COACHING STAFF

Whitewater’s cross country program has sent an individual or team to the NCAA Division III Cross Country Championships 24 out of the last 28 years, producing 18 All-Americans and 5 top ten team finishes. Whitewater cross country runners have secured 91 WIAC All-Conference Awards and 117 NCAA Division III All Midwest Region awards.

Camp Coaches:

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

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

Bill Greiten
- Head Boy’s and Girl’s 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 Boy’s and Girl’s Cross Country Coach at Whitewater High School.
- Assistant Track and Field Coach at Whitewater High School.

Megan Carstens
- Head Boy’s and Girl’s Cross Country Coach at Jefferson High School.
- Assistant Track and Field Coach at Jefferson High School.

CHECK US OUT ON FACEBOOK:
www.facebook.com/WarhawkCrossCountry
ABOUT
The Warhawk Cross Country Camp experience is one which has helped educate and train long distance runners for the past twenty-eight 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, leadership skills 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 as we emphasize both the mental/learning part of cross country/distance running as well as its physical demands. We have a high rate of returning runners as they feel the camp offers them a good start towards preparation for the cross country season. Students are encouraged to enroll early to ensure a spot.

HOUSING AND DINNING
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.

FACILITIES
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.

FEES AND INSURANCE
Resident Cost: $380
Commuter Cost: $330
The Resident Fee Includes:
- Room and Board for Resident Campers
- Instructional Costs
- Camp Insurance
- T-shirt
- Recreation
- Party Snacks

Commuters are charged a reduced fee of $330. 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 p.m.

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.

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.

DETAILS
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.

SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:45-7:45 a.m.</td>
<td>Morning Run</td>
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<tr>
<td>8:00-8:45 a.m.</td>
<td>Breakfast</td>
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<tr>
<td>9:00-11:00 a.m.</td>
<td>Group Instruction</td>
</tr>
<tr>
<td>11:00 a.m.-1:00 p.m.</td>
<td>Free Time and Lunch</td>
</tr>
<tr>
<td>1:00-2:00 p.m.</td>
<td>Instruction Time in Classroom</td>
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<tr>
<td>2:00-4:00 p.m.</td>
<td>Afternoon Workout</td>
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<tr>
<td>4:30-6:30 p.m.</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30-8:30 p.m.</td>
<td>Supervised Activities</td>
</tr>
<tr>
<td>8:30-10:00 p.m.</td>
<td>Free Time</td>
</tr>
<tr>
<td>10:15 p.m.</td>
<td>Lights Out</td>
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</tbody>
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REGISTER ONLINE:
camps.uww.edu