT MEDICAL HISTORY: _____

PHYSICIAN (phone): _____

Food ALLERGIES: _____

_____ insurance company

_____ policy holder's name

_____ policy #

RELEASE AND WAIVER OF LIABILITY

The undersigned has read and understands the terms and conditions of the release information provided below and has read and reviewed the Top of Utah XC Camp Agenda as provided. The undersigned wishes to participate in the 2017 Top of Utah XC Camp at USU and confirms that they are physicalable to perform all activities as outlined in the said agenda.

The undersigned acknowledges that injury can occur in any physical activity in consideration of being permitted to participate in the event the undersigned, individuals, and on behalf of the undersigned's insurer, medical providers, and anyone who might claim on the undersigned's behalf (collectively referred to herein as "undersigned"), hereby assumes all risks associated with participating in the event, including but not limited to: injuries from falls, contact with other participants and other joints, and as a condition of the activity surface.

Knowing these risks, the undersigned agrees not to sue, and waives, releases, and discharges Aggie Track Club and Utah State University Athletics (including its officers and agents), Utah State University, Top of Utah XC Camp staff, all employees, assignees or anyone acting for or on their behalf from any kind or nature arising out of or in the case of participation in this event.

In the event that the undersigned shall make demand, claim, or file suit based upon the event, then that undersigned agrees to hold harmless and indemnify the Released Parties from any costs, loss, demands, claims, or suits made by the undersigned. The indemnification shall include, but not be limited to, all court costs, legal fees, and investigation costs. Those amounts shall be paid at the date incurred by any or all Released Parties. The undersigned expressly agree that the foregoing is intended to be as broad and inclusive as permitted by law, and that any interpretation be made for the benefit of the Released Parties. The undersigned grants full permission to any and all of the foregoing to use any photocopy, videotapes, motion pictures, recordings or other records of this event. All participants must have parental consent.

Parental Consent: The undersigned, as legal guardian and parent, consents to the participation of the undersigned's self and child to be completely and absolutely bound by the foregoing.

_____ parent signature

_____ emergency contact #

_____ date

MONDAY July 24th

Please review camp checklist on next page

1:00-2:00pm Check-In at LLC Office
*Dorm Assignment
*Tshirt and Packets

****next to USU Administration Building****
(drop off athletes at round about next to
Utah State LDS Institute building)

2:00pm Staff Meeting – LLC Office

Assign Teams, Heat/Hydrdation, Safety, Cell #'s
Fireworks, Road Awareness, Injuries, Campus

2:30pm Meet at the Quad
*Team Leaders/Coaches

3:00pm Bonneville Shore Line Run
-Beginner 4.0 (*Heat/Heart Rate check*)
-JV 5.5 -Varsity 7.0

GATORADE
(Lundstrom Park)

5:30pm Clean Up

6:00pm Dinner @ The Junction

7:15pm Guest Speaker TBA
Marathon – 50k Challenge [Chris Brower]

8:00pm ICON Weight Facility walk through

10:00pm Pioneer Day Fireworks – Dorm Balcony
10:30pm Dorms



TUESDAY July 25th

7:15am Morning Mile Challenge [James Barnes]

GATORADE
(South Stadium Parking Lot)

8:00am Clean-Up Breakfast @ Aggie Market Place

9:00am Team Building Activities [Sandy MacSparran]
*assign groups for intervals

10:00am Interval Session – Adams Elementary

GATORADE
(Adams Elementary)

11:45am Clean-Up Lunch @ LLC – Pizza Party

1:15pm Breakout Sessions – Old Main Hill
*Eat to Succeed (sports nutrition) – Gulden
*Effective Running (biomechanics) – Sarah

BRING YOUR CELL PHONES !!!
*Winning in Life (psychology) – Aimee
*Effective Training (physiology) – Line

2:30pm Break Get swim suits – Dress to Run

3:45pm Meet in front of LLC

Bus #1 – Girls (volleyball at park)

Bus #2 – Boys (ultimate frisbee at quad)

4:00pm Logan Transit Buses

5:00pm Logan River Trail Fun Run

GATORADE

(Willow Park)

5:30pm Logan Aquatic Center: slides, swimming, diving boards

7:00pm Dinner @ Fairgrounds-BBQ

8:00pm Bus #1 – Regular session athletes

Bus #2 – Extended session athletes

8:30pm Movie (Regular session campers – LLC)

*Extended campers – Free time

10:30pm Dorms



WEDNESDAY July 26th

7:00am Meet in front of LLC office

7:15am Ralph Maughan Track – Warmup/Hurdle Clinic

8:00am Innovation Course 5k [Dan Line]

*Egg Toss

GATORADE

(Reeder XC Course)

9:00am Clean up - Breakfast @ Aggie Marketplace

10:00am Check out of rooms/Free time

11:00am Coaches Message – Wrap Up

*fill out camp information card

*turn in Marathon Challenge Chart

*Aggie Ice Cream coupons

CAMP CHECKLIST

#1 Come to camp in shape

#2 Come to camp rested

#3 Bring personal items

-clothing/shoes/swim suit

-toiletries/towels

-extra pillow/blanket

-cell phone

-medications

GO AGGIES!!!

EXTENDED SECTION OF CAMP
WEDNESDAY July 26th

12:00pm Lunch for Extended Section @ LLC
*Break – Free time

2:00pm Amazing Race [Camp Staff]

3:30pm Goal Setting [Artie Gulden]

5:00pm Run Canyon: Logan River Trail – soak legs in river

GATORADE
(Power Plant Park)

6:30pm Dinner @ Aggie Market Place

7:45pm Movie (Extended session campers – LLC)

9:30pm Campfire – Smores on balcony

10:30pm Dorms

THURSDAY July 27th

7:15am Campus Run (easy)

7:45am Breakfast @ LLC

9:00am Checkout of Dorms

9:30am Steeplechase Clinic [Artie Gulden, Chris Brower, Tori Parkinson]

10:15am Timed Steeplechase

GATORADE
(Ralph Maughan Track)

11:00am Coaches Message -Staff Farewell

*fill out camp information card

*turn in Marathon/50K Challenge Chart

*Aggie Ice Cream coupons

11:30am Lunch on your own

GO AGGIES!!!

