

ABOUT THE CAMP

IT WOULD BE HARD TO FIND A MORE FITTING SETTING FOR CROSS COUNTRY RUNNERS.

Come train among 1,000+ acres of forest and meadows of the Green Lake Conference Center located two miles west of Green Lake on Hwy 23 and on the north shore of Green Lake. This camp is a co-ed distance training camp for high school cross country runners.

A SECRET TO SUCCESS IN COMPETITION IS TO BE BETTER PREPARED THAN YOUR OPPONENT.

This camp emphasizes learning both theory and application of successful cross country running. Workout will be appropriate for each athlete's experience and condition. This is a camp where each athlete can combine learning and training while experiencing the joys of running.

THE CROSS COUNTRY CAMP OFFERS A LIMITED ENROLLMENT WITH AN ATHLETE-TO-COUNSELOR RATIO OF 9 TO 1.

This unique grouping fosters a "team" atmosphere.

Through staff members sharing their extensive running knowledge, you will gain experience in training methods, exercise physiology, psychology of training and racing, racing tactics, mechanics of running, nutrition, cross training, injury prevention and rehabilitation. Recreational activities include swimming, volleyball, tennis and softball. Canoes, bikes and sailboats can also be rented. Campers are also encouraged to bring their own bikes and games to play.

Campers will arrive by 3:30 p.m. on Sunday, July 15. Meals are served buffet style. Campers are welcome to bring their own snacks. The camp concludes Thursday at noon.

DAILY SCHEDULE

6:30 AM	Wake Up
6:45 AM	Morning Run
7:30-8:30 AM	Breakfast
9:15-10:45 AM	Instruction Session
10:45-11:45 AM	Tournament Games
12:00-1:00 PM	Lunch
1:00-3:00 PM	Open Recreation
3:15-4:45 PM	Workout
5:15-6:15 PM	Dinner
6:30-8:00 PM	Instruction Session
10:00 PM	Quiet Hour
10:30 PM	Lights Out

DATES & FEES

CAMP DATES: July 15-19, 2018

FEES: \$390 on or before June 24, 2018
\$425 after June 24

Fees include lodging, meals, tuition, camp t-shirt and full use of Green Lake Conference Center's facilities. Fees also include the cost of prizes, awards and miscellaneous social events.

TO REGISTER, visit uwoshkoshsportscamps.com
OR send the registration form to:

UW-Oshkosh Sports Camp
Kolf Sports Center
800 Algoma Boulevard
Oshkosh, WI 54901

A deposit of \$50 should accompany the registration form.

Please make checks payable to UW Oshkosh Sports Camps and identify camper's name on check. Balance is due by **June 24, 2018.**

CANCELLATIONS: Your fee, less the \$50 nonrefundable deposit, will be refunded without question if you cancel your enrollment prior to June 24, 2018. At any time after June 24, 2018, refunds (less the \$50 non-refundable registration fee) will be made for medical reasons only.

Requests for refunds must be accompanied by assigned excuse from your physician. Requests for refunds must be made prior to July 23, 2018.



**2018
CROSS
COUNTRY
CAMP
JULY 15-19**

uwoshkoshsportscamps.com

CROSS COUNTRY COACHES

REGISTRATION FORM

UW OSHKOSH CROSS COUNTRY CAMP

COACH EAMON MCKENNA has served as Head Men's Cross Country Coach for the past six years and just completed his third year as Head Women's Cross Country Coach at UW Oshkosh. McKenna also served as Head Men's Track & Field Coach for three years before becoming Track & Field distance coach for both Men and Women in 2015. In 2017, the UW Oshkosh Men's team finished 10th at the NCAA Regional Championship with 5 of the top 6 runners being freshmen. The UW Oshkosh women's team was represented by Cheyenne Moore, who finished 8th in the country at the National Championship. Eamon has mentored 3 All-Americans in cross country during his tenure. Both the Men's and Women's Cross Country teams are All-Academic Teams.

As a Track & Field Coach, Eamon has helped guide All-American athletes in the 800m, 1500m, Mile, Steeplechase, 5000m, and 10000m on the Track, as well as athletes on DMR and 4x400m relay All-American teams. He has coached 2 Individual National Champions. He led the Titans to Trophy Finishes (top 4 in the Nation) in four of his six seasons as Head Track & Field Coach. McKenna has fifteen years of experience coaching High School and College Cross Country and Track & Field student athletes. As a former Titan athlete, McKenna was a four time All-American between Cross Country and Track & Field and was captain of the 2002 NCAA Championship Cross Country Team, as well as multiple-time Academic All-American. This will be his 10th year working the Green Lake Camp, and his 7th as director.

