



Culver Distance Camp

June 9-12, 2019

 **culvercdc**
 @CulverCDC #CDC2019

Culver Academies Campus—Culver IN
www.culver.org/culverdistancecamp



Camp Mission: *Culver Academies Distance Running Camp exists to inspire and teach distance athletes to become faster, better educated and more dedicated to the sports of cross country and track.*



Camp Fees: **\$350.00**

Team price (3 or more from same school) Deduct \$50.00 per person.

Fee Includes the following:

- Sessions with top collegiate runners and coaches
- Daily mentoring from your counselor
- Dorm room stay @ Culver Academies (4 days & 3 nights – room & 11 meals)
- Beautiful Lake Maxinkuckee
- Gait analysis for soph. and first year campers
- Camp lecture notes
- Lake Activities, Sports, Games
- Trip to the Indiana Dunes
- Trail runs and training techniques
- Lifelong friendships
- Whole person development

Who will be at Culver?

Male & female High School athletes entering 9th through 12th grade

2019 graduates preparing for first year college training

Distance runners who aspire to learn proper principles of training/racing

Distance runners who desire to be mentally tough in training and racing

Distance runners who want to explore all aspects of training to move to the next level

Check or money order payable to **Culver Educational Foundation**

Send this page, waiver on reverse side & fee to:

Culver Academies Distance Camp

Attn: Dana Neer

1300 Academy Road # 88

Culver, IN 46511-1291



College Runners!!!

2019 graduates are encouraged to attend our COLLEGE PREP CAMP. Receive a huge advantage as you prepare for your first year of collegiate racing by participating in this innovative 4 day camp designed for your success as a runner. Find out what you need to move to the next level. Limited to the first 25 registered. Cost is \$350.00

Name _____ Grade Next Year (GR if graduate) _____ Shirt Size: _____

Gender: _____ High School or College Attending next year _____

Home address _____ Phone # _____

Runner Email address: _____

Roommate choice _____

Best performances: (event and time): _____

Culver Distance Camp



June 9-12, 2019

Instruction In: physiology of distance running, running gait, college recruitment, psychological principles, goal setting principles, warm-up/cool-down/flexibility, competitive racing strategies, nutritional needs, alternate training, water running/training, health issues for runners, core-body training, injury prevention, weight training, plyometrics, breathing difficulties in runners, running enhancement drills, specific athlete issues

Daily Schedule:

- 7:00 Wake up
- 7:15 Morning run
- 7:45 Breakfast
- 9:00 Instruction
- 12:00 Lunch
- 1:00 Instruction/training/fun activity
- 4:00 Afternoon workout
- 6:00 Dinner
- 7:00 Group activity
- 10:30 Goodnight



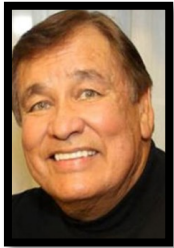
Check In—Check Out:

Check-in: Sunday, June 9 from 10:30 am to 11:30 am at the Sally Port on Culver Campus, near flag poles by the lake.

Check-out: 7:00 pm on Wednesday, June 12. Parents are requested to attend the final camp session at 6:00 pm

What to Bring:

Clothing & foot gear for at least 8 activity/training sessions, swimsuit, toiletries, pillow, linens, blanket, towels, washcloths, fan, snacks, drinks



Billy Mills, the United States Olympic Champion in the 10,000 Meters at the 1964 Games in Tokyo, won in a time of 28:24 (amazing 4:34 mile splits on a rain soaked cinder track). Billy also served as a First Lieutenant in the United States Marine Corp, and is an entrepreneur, humanitarian and member of the Oglala Lakota Sioux Tribe.

The Culver Academies is located in north central Indiana – 35 miles south of South Bend & 100 miles north of Indianapolis. The Academies' campus is 10 miles west of U.S. 31 on Indiana 10.

Dana Neer (765) 252-7030

email dana.neer@culver.org

www.culver.org/culverdistancecamp

In consideration of permission to participate in, or continue participating in, the activities and programs of The Culver Educational Foundation, and to use its facilities, I hereby acknowledge and agree as follows: I recognize that my child's participation in the Distance Running Camp is with some risk of bodily injury. I accept those risks with full knowledge of the dangers involved, and hereby certify that I know of no physical or medical problems that would increase my child's risk of illness or injury, as a result of participating in the Distance Running Camp. In the event of an injury or sudden illness, I consent to the administration of first aid and resuscitative measures performed on my child's behalf by trained or qualified personnel. I assume full responsibility for all medical expenses incurred as a result of injuries suffered by my child's participation in the Distance Running Camp. My health insurance provider is _____, Group No. _____. I agree that my child's participation in the Distance Running Camp is strictly voluntary, and that the Camp Director, Dana Neer or staff, will directly supervise my child. Further, I agree that my child must comply with the requests, directions, and instructions of the individuals offering this Distance Running Camp, and his/her failure to do so may result in his/her removal from the program. I understand that supervised lodging and transportation may be provided while my child is participating in this camp, and that the use of additional training facilities, including weight training and swimming activities, may be provided as well. I further understand that meals, snacks, or refreshments may be provided, and I have listed below any and all items that my child should not be given. No alcoholic beverages or non-prescription drugs are to be brought with the athlete or used by the athlete while at this camp. Any prescription medication for your child must remain locked in the dorm room and only used by your child under the prescription terms. I hereby release and discharge The Culver Educational Foundation, its agents, students, coaches, employees, representatives, the building and grounds owners, any related entities, and all others from any and all liability, responsibility, loss, damage, costs, claims, and causes of action (including, but not limited to, those for bodily injury, death, and property damage or loss to me and/or my child) arising out of or resulting from my child's use of or presence upon these facilities and/or participation in this camp, specifically including, but not limited to, any and all liability, responsibility, loss, damage, costs, claims, and/or causes of action that arise from or are caused by the negligence or fault of The Culver Educational Foundation, its agents, students, coaches, employees, representatives, the building and grounds owners, any related entities, or other participants in the Distance Running Camp program. I understand that my child will use Academy buildings, grounds, lake and area country roads. I have read the entire Consent and Release Agreement and accept the conditions stated herein as a requirement for my child's participation in this camp. Camp dates: June 9-12, 2019.

PARENT SIGNATURE _____ DATE _____ PRINTED NAME _____

EMERGENCY # _____ PARENT EMAIL _____

List any food, beverage or medicinal products your child can not tolerate or may be allergic to:
