

Camp Staff

Jesse Weiner

Head XC and Track and Field Coach, 3rd Year 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.

Colin Murphy

Assistant XC and Track & Field Coach, 2nd Year at Alderson Broaddus. Former runner at AB from 2002-07 and a member of the 2005 WVIAC Championship Team.. Graduated the AB in 2007 in Accounting, and in 2014 Business and Marketing.

Current Cross Country and Track and Field team

2011-14 Performances

- Ashley Teets XC Runner of the Year
- Jenny Brewer XC Freshmen of the Year
- Broken 54 School Records in Track & Field from 2012-2014
- 10 WVIAC Athlete All-Conference
- Jenny Brewer All-Academic XC 2012-13
- Women's XC Team All-Academic
- 13 All-G-MAC Conference Athletes
- 4 G-MAC Championship Champions

Alderson Broaddus University
Cross Country Camp
101 College Hill Drive
Philippi WV, 26416

Phone: 304-457-6279
Cell: 484-330-1471
E-mail: weinerjd@ab.edu

**Alderson
Broaddus
University
Cross
Country
Camp**

Run with the Battlers!!



Date: July 14-17, 2014

**Instruction on
Cross Country Running
and Distance Training
from Alderson Broaddus
University.**

Philosophy

Get a jump on the season with your teammates at the AB Cross Country Camp. The AB XC Camp is designed to educate runners in all areas of training and competing. During the 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 camper is to expand their knowledge and love for the sport of Running. Through hard work, dedication, friendships with our committed staff of Battlers you will become a better runner.

General Information

- Distance runners will enjoy WV trails
- Goal setting
- Pool workouts 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 Prep Plan
- For grades 6-12
- Free camp t-shirt and swag

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 Informative Skill Building
- 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 \$300 for overnight campers; \$175 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, 2014. 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

Team Discount

Four or more athletes from the same school will pay \$150 for commuters and \$275 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.

Monday, July 14th Camper drop off 9am
Thursday, July 17th 3k Cross Country Race
(Parents invited)
Thursday, July 17th Camper pick up 4pm

2014 Registration Form Cross Country Camp

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:
Jesse Weiner
Mail to: Alderson Broaddus University
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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