

10th Annual

Blue-Gray

Instructional

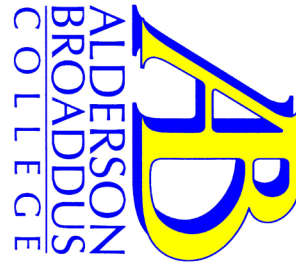
Cross-Country Camp

July 18~July 22, 2010

Grades 9-12

Canaan Valley

Resort



Heather McDaniel
Alderson Broaddus College
101 College Hill Drive Box 2062
Philippi, WV 26416

Camp Staff

Jim Seaton-- Cross Country/Track Coach at A-B College. Coach Seaton has coached the highly successful women's and men's Battler Cross Country Team for the past fifteen years.

Heather McDaniel— Cross Country/Track Coach at A-B College. Heather is a Graduate of A-B and WVIAAC back to back "Runner of the Year" (04',05'). Ms. McDaniel has coached the battlers for the past four years.

Counselors-Alderson Broaddus Cross Country/Track Team

What to Bring:

- Two pairs of Running Shoes
- Running Apparel/Casual Clothes
- Bathing Suit
- Snacks/Extra Spending Money
- Jacket/Warm Clothing

Directions:

From Elkins, WV: Take 33 East to Rt. 32 North to Canaan Valley

From Thomas/Davis, WV: Take Rt. 219 from Parsons to north to Davis. Then take Rt. 32 South to Canaan Valley.

For more information contact:

Heather McDaniel
(304) 457-6480(work)
(304) 641-7342 (cell)
mcdanielhe@ab.edu

*Alderson-Broaddus
Cross Country Camp
Application*

GENERAL INFORMATION:

*Alderson-Broaddus
Cross Country Camp*

Detach and Mail with a \$50 deposit to:

Heather McDaniel
Alderson Broaddus College
101 College Hill Dr. Box 2062
Philippi, WV 26416

Name: _____ **Age** _____

Home Address: _____

School: _____

Allergies: _____

Shirt Size: _____

Parent's Approval:

I hereby give my approval for my child's attendance at the 2010 Alderson-Broaddus Cross Country Camp and authorize directors to act for me according to their best judgment in any emergency requiring medical attention.

Roommate Preference (If possible)

Parent's Signature

Arrival: Campers should arrive between 3:00-5:00 PM on Sunday, July 18th for registration and will depart between 12:00 and 2:00 PM Thursday, July 22nd. Campers will report to the desk area in the main Canaan Valley Lodge. Campers should be prepared for a qualifying run on the evening of Sunday July 18th after check-in. (**Eat according to your own pre-race routine.**) Upