2018 Cross Country Camp Schedule

SUNDAY
PM: CHECK IN (1:30 – 3:30pm)
• Meet and Greet
• Easy Run

MONDAY
AM: Hill Training Run
PM: Cross Country Training Talk

TUESDAY
AM: Light Run
PM: Supplemental Activity Workshop
*Cross Training/Injury Prevention

WEDNESDAY
AM: Trail Run (Cave Run Lake)
• Beach Day at Cave Run
PM: Racing Tactic Session

THURSDAY
AM: Light Speed Workout
• CHECK OUT (10:30am – 12pm)

Coach Picucci
• Coached 32 NCAA All-America Award Winners
• 10+ Years Collegiate Coaching

Coach Latnie
• Assistant Cross Country Coach at Morehead State
• USATF Level 2 Endurance Specialist

Camp Philosophy
Help create a training program focused on long term aerobic development and overall strength, resulting in fitter, structurally strong, high school athletes.

For Questions Contact:

Steve Picucci – Head Coach
Office: (606) 783-2588
Cell: (606) 207-7056
Fax: (606) 783-5035
s.picucci@moreheadstate.edu

Stacy Latnie – Asst. Coach
Office: (606) 783-2653
Cell: (773) 678-2198
s.latnie@moreheadstate.edu
Jump Start Your Cross Country Training

July & August will be the most important months of training leading into the 2018 Cross country season. Let us show you how to successfully be prepared to run your best at the MOREHEAD STATE CROSS COUNTRY CAMP

Camp Includes:

- Expert training advice from nationally recognized collegiate coaches
- Living accommodations in air conditioned dorm rooms, to experience life as a collegiate athlete
- Morehead State Cross Country Camp t-shirt
- Beach trip to beautiful Cave Run Lake
- Amazing running trails at one of the only schools in the nation located within a national forest

All you need to bring:

- Bedding supplies
- Toiletries and towels
- 5 days of running clothes
- Swimsuit/sun protection
- Casual clothes
- Your Love of Running!

Costs and Payment

Team Discounts (5+ from 1 school)
- $25 discount per camper

Resident
- $325 before 6/8 ($375 after)

Commuter
- $225 before 6/8 ($275)

Price includes

- Room and board
- Meals
- Transportation to and from runs
- Instruction and talks from prestigious runners and coaches
- T-shirt
- Cave Run Lake Beach Trip

Confirmation

Email confirmation will be sent once registration form and non-refundable deposit of $50 is received

Send Completed form & $50 non-refundable deposit due 6/8/2018 to:

Morehead State University
Morehead State Cross Country
195 AAC
Morehead KY, 40351

*Make checks payable to: Morehead State Cross Country Program

Costs and Payment

Check one:  Resident_________  Commuter_________

Costs Before 6/8 After 6/8
Resident $325 $375
Commuter $225 $275

*$25 discount for teams with 5+ from 1 school

Camper name________________________ Gender M     F

Address____________________________ City/State/Zip_________________________

School______________________________ Grade_______________________________ Parents Names_______________________ Phone #_____________________________

T-shirt size YL S M L

Send Completed form & $50 non-refundable deposit due 6/8/2018 to:

Morehead State University
Morehead State Cross Country
195 AAC
Morehead KY, 40351

*Make checks payable to: Morehead State Cross Country Program

*Full payment must be made at or by the time of camper check in. No credit/debit card accepted

*No credit or debit card accepted
MOREHEAD STATE
CROSS COUNTRY SUMMER CAMP 2018

Registration Form

Check one: Resident_______ Commuter_______

Costs

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<tr>
<td>Commuter</td>
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*$25 discount for teams with 5+ from 1 school

*NO CREDIT/DEBIT CARD ACCEPTED

Camper name______________________________________________________________

Gender M F

Address______________________________________________________________

City/State/Zip_______________________________________________________

School ______________________________________________________________

Grade_____________________________________________________________

Parents’ Names_______________________________________________________

Phone Number_______________________________________________________

T-shirt size YL S M L

Emergency Contact Name_______________________________________________

Emergency Contact Phone Number_______________________________________

Insurance Company___________________________________________________

Allergies____________________________________________________________

Policy Number_______________________________________________________

Email address________________________________________________________

Requested roommate_________________________________________________________________