

Please mail with payment to:

For Cross Country Camp:  
West Virginia University  
Cross Country Camp  
C/O Sean Cleary  
PO Box 1877  
Morgantown, WV  
26507-1877

For Track and Field Camp:  
West Virginia University  
Track and Field Camp  
C/O Sean Cleary  
PO Box 1877  
Morgantown, WV  
26507-1877



Name: \_\_\_\_\_  
Graduation Year: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ DOB: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
School: \_\_\_\_\_  
Events: \_\_\_\_\_  
PRs: \_\_\_\_\_

Please Circle the Camp that you are planning to attend:

Cross Country      Track and Field

### Liability Statement

I hereby authorize the directors of the WVU CC/Track Camp to act for me according to their best judgment in and emergency requiring medical attention. I hereby waive and release the WVU CC/Track and Field Camp. I know of no mental or physical problems which may affect my child's ability to safely participate in this camp. I will be responsible for any medical and other charges in connection with his/her attendance at the WVU CC/Track Camp. I have read the rules and regulations of the camp and both the camper and I agree to abide. I hereby give the WVU CC/Track Camp permission to use any related photos of my child for camp publicity.

Applicant's Signature: \_\_\_\_\_

He/She is covered by (Insurance policy number): \_\_\_\_\_

Parent/Guardian Signature (must be signed to participate): \_\_\_\_\_

Date: \_\_\_\_\_

Cost of Camp  
Overnight Camper (\$370) \_\_\_\_\_ Commuter (\$315) \_\_\_\_\_

\*Please send a non-refundable \$125 deposit with you application. The balance is due upon camp registration.

\*Please make check or money order payable to West Virginia University

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name on Credit Card: \_\_\_\_\_

Type of Card: Visa    MasterCard    Discover

Authorized Signature for Credit Card: \_\_\_\_\_

Date: \_\_\_\_\_

For more information contact Jenn Davis at 304-293-9876 or email at [jndavis@mail.wvu.edu](mailto:jndavis@mail.wvu.edu)

West Virginia University  
Cross Country / Track and Field Camps  
PO Box 1877  
Morgantown, WV 26507-1877

# West Virginia University CROSS COUNTRY AND TRACK CAMP



CASEY BATEY



JOSH SIMPSON



MEGAN METCALFE



JENN DAVIS

SUMMER 2010 - JULY 11TH - 15TH

## WVU Cross Country and Track and Field Camps



WVU CC/Track Camps will be held July 11-15 2010. These camps are for boys and girls aged middle school to high school. Campers will be housed in the WVU Evansdale Residential Complex. All meals will be provided for campers during their stay. Campers will have full use of both the Indoor and Outdoor WVU Track as well as various trails surrounding the Morgantown Community for training. They will also have full access to the State of the Art Rec Center where they can enjoy rock climbing, swimming, lifting and various activities. CC/Track campers will participate in the same recreational activities. Specialized instruction will be provided depending on the athletes area of interest. During the daily workouts, campers will be separated and grouped according to their event area.

### A TYPICAL DAY

- 8:00 AM: **Morning Run / Workout**
- 9:00 AM: **Breakfast**
- 10:00 AM: **Training/Technique Seminar** - Nutrition, Training Methods, Strength Training, Goal Setting
- 12:00 PM: **Lunch**
- 1:00 PM: **Recreational Activity** - Rec center, swimming, rock climbing, games
- 3:00 PM: **Main Workout** - Campers will be separated into groups based on event areas.
- 6:00 PM: **Dinner**
- 7:00 PM: **Nightly Entertainment** - Movies, Cold Stone Trip, games
- 11:00 PM: **Lights Out** - Go to bed!!!

Campers should bring a pillow, towels, sheets, blankets, toiletries, running shoes, training clothes, and spending money (for souvenirs, extra activities during free time, snacks, etc.)



## Sean Cleary

### WVU Head Cross Country and Track and Field Coach

Coached 6 National Champions

Coached 50 All-Americans

Coached 15 World Cross Country Qualifiers

32 of Sean's athletes ran for National teams

Coached 2 Olympians

Coached 30 Olympic Trials Qualifiers

Coached 2007 Big East Cross Country Champions

Coached 108 National Qualifiers

Named NCAA Regional Cross Country Coach of the Year 5 times.

Coached 2 Pan-American Games Champions

## Camp Contact

Jennifer Davis

ph. 304-293-9876

email: [jndavis@mail.wvu.edu](mailto:jndavis@mail.wvu.edu)

## Head Counselors



**Jenn Davis** - WVU Asst. Coach  
 WVU All-American DMR - 4th place  
 NCAA Qualifier Cross Country  
 NCAA Track Qualifier for 5K: 16:23  
 USATF Qualifier 1500m 4:23 - 9th place

**Casey Batey** - WVU Asst. Coach

USATF Finalist 1500m 6th place.  
 USATF Qualifier for 800m.  
 NCAA Nationals Steeplechase 8:46  
 Fastest American Road Mile 3:39



**Keri Bland**  
 USA Olympic Trials Qualifier in 1500m  
 WVU All-American Cross Country -14th place  
 WVU All-American DMR - 4th place  
 USA National Team Member 2007

**Josh Simpson**

Olympic Trials Finalist 10K 12th place  
 Ranked 16th in country with 28:22 10K  
 USA National team member NACAC-XC  
 8th place US Half Championship 1:03.50



**Shelly Gallimore** - WVU Asst. Coach  
 Sprints and Jumps Coach at WVU  
 2001 NCAA Triple Jump Indiv. Champion  
 2 time SEC Triple Jump Champion  
 Jamaican National Team Member

**Other Helpers** - Ahna Lewis - Clara Grandt - Megan Metcalfe  
 Ilora Cipolat - Marie-Louise Asselin - Kaylyn Christopher - Steph Caruso  
 Justin Simpson - Chelsea Carrier - Katelyn Williams - Jason Jones

### CAMP FAQs

#### Where do I send my registration and payments?

For Cross Country Camp: WVU Cross Country Camp C/O Sean Cleary PO Box 1877 Morgantown, WV 26507-1877	For Track and Field Camp: WVU Track and Field Camp C/O Sean Cleary PO Box 1877 Morgantown, WV 26507-1877
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#### Who do I make my check or money order payable to?

West Virginia University

#### Does each camper need to have medical insurance?

Yes. Campers are required to have their own medical insurance. Each camper must provide proof of a physical within the last 12 months. This form must be presented upon arrival.

#### What time is check-in and check-out?

Check in is between 3-4 PM on Sunday July 11th 2010. Check out is at 11-12 PM on Thursday July 15th, 2010

#### Do I need to submit a deposit?

Yes. A deposit of \$125 is required. Please make check out to West Virginia University.