

## Camp Staff

### Jesse Weiner



Head XC and Track and Field Coach, 2nd Season at Alderson-Broaddus. Former Assistant coach for 2 years at Adrian College. Graduate Assistant at East Stroudsburg University (PA) . Interned at The Penn Relays. B.S. from East Stroudsburg, M.Ed. from East Stroudsburg University.

**Current Cross Country and Track and Field team members.**



Alderson-Broaddus College  
Cross Country Camp  
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Sponsored By  
Alderson-  
Broaddus

**Alderson-  
Broaddus  
College  
Cross  
Country  
Camp**

*Run with the Champions!!*



Date: July 15-18, 2012

Instruction on  
Cross Country Running  
and Distance Training  
from Alderson-Broaddus  
College.

## Philosophy

Get a jump on the season with your teammates at the AB Cross Country Camp. The AB Cross Country Camp is designed to educate runners in all areas of training and competing. During the AB camp, each runner will learn running technique, nutrition, and weight training. We believe our knowledge and passion for the sport will assist each camper's goal of becoming a better runner. Our goal for each athlete is that they learn from the staff, increase their passion for running, and grow from their new friendships.

## General Information

- Distance runners will enjoy WV trails
- Goal setting
- Pool workout and drills
- Access to weight room
- All you can eat meals
- Recreation Facilities
- 24 hour campus security coverage
- Experience living in University residence halls
- College Talk to Juniors/Seniors
- For grades 7-12
- Free camp t-shirt

## Camp Care Services

Our AB summer camp care staff are first aid and CPR/AED certified. Summer camp care staff will provide routine first aid services to the runners during hours the camp is in session, and will refer medical emergencies and illnesses to the Broaddus Hospital, located minutes from campus.



## Daily Schedule (Tentative)

- 7:30am Wake Up/Breakfast
- 8:30 am Training Session
- 10:00am Counseling Session
- 12:00pm Lunch
- 1:00pm Free Time
- 2:00pm Training Session
- 3:30pm Speaker/Analysis
- 5:00pm Dinner
- 6:30pm Recreation Activities
- 8:30pm Movie/Pool/Activity
- 10:30pm Lights Out

## Cost

The cost for the AB XC Camp is \$350 for overnight campers; \$225 for commuters. All meals are included for overnight campers and lunch only for commuters. Please enclose a \$75.00 non-refundable deposit with the application and return by June 30, 2012. The balance is due one week prior to the start of camp week. Campers who leave early due to illness/injury will receive a pro-rated refund. No refunds will be given for a camper who is sent home for disciplinary reasons.

## Team Discount

Four or more athletes from the same school will pay \$175 for commuters and \$300 for overnight campers.

## Accommodations

Campers will be housed on campus with two athletes per room. Athletes may request specific roommates (housing request must be sent with registration form). Linens are provided.

- Sunday, July 15th Camper drop off 11 am
- Wednesday, July 18th 3k Cross Country Race
- Wednesday, July 18 Camper pick up 4pm

## 2012 Registration Form Cross Country

Name (first) \_\_\_\_\_  
(last) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_  
E-mail \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_  
Age (June 30) \_\_\_\_\_ Grade (June 30) \_\_\_\_\_  
Name of Parent or Guardian \_\_\_\_\_  
Emergency Phone \_\_\_\_\_  
School \_\_\_\_\_  
Coach \_\_\_\_\_  
Events \_\_\_\_\_  
Overnight \_\_\_\_\_ Commuter \_\_\_\_\_  
Roommate Name \_\_\_\_\_  
T-shirt size: S M L XL  
Make Checks Payable to:  
Alderson-Broaddus Cross Country  
Mail to: Alderson-Broaddus College Attn: Coach  
Weiner 101 College Hill Drive Philippi WV  
26416.  
X \_\_\_\_\_

Parent/Guardian Signature

Once registration form is received, a medical form, directions, itinerary, and receipt will be mailed. If you register after June 30th call to confirm openings and registration.



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