

## 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 14. Meals are served buffet style. Campers are welcome to bring their own snacks. The camp concludes Thursday at noon.

## TENTATIVE 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 14-18, 2019

**FEES:** \$390 on or before June 23, 2019  
\$425 after June 23

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](http://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 23, 2019.**

**CANCELLATIONS:** Your fee, less the \$50 nonrefundable deposit, will be refunded without question if you cancel your enrollment prior to June 23, 2019. At any time after June 23, 2019, refunds (less the \$50 non-refundable registration fee) will be made for medical reasons only.

**Requests for refunds** must be accompanied by a signed excuse from your physician. Requests for refunds must be made prior to July 22, 2019.



# UW-OSHKOSH TITANS



## 2019 CROSS COUNTRY CAMP JULY 14-18

[uwoshkoshsportscamps.com](http://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 seven years and just completed his fourth 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 the track & field distance coach for both men and women in 2015. In 2018, the UW-Oshkosh men's team finished eighth at the NCAA Regional Championship and qualified two individuals for Nationals. The UW-Oshkosh women's team also finished in the top 10 at regionals and qualified one individual for the national championship. McKenna has mentored three 3 All-Americans in cross country during his tenure, four WIAC Scholar Athlete of the Year winners, and four teams that finished top 16 in the country. Additionally, both the men's and women's cross country teams are All-Academic Teams.

As a track & field coach, McKenna 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 two 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 sixteen 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 11th year working the Green Lake Camp, and his eighth as director.

**COACH BRITTANY HAAS** returns to Green Lake Camp as a counselor for the eighth 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 team qualified for state as a team for the first time ever. Since 2017, Haas has coached the North Fond du Lac/Oakfield cross country team, helping guide runners to state. In 2018, Haas started a track & field program at Oakfield High School, where she serves as head coach. As a runner at UW-Oshkosh, Haas competed at multiple NCAA Championships. She also recently set a new PR in the marathon at the 2018 Twin Cities Marathon. Haas adds a level of communication and care to our camp. Haas is currently a teacher in Oakfield, Wis., is passionate about coaching, and is a dedicated leader.

**COACH MCKENZIE KELLY** will serve as Green Lake Camp counselor for the fourth 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 three 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. Kelly brings another level of competitive experience to our camp.

**COACH JASON FAST** will serve as Green Lake Camp counselor for the seventh time this summer. Fast is currently the head men's and women's cross country and track & field coach at Lawrence University in Appleton, Wis. Fast has produced numerous all-conference and conference champion performers in his 10 years as head coach, and his men's team won the conference championship in cross country in 2011. In 2017 and 2018, Fast guided his top male to nationals, with the 2018 season culminating in an All-American performance—the first cross country All-American in program history. As a Titan student-athlete, Fast was a member of the 2002 NCAA championship cross country team, and was a multiple-time all-conference performer.

**COACH JORDAN CARPENTER** may serve as a Green Lake Camp counselor for the fourth time this summer. Carpenter has competed and served as a volunteer assistant coach at UW-Oshkosh. Carpenter 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 four times on the track, and he earned an All-American award in the steeplechase in 2014 and 2016. Carpenter earned the NCAA Elite 89 Award and NCAA Elite 90 Award for having the highest GPA at the national meet (4.0). Carpenter currently serves as head coach with the men's cross country and track & field team at Pomona Pitzer in Calif. He was the West Region Coach of the Year in 2017 and 2018, and his team finished in the top 10 at the NCAA championships both years.

**COACH ADAM TRAUSCH** will serve as a counselor for the third time this summer. Trausch serves as the head cross country and track & field coach at Lyon 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 [uwoshkoshsportscamps.com](http://uwoshkoshsportscamps.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 '19 \_\_\_\_\_  
School Attending in Fall '19 \_\_\_\_\_  
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 \_\_\_\_\_