

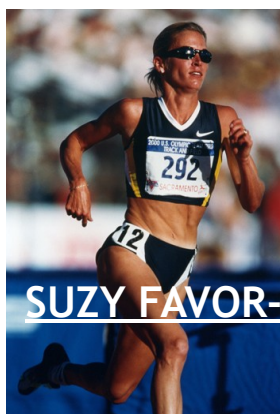
2011 UW PARKSIDE XC CROSS COUNTRY CAMP

**WHEN:
SUNDAY JULY 24TH -
THURSDAY JULY 28TH**



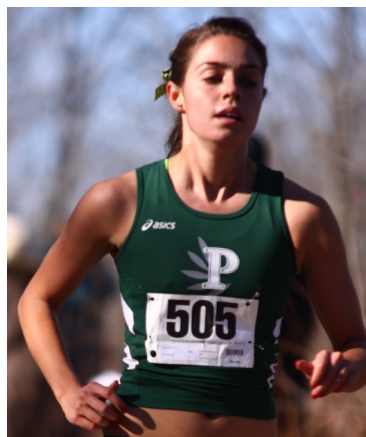
**HIGH SCHOOL BOYS & GIRLS
HOME OF THE MIDWEST
FOOTLOCKER CHAMPIONSHIP**

- **IN DEPTH INSTRUCTION**
- **GREAT TRAINING**
- **GET TO KNOW THE COURSE
THAT IS HOME TO THE
FOOTLOCKER**



**3-time Olympian
9 NCAA Titles
11 State
Championships**

**GUEST
SPEAKER:
SUZY FAVOR-HAMILTON**



XC CAMP

The 2011 UW-Parkside XC Camp is open to any and all high school boys and girls (as of Fall 2011). This camp is designed to teach cross country runners the fundamentals of competitive, healthy, and safe distance running. Campers will have the opportunity to receive personal instruction from collegiate coaches and athletes. Instruction is designed to teach the individual athlete how to develop as a competitive distance runner, with a team sport emphasis.

CAMP CURRICULUM

The camp curriculum consists of workouts, activities, lectures, interactive instruction, games, and more. Guest speakers will be invited to share their experiences with the campers. This camp is designed to equip athletes with the knowledge and tools they need to better themselves as distance runners.

CAMP DIRECTOR-MICAH VANDENEND

Coach VanDenend is in his first year as the Head Men's and Women's Cross Country and Track coach at UW-Parkside. He spent last season as the Director of Track and Field Operations at the University of Iowa. VanDenend also has previous coaching experience with UW-Madison's distance program. He holds 3 school records in Track and Field at the University of Iowa and is a former Big Ten Track Champion. VanDenend is also a former Illinois High School State Champion in cross country and track.

CAMP STAFF

UW-Parkside athletes and coaches will be working with campers assisting in all phases of the camp.

LOCATION

UW-Parkside is located in Kenosha, Wisconsin, five miles east of I-94 and two miles west of Lake Michigan. Much of the 700-acre campus is comprised of natural prairie and woods.

ROOM & BOARD

University residence halls provide on campus housing for all campers. They are conveniently located just a few minutes walking distance from the cross country course, track, fieldhouse, and dining hall. All meals are included.

Registration

Name _____

Address _____

City, State, Zip _____

Telephone _____

E-mail _____

Grade (Fall 2011) _____

School _____

Coach's Name _____

Roommate preference _____

T-shirt Size: S ____ M ____ L ____ XL ____

Tuition Options

_____ \$400 Overnight Camper

_____ \$375 Group (5 or more from the same school)

_____ \$275 Day Camper

Liability Waiver

In consideration of my child's participation in the Camp, I hereby release the University of Wisconsin System Board of Regents, its officers, employees, and agents from any and all liability arising out of any injury or illness my child incurs while participating in camp activities. I understand the rigorous athletic activity in which he/she will be involved. I understand that participation is voluntary and I choose freely to have my child participate.

Health Insurance & Information

Campers are encouraged to have their own health insurance as limited accident insurance is provided by the UWP. By applying for this camp I agree to complete and return the confidential **Consent for Medication Administration and Medical Treatment** and **Health History Questionnaire**. I understand these forms need to be completed and on file prior to my child's participation in the camp activities. Please download these forms at:

http://www.parksiderangers.com/documents/2010/10/29/Camp_Medical_Release_Form.pdf?id=954 and send them in with the registration form.

Photographs & Video

By applying for this camp I understand the University of Wisconsin-Parkside may take photographs and/or videos of camp participants and activities. I agree that the UW shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

Parent or guardian signature

Registration Forms/Payment

A deposit of \$200 must accompany this registration form. The remainder will be paid upon arrival during camp check-in. Tuition may also be paid in full with submission of registration form. **The Registration Deadline is July 11th**, no refunds will be issued after the registration deadline.

Medical Forms

There are 2 medical forms that must be mailed in with the registration form.

- **Consent for Medication Administration and Medical Treatment**
- **Health History Questionnaire**

(To access medical forms visit web address listed under Health Insurance & Information, see below)

Send Camp Registration and Medical Forms to:

Micah VanDenend
Head Men and Women's Cross Country and Track Coach
900 Wood Road, P.O. Box 2000
Kenosha, Wisconsin 53141-2000
Phone: 262.595.2405
Fax: 262.595.2225
vandenend@uwp.edu

Supervision & Conduct

Campers will be supervised at all times to ensure a secure environment. Any misconduct by a camper is grounds for immediate dismissal from the camp without a refund.