

WARHAWK CROSS COUNTRY CAMP 2012

JULY 15-20
GRADES 7-12



ABOUT THE CAMP

The Warhawk Cross Country Camp experience is one which has helped educate and train long distance runners for the past twenty-seven years.

Campers will be involved in discussions and demonstrations related to the sport of cross country. Topics will include: training schedules, running mechanics, weight training, stretching, nutrition, race strategy, peaking, cross training, mental preparation and workout design.

There will be two workouts a day with the amount of running based on each individual's level of fitness and running background. The Warhawk Cross Country Camp is one of the best offered in the Midwest and one from which you will certainly benefit. Students are encouraged to enroll early to ensure a spot.

CAMP COST

A fee of \$375 will be charged for resident campers.

The fee includes:

- room and board for resident campers
- instructional costs • camp insurance
- t-shirt • recreation • party snacks

Please fill out the application form completely. Also, make sure it is signed by a parent and returned with a \$100 deposit. Mail in application as soon as possible to ensure enrollment.

COMMUTERS

Commuters are charged a reduced fee of \$325. They will be provided with breakfast, lunch and dinner. Commuters must provide their own transportation to and from camp. Commuters need to arrive in the morning at 6:45 and leave in the evening at 8:45.

Register Online at: <http://camps.uww.edu>

RUNNING AREA

Trails are located on campus for off-road running. We will also be using the Kettle Moraine cross country ski trails in La Grange. These are some of the best running trails in Wisconsin. Also, the cross country course on campus will be used for runs. This will give campers the chance to do a lot of natural surface running.



A DAY AT CAMP

6:45-7:45am	Morning Run
8:00-8:45am	Breakfast
9:00-11:00am	Group Instruction
11:00am-1:00pm	Free Time & Lunch
1:00-2:00pm	Instruction Time in Classroom
2:00-4:00pm	Afternoon Workout
4:30-6:30pm	Dinner
6:30-8:30pm	Supervised Activities
8:30-10:00pm	Free Time, Movies, Relax, Swim
10:15pm	Lights Out



HOUSING/FACILITIES

Housing for resident campers is provided in a University residence hall located in close proximity to camp activities and dining facilities. Housing is two persons to a room with single beds for each. Campers will provide their own linens (sleeping bag and pillow are encouraged). Boys and girls will be housed on separate floors and supervised at all times. Camp staff members will be staying in the residence hall to supervise during non-instructional periods.

Campers will have the use of campus recreational facilities. Special hours will be posted and campers will be able to use equipment from the University with their identification cards issued at registration.



INSURANCE

Each camper will be covered by a limited accident insurance policy. The insurance includes primary coverage up to \$7,500 and \$300 maximum dental insurance. Insurance does not cover pre-existing injuries and is for accidents only. The cost of insurance is included in the registration fee.

JEFF MILLER CAMP DIRECTOR



For thirty years, Coach Miller has been the head men's and women's cross country coach at UW-Whitewater. Whitewater's cross country program is one of the elite in NCAA III, sending an individual or team to the NCAA III Cross Country Championships 23 out of the last 26 years, producing 18 All-Americans and 5 top ten team finishes. Whitewater cross country runners have secured 90 WIAC All-Conference Awards and 116 NCAA III All Midwest Region awards during his tenure.

CAMP STAFF

Matt Dollins

- Assistant Cross Country coach at UW-Whitewater.

Eric Schueffner

- Assistant Cross Country Coach at UW-Whitewater.
- Assistant Track and Field Coach at UW-Whitewater.

Bill Greiten

- Head Boys' and Girls' Cross Country Coach at Gillett High School.
- Assistant Track and Field Coach at Gillett High School.

Mark Maas

- Assistant Track and Field Coach at Whitewater High School.

Chad Carstens

- Head Boys' and Girls' Cross Country Coach at Whitewater High School.
- Assistant Track and Field Coach at Whitewater High School.

Megan Carstens

- Head Boys' and Girls' Cross Country Coach at Jefferson High School.
- Assistant Track and Field Coach at Jefferson High School.



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Name: _____

Gender: Male Female Date of Birth: _____

School: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Grade (Fall 2012): _____ T-Shirt: S M L XL

How did you hear about the camp:

Attended Previously Advertising Website School Other

Best 1 Mile/2,000 Meters Time: _____

Best 2 Mile/4,000 Meters Time: _____

Best 3 Mile/5,000 Meters Time: _____

Other Times: _____

Special Needs & Comments: _____

Resident (\$375) Commuter (\$325)

Roommate Preference: _____

We will take applicants on a first-come, first-serve basis.

Application must include a non-refundable \$100 deposit for each applicant.

The deposit amount is included in the total camp fee of \$375 or \$325

Amount Enclosed \$ _____

Make checks payable to UW-Whitewater or by phone with MasterCard or Visa.

MasterCard Visa

Credit Card #: _____

Exp. Date: _____ Name on Card: _____

Register Online: <http://camps.uww.edu>

Register by Mail: Warhawk Cross Country Camp, UW-Whitewater, Roseman Building Room 2005, 800 West Main St., Whitewater, WI 53190

Fax: 262-472-5241 **Questions:** cesevents@uww.edu or 1-800-622-0350

Register by phone using MasterCard or Visa: 262-472-3165 or 1-800-622-0350 (Mondays-Fridays, 7:45 a.m.-4:15 p.m.)

I understand that the University may take photographs and/or video of event participants and activities. I agree that the University of Wisconsin-Whitewater shall be the owner of and may use such photographs and/or videos relating to the promotion of future events. I relinquish all rights that I may claim in relation to use of said photographs and/or videos.

Signature of Parent or Guardian: _____

Date: _____