

REGISTRATION FORM

Name _____
Address _____
City _____ State _____ Zip _____
Home Phone _____
Emergency Phone _____
Email _____
Preferred Roommate _____
XC Personal Record (and distance) _____
Desired session (circle one) 8/9-8/12 8/12-8/15
Is other session a second option? Yes No
Sex: M F Grade _____ T-Shirt: S M L XL

Check One:

\$550 Overnight Camper
 \$350 Day Camper

Parental Consent

Please enroll my son/daughter in the Ivy Cross Country Camp. I understand that the camp directors, or anyone associated with Brown University, will not assume responsibility for accidents and medical or dental expenses incurred as a result of participation in the camp. The applicant is covered by family insurance, is in good health, and able to participate in the physical activity of the camp. I hereby authorize the personnel to act in my behalf in case of an emergency or injury to my son/daughter.

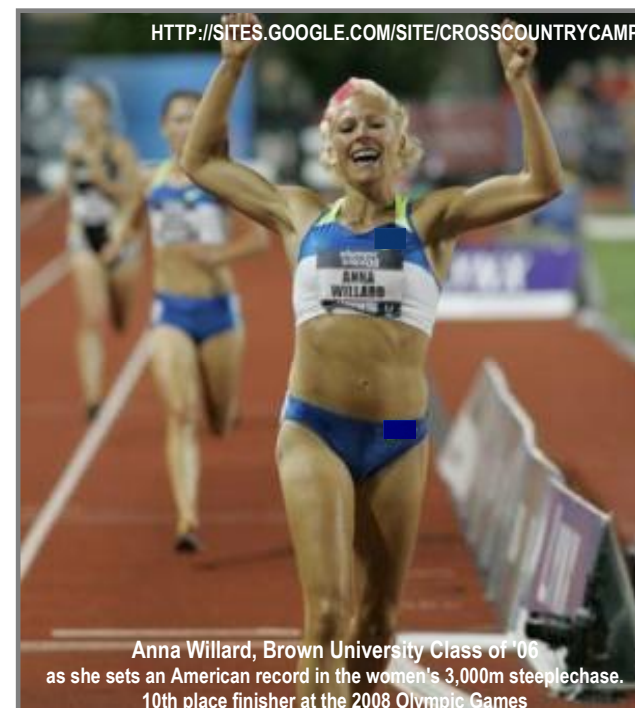
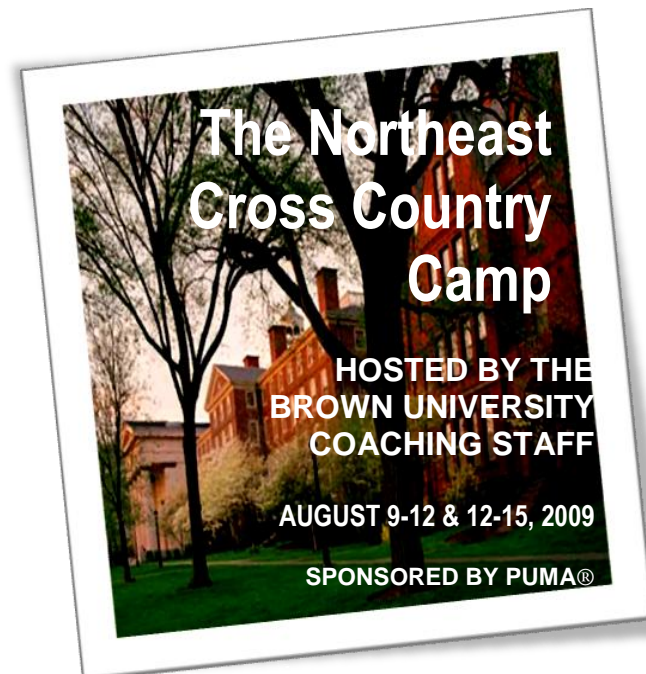
Name Relationship

Signature of Parent/Guardian Date

**Make checks payable to Craig Lake and mail registration to:
Brown University Coaching Staff
166 Valley Street, 6A210
Providence, RI 02909**

Note: The NCAA prohibits any Brown University Booster (other than parent/legal guardian or close family member) from paying any portion of the camper's fees.

The Northeast Cross Country Camp
Brown University Coaching Staff
166 Valley Street, 6A210
Providence, RI 02909



INFORMATION

STAFF

SCHEDULE

 **AUGUST 9-12 & 12-15, AGES 12-18**

Overnight Camper - \$550
Day Camper - \$350

Fee includes instruction, meals, room (overnight campers), t-shirt, water bottle and camp prizes.

Come prepared for a four-day training program at the prestigious Stoneleigh-Burnham School in Greenfield, Massachusetts. Facilities on the 100-acre campus include a 5k cross-country course, weight room, fitness center, basketball courts, tennis courts, and swimming pool. Accommodations for overnight campers include double-occupancy rooms with a common room in each hallway, which include a TV and microwave.

Our prominent staff coupled with beautiful running facilities and state-of-the-art accommodations will provide you with an excellent opportunity to develop your strength, conditioning, and running skills.

Applications will be accepted on a first-come, first-serve basis. A 50% refund will be given to those who make notification within by June 15, 2009. All applicants will be notified via email within 14 days of receipt. Confirmation of your registration, a complete schedule, and driving directions will be sent to you prior to the start of the camp.

Email questions to northeastcrosscountrycamp@gmail.com

MORE INFORMATION WILL BE POSTED AT:
[HTTP://SITES.GOOGLE.COM/SITE/CROSSCOUNTRYCAMP](http://sites.google.com/site/crosscountrycamp)



CRAIG LAKE

Craig Lake is the Director of Men's and Women's Cross Country and Track & Field at Brown University. Lake came to Brown from Columbia University, where she took the lions from having never beaten an Ivy League opponent to multiple national championships appearances. She has coached multiple All-Americans, Ivy League Champions, and one Olympian, Anna Willard. Lake is a graduate of Princeton University where she earned All-East and All-Ivy honors.



KEVIN MYLES

Kevin Myles is the Men's Assistant Cross-Country and Track & Field Coach at Brown University. He is a 2001 graduate of LaSalle University where he was a nine-time All-Conference Team member and a 1998 NCAA individual qualifier in cross-country. In 2001, he was selected as the Atlantic 10 Indoor Track Student-Athlete of the Year. Myles has also worked as a financial aid counselor at Northeastern University in Boston.



JILL MILLER

Jill Miller is currently the Women's Assistant Cross-Country and Track & Field Coach at Brown University. Miller graduated from Wake Forest University, where she was a four-year member of the Wake Forest cross country team that qualified for four consecutive National Championships and won the ACC Championship for the first time in school history in 2002. She was named All-ACC in both the 3,000 and 5,000-meter races, and placed 10th at the 2003 NCAA indoor championships in the 5,000.













DAILY SCHEDULE



| | |
|---------|------------------------------|
| 7:30am | Wake Up |
| 8:00am | Breakfast |
| 9:30am | Morning Run |
| 11:00am | Instruction - Running Drills |
| 12:30pm | Lunch |
| 1:00pm | Free Time |
| 2:45pm | Weight/Flexibility Training |
| 4:30pm | Pool Workout |
| 6:00pm | Dinner |
| 7:30pm | Guest Speaker or Film |
| 11:00pm | Lights Out |

CAMP WILL HELP YOU REALIZE YOUR POTENTIAL THROUGH...

-  Daily runs designed to increase endurance, speed, and stamina
-  100 acres of beautiful trails
-  Weight and circuit training
-  Water running
-  Motivational and strategic lectures
-  Biomechanical analysis
-  Guest speakers
-  Team bonding
-  Ivy League Counselors
-  Emphasis on learning by doing!

