

# Camp Director Nick Bias

Nick Bias is the current Head Men & Women's Cross Country/ Men's Track & Field coach at the University of Charleston. Known as a strong recruiter and someone who can develop talent- is in his first year hosting the Nick Bias Cross Country Summer Camps. Bias is heading into in his sixth at the helm of the Golden Eagles Men's Cross-Country Program.



In his fifth season, Bias named the 2018 MEC Coach of the year after he led Charleston to an MEC Cross Country Championship on the men's side, as well as a second-place finish for the Women. The Golden Eagles completed a first-place performance at the Atlantic Region meet, gaining the automatic qualifier for the 2018 Division II Cross Country Nationals. Bias' Golden Eagles finished 22nd in the country at the National meet, with Junior Jack Mastandrea earning All-American honors finishing 35th out of 300 runners.

Bias had nine All-Conference runners, with six on the men's side, and three on the women. Freshman Kasey McNamara earned MEC Freshman of the year, as well as the 2019 Women's Cross-Country runner of the year, and a first-team All Atlantic Region honoree. The men's side saw four All Atlantic Region honorees in David Cecchi, Jack Mastandrea, Job Ijtsma, and Hunter Riffle.

In his fourth season leading the Golden Eagles, Bias took the reins of the Women's Cross-Country Program. The Men's Cross-Country team took second in the 2017 MEC Cross-Country meet, while the Women's team finished fourth in the Conference Cross-Country meet. The men tallied three First-Team All-MEC runners as well as two Second-Team runners. David Cecchi was dubbed MEC Freshman-of-the-Year and earned All-Region honors for the 2017 season. Kelly Whittaker earned First-Team All-MEC honors while senior Cami Mossor earned second-team honors.

During the 2018 Track & Field season the Golden Eagles took home the first MEC title in school history. The Golden Eagles won five individual championships including, Jalon Butler in the 100m, Michael Strachan took home first place in the 200m, and 400m, while Freshman Hunter Riffle won the 3k Steeplechase and took home Freshman-of-the-Year honors. The 4x4 team of Strachan, Brooks, Burnham, and Roy took first place at the MEC meet. Kelly Whittaker took first in the 1500m, and 800m, also taking second in the 5k and being a part of the second place 4x4 relay team. The Golden Eagles saw nine All-MEC honorees in addition to the five individual champions.



# NICK BIAS'S UNIVERSITY OF CHARLESTON



# CROSS COUNTRY SUMMER CAMPS

June 17<sup>th</sup>-20<sup>th</sup>

## COST & PAYMENT

- \$100/camper - Includes Camp T-Shirt
- Makes checks payment to Nick Bias Cross Country Camp
- No refunds will be given after June 10th
- Check-in 7:30am on 1st day of camp in UC's Innovation Center, 2nd floor Foyer
- Can register/pay for camp in person during check-in on the 1st day of camp

## ONLINE REGISTRATION

- Visit the UC Athletic's Camp page at [www.ucgoldeneagles.com](http://www.ucgoldeneagles.com) or go to [www.charlestonxcountrycamps.com](http://www.charlestonxcountrycamps.com)

## CAMP FEATURES

- Training sessions at local parks & trails
- Motivational speakers & presentations
- Games & Competitions
- Camp T-Shirt
- College level training
- Running form & technique training

## PRESENTATION TOPICS

- Nutrition
- Injury Prevention
- Training
- Footwear

## SPEAKERS

- Adam Coon - 2:30 Marathoner - Concord University Hall of Fame
- Robert Smith - Owner of Rober's Running Shop
- Mike Cox - Head Cross Country/Track & Field Coach, Concord University
- Eric Cooper - Chiropractice - Head Cross Country/Track & Field Coach, Hurricane HS

## DAILY SCHEDULE

- 8:00am Warm-Up/Daily Goals
- 8:30am Travel/Agilities with groups
- 9:00am Main Session
- 10:30am Water/Snack
- 11:00am Speaker
- 11:50am Cool Down
- 12:00pm Parent Pick-Up

## FACILITIES

- UC Stadium
- Coonskin Park
- Kanawha State Forest
- Carriage Trail

## CAMP PHILOSOPHY

Nick Bias is dedicated to growing the sport of running in the whole state of West Virginia. He wants to each participant to enjoy running and embrace the overall healthy benefits running gives your body.



## REGISTRATION FORM

### I WANT TO PARTICIPATE

|                      |               |
|----------------------|---------------|
| CROSS COUNTRY RUNNER |               |
| ADDRESS              |               |
| CITY/STATE/ZIP       |               |
| EMAIL:               |               |
| PLAYER PHONE:        | PARENT PHONE: |
| DOB:                 | AGE:          |
| SCHOOL NAME & GRADE: |               |

### WAIVER

I herby authorize the staff of Nick Bias's Cross Country Camps to act for me according to their best judgement in an emergency requiring medical attention, and I herby waive and release the camps for any liability for any physical injuries or illnesses while at camp. I have no knowledge of any physical impairment that would be affected by the above named campers participation in the camp program as outlined in this brochure. My signature on this waiver also states that the above named camper is covered on my personal medical insurance policy.

|                       |
|-----------------------|
| SIGNATURE:            |
| INSURANCE COMPANY:    |
| POLICY NUMBER:        |
| POLICY HOLDER'S NAME: |

### T-SHIRT

|                                   |                               |
|-----------------------------------|-------------------------------|
| <input type="radio"/> EXTRA SMALL | <input type="radio"/> LARGE   |
| <input type="radio"/> SMALL       | <input type="radio"/> X-LARGE |
| <input type="radio"/> MEDIUM      | <input type="radio"/> XXL     |

### MAIL FORM & PAYMENT TO:

COACH NICK BIAS  
UNIVERSITY OF CHARLESTON  
2300 MACCORKLE AVENUE, SE  
CHARLESTON, WV 25304

Make checks payable to Nick Bias Cross Country Camp