COACH BRITTANY HAAS returns to Green Lake Camp as a counselor for the seventh year. She spent several years serving as an Assistant Coach for Boys' and Girls' Cross Country and Track & Field at Oshkosh North High School. She has helped coach multiple all-conference performers and state qualifiers, and in 2016 the Oshkosh North Girls qualified for State as a team for the first time ever. In 2017, Brittany began helping to coach the North Fond du Lac/Oakfield Cross Country team, helping guide runners to State. As a runner at UW Oshkosh, Haas competed at multiple NCAA Championships. Brittany adds a level of communication and care to our camp. Haas is currently a teacher in Oakfield, WI, is passionate about coaching, and she is a dedicated leader.

COACH MCKENZIE KELLY will serve as Green Lake Camp counselor for the third consecutive year this summer. She has experience coaching at the college and high school level as an assistant. As a Titan student athlete, Kelly earned 3 All-American awards, she was a

member of the NCAA Champion and National Record breaking Distance Medley Relay Team, and she is top 15 All-Time in the women's 1500m run. As a high school assistant, she helped guide her boys team to the WIAA State Cross Country Meet in 2014. McKenzie brings another level of competitive experience to our camp.

COACH JASON FAST will serve as Green Lake Camp counselor for the sixth time this summer. Coach Fast is currently the Head Men's and Women's Cross Country and Track & Field Coach at Lawrence University in Appleton, Wisconsin. Coach Fast has produced numerous All-Conference and Conference Champion performers in his 9 years as Head Coach, and his Men's team won the Conference Championship in Cross Country in 2011. In 2017, his top male earned a trip to Nationals and finished 48th in the country, the highest finish in program history. As a Titan student-athlete, Fast was a member of the NCAA Champion 2002 Cross Country Team, and was a multiple-time All-Conference performer.

COACH JORDAN CARPENTER will serve as a Green Lake Camp counselor for the fourth time this summer. Jordan has competed and served as a volunteer assistant at UW Oshkosh. Jordan earned All-American honors with a 13th place Nationals finish in 2015 and competed at the NCAA Cross Country Championships all four years of his career. He has been an All-Conference performer 4 times on the track, and he earned an All-American award in the Steeplechase in 2014 and 2016. Jordan earned an NCAA Elite 89 Award and NCAA Elite 90 Award winner for having the highest GPA at the National Meet (4.0). Jordan currently serves as Head Coach with the Men's Cross Country and Track & Field team at Pomona Pitzer in California. He was the West Region Coach of the year this past Fall and his team finished 6th at the NCAA Championships, where he guided two All-American performances.

COACH ADAM TRAUSSCH will serve as a counselor for the third time this summer. Coach Trausch serves as the Head Cross Country and Track & Field Coach at Lyons College, and he served as an Assistant Coach at UW Oshkosh for two years from 2014 to 2016. He also coached at Defiance College in Ohio for two years. Trausch helped guide numerous All-Americans while at UW Oshkosh, and he helped guide his top woman to a top 30 finish in the country in the Steeplechase in 2016. He competed at Davenport University in Michigan, where he was an All-Conference runner. He brings knowledge and great passion to our camp.

Visit uwoshkoshsportsamps.com to register, or fill out the form below. [PLEASE PRINT CLEARLY]

Name _____
Last First MI
Address _____
City _____ State _____ Zip _____
Age _____ Gender _____
Grade Entering in Fall '18 _____
School Attending in Fall '18 _____
Coach/Director of Team/Program _____
Roommate Preference _____
T-Shirt Size (adult, circle one) S M L XL
Parent or Guardian _____
Work Phone (_____) _____
Mobile Phone (_____) _____
Email _____
Emergency Contact _____
Mobile Phone (_____) _____
Work Phone (_____) _____

Complete One:

Enclosed is \$ _____ as full payment.

Enclosed is \$ _____ deposit.

Credit Card (circle one): Visa Mastercard American Express

Credit Card # _____

Exp. Date _____ ID Code _____

Cardholder's Name (printed) _____

Cardholder's Signature _____

Insurance Company _____

Address _____

Policy Holder _____

Policy Number _____

I verify that my child has been checked by a licensed physician and is physically able to participate in the sports camp. I agree to allow my child to be treated by a licensed physician while attending, if necessary, and to assume all costs related to such treatment. I authorize my insurance company to pay benefits. Also, I authorize the disclosure of medical information to my insurance company for the purpose of claim. I understand that if this application is accepted there is no refund of the deposit if we should cancel the application later. Hold Harmless Agreement: I and my heirs hereby release the Green Lake Cross Country Camp and all its employees, officers and agents from the liability for damages to or loss of personal property, sickness and injury from whatever source, legal entanglement, imprisonment, death, loss of money, etc., from which the Green Lake Camp is not culpable, which might occur while participating in this workshop.

Parent/Guardian Signature _____