

## OUR CAMP PHILOSOPHY

“Provide an opportunity for runners to improve their individual aerobic conditioning in an environment that is positively challenging and intense, as well as safe.”

The **Summer of 2019** will feature a Cross Country camp opportunity offered at Madonna University. Each camp session is designed to develop the camper’s aerobic and anaerobic endurance, and running mechanics, while improving the athlete’s knowledge of cross-country training. The camp experience will be directed toward **all** aspects of cross-country running including; warm-up, static and dynamic stretching, running form drills, work out, and cool down. Each workout will focus on developing the individual runner’s aerobic and anaerobic endurance. These workouts will include; general aerobic runs, tempo runs, hill repeats, recovery runs, and a long run. All designed not only to improve the camper’s fitness, but also to improve their own knowledge and training habits. Camp sessions are designed to meet the needs of the young, beginning runner, and the highly competitive, more advanced runner.

**Madonna Summer Cross Country Camps offer two unique camp experiences.**

\* Base Camp Include Madonna Cross Country T-Shirt

**1. BASE CAMP** (July 22-26<sup>th</sup>) This camp is for the **serious high school cross-country runner** looking to improve their overall conditioning for the coming season and for new runners at the middle school and high school level. The camp is designed to improve the runner’s aerobic and anaerobic conditioning, running mechanics, training knowledge, body maintenance, and offers more advanced nutrition information. Both young men and women are invited. **Cost is \$75.00**

**3. LONG RUNS** (July 13, 20, 27 and Aug. 3<sup>rd</sup>). These specific days are designed for the serious high school runner. On these Saturdays the campers will meet at 7:30am at Cass Benton Park, part of the Wayne County Hines Park System. The workouts are called long runs because that’s what they are, long runs.

**Long Runs** – *running in duration 2 to 4 times longer than race distance, at 70-75% maximum effort.* Over the four Saturdays the distance gradually increases from 7 miles on July 13<sup>th</sup> to 12 miles on August 3<sup>rd</sup>. Water during the run will be provided, and refreshments afterward. Both young men and women are invited.

**Cost is \$2.00 each Saturday.**

**Location of Camps:** All camps take place at Cass Benton Park, part of Hines Park System, just south of Northville on Hines Drive.

**What to Bring and Wear:** Good running shoes, weather appropriate clothes, own water, if you choose.

**We will provide:** Trained, experienced staff, athletic trainer, daily lectures from experienced coaches and runners, water and Gatorade®. Shelter if necessary!

## CAMP REGISTRATION!

Interested participants should fill our registration form below and return it as soon as possible to assure a spot in one of the camp sessions. Camp space will be limited to a workable number, so please register soon. Place a check next to the camp or camps of your choice. Please pay in advance or contact the camp director to complete your registration form.

**Please be sure to complete registration form in it’s entirely including email for camp notifications and verification.**

**There Will Not Be Any Camp Verification Mailed to You Prior to Camp.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Grade: (Fall of 2019): \_\_\_\_\_ School: \_\_\_\_\_

T-Shirt Size (Adult Size): \_\_\_\_\_

**\*ALL PARTICIPANTS MUST HAVE HAD A PHYSICAL WITHIN\* THIS SCHOOL YEAR.**

Place a check here  if participant has had a physical within the past school year.

Designate below the camp sessions you plan to attend: Refer to applicable area of brochure for times and dates.

Base Camp (\$75.00)

Long Runs Camp – (\$2.00 donation - Does not include T-shirt.)

**Total Amount Enclosed:** \_\_\_\_\_

**Make checks payable to Madonna University**

**Mail to:** Patrick A. Daugherty, Head Coach Cross Country  
Athletic Department  
Madonna University  
36600 Schoolcraft Rd.  
Livonia, MI 48150-1173

If you are planning on running both Base Camp and Long Runs Camp you only need one Registration form and Insurance form.

**NO PARTICIPANT WILL BE ACCEPTED WITHOUT COMPLETELY FILLING OUT OF THE INSURANCE PORTION OF THE APPLICATION!**

**Medical Authorization**

In an emergency, I hereby give my permission for my child \_\_\_\_\_ to be examined by the camp trainer. I also give my permission to the licensed physician selected by the camp director, to hospitalize, secure proper treatment, anesthesia, or surgery of my child in an emergency. I also give my permission to the hospital to use the insurance information at the time of treatment.

**SPECIAL NEEDS (i.e. medications)**

\_\_\_\_\_

**Our Health Insurance Company:**

\_\_\_\_\_

**The Contact or Group Number:**

\_\_\_\_\_

**DISCLAIMER OF LIABILITY**

Madonna University, its Athletic Department, and its staff do not assume liability for any injuries while at camp or on the way to camp. Parents should contact their own insurance carrier to get additional insurance for the camp if necessary. As a condition of enrollment, the following disclaimer of liability must be signed and dated by the camper's parent.

The camper, in attending the Madonna University Cross Country Camp, and in using Madonna University facilities does so at his/her own risk. Madonna University, its Athletic Department, and its staff, shall not be held liable for any damages arising from personal injury sustained by the camper during camp or at the facilities. The camper and his/her parent assume full responsibility for any damage or injuries which may occur to the camper during the sessions and so hereby fill and forever exonerate and discharge Madonna University and its Athletic Department, its staff, students, employees, and agents from any and all claims, denials, damages, rights or action or causes of action, present, or future, whether the same be known, anticipate, or anticipated resulting from arising out of the camper's participation in the clinic session and in the uses of the facility.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Emergency Contact Number

\_\_\_\_\_  
Name/Relationship to Camper

**This page is standard for a camp at Madonna University. Please read carefully before signing, certifying the above information is correct.**

# **MADONNA™ CROSS COUNTRY**

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## **MADONNA UNIVERSITY SUMMER CROSS-COUNTRY BASE CAMPS 2019**

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**BASE CAMP**

July 22<sup>nd</sup> – July 26<sup>th</sup>

8:00am-9:45am

**LONG RUNS**

July 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> & Aug. 3<sup>rd</sup>

7:30am-9:00am

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**For Information and Registration Questions Contact:**

Patrick A. Daugherty, Head Cross Country Coach & Camp Director

Evenings at: cell (734)658-0226

Cross-Country Office: (734)432-5634

Email: pdaugherty@madonna.edu

**Camp Cost**

**Base Camp is \$75.00**

**Long Runs are \$2.00 donation each Saturday**