

# Camp Schedule

Check In: Sunday July 17 (4:00-5:00)  
Departure: Thursday July 21

## Daily Example

7:30 – Wake Up  
7:45 – Breakfast  
8:30 – Guest Speaker/Camp Meetings  
9:30 – Morning Workout  
(Blackwater Falls, Canaan, Black Bear)  
11:30 – Lunch  
1:00 – Team Competitions  
(Putt-Putt, Volleyball, Basketball, Badminton, etc)  
3:30 – Guest Speakers/ Interactive Lectures  
4:30 – Afternoon Workout  
6:00 – Dinner  
7:00 – Guest Speakers/Group Activities  
8:00 – Movie/Film Analysis  
(Without Limits, McFarland, Remember the Titans, etc)  
11:00 – Lights OUT

Sunday – Time Trial (Determine Running Groups)  
Thursday – Camp 5K Race



## Guest Speakers:

Jesse Skiles – WV Wesleyan  
Nick Bias – University of Charleston  
Eric Cooper – Hurricane High School  
Ken Hibbs – East Fairmont High School  
Woody Snoberger – Frankfort High School  
Josh Weekley – RunWV, Doddridge Co. HS  
Aly Carpenter – Standout at AB and RCHS

# Camp Counselors

## Jordan Whitehair

University of Charleston, St. Marys High School  
2015 MEC Steeplechase Runner Up, 2013 State Runner Up 1600  
2 Time HS All State XC Performer

## Brettley Harris

West Virginia Wesleyan, Webster County High School  
2015 State Runner up 1600 and 3200  
2014 State XC Champion, 3 Time All State XC Performer

## Sydney Pineault

West Virginia Wesleyan, Morgantown High School  
2015 MEC Steeplechase Champion  
2015 1<sup>st</sup> Team All Region XC, 2 Time MEC 1<sup>st</sup> Team XC Performer  
4 Time All State XC Performer, 3 Time State XC Team Champs

## Breanna Mazzella

West Virginia Wesleyan, Richwood High School  
2 Time MEC XC Team Champs, 2015 MEC Track Team Champ  
Standout XC, Track, and Basketball Athlete in HS



## Judy and Randy Nutter

Dedicated Supporters of WV Athletes  
Parents of Steven Nutter

## Johnna Whitehair

Dedicated Supporter of WV Athletes  
Parent of Jordan Whitehair

# Country Roads

## Running Camp



July 17-21, 2016

Boys and Girls

9<sup>th</sup> – 12<sup>th</sup> Grade

Location: Black Bear Resort

247 Lodge Drive

Davis, WV 26260

Director: Steven Nutter

[steven\\_nutter@hotmail.com](mailto:steven_nutter@hotmail.com)

304-377-0098

## 2016 Registration Application

## Camp Info

## Objective

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

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

City, State, Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

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

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Grade in School This Fall: \_\_\_\_\_

High School: \_\_\_\_\_

Roommate Request: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Family Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

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

### 2016 Camp Fee - \$225 Per Runner

Fees Include – T-Shirt, Awards, Tuition, Room and Board

### Send Your Application and Payment To:

Steven Nutter

3002 Webster Road

Webster Springs, WV 26288

\* Checks Payable to Steven Nutter, Memo - Country Roads Running Camp

\*Limited Number of spots, please send entry in ASAP

**Register Early:** Space is LIMITED, so please send in application immediately. When mailing application please also send an email to [steven\\_nutter@hotmail.com](mailto:steven_nutter@hotmail.com) for record purposes.

**Housing:** Campers will be housed in Pedestal Cabins at Black Bear Resort. All housing is equipped with linens and towels. Each Cabin will be supervised by a Camp Counselor.



**Physical and Insurance:** At check-in we will ask for a copy of the athletes Physical and Insurance forms. The camp will also be fully insured with accident and liability coverage.

**Facilities:** Outdoor Heated Pool, Catch and Release Fish Ponds, Volleyball, Putt-Putt, Walking Trail, Basketball, and Tennis

**What To Bring:** Running Shoes, Spikes or Racing Flats, Swimsuit, Clothes for a week of Runs and Group Activities, Desired Recreational Equipment

**Training Sessions:** Runs will take place around Black Bear Resort, Canaan Valley, and Blackwater Falls. Wednesday we will be at Blackwater Falls where we will swim and also cookout. Thursday will be our Camp 5K Race at Canaan Valley Resort, all parents invited.

**Awards Ceremony:** We will have a Camp Awards Ceremony and Pizza Party at Black Bear following our Camp Race.

The objective of the Country Roads Running Camp is to educate each athlete in the various aspects of distance running that the staff feels is important in achieving improvement and success. While achieving this objective the staff will promote a TEAM SPIRIT where all will feel welcome and an important member of the Camp Family. In addition to running, campers will have an opportunity to learn important running tips, bond, and compete with other high school runners. Campers will also have access to some of the most knowledgeable and educated coaches in the state. These coaches will be speaking throughout the week on issues such as: training, racing tactics, establishing goals, training shoe selection, visualizing success, cross training, injury prevention, workouts, core work, correct form, appropriate behaviors, and nutrition.

The 1st Annual Country Roads Running Camp is geared to help beginning and advanced runners. The staff, coaches, and I are excited for the opportunity to work with each and every one of you.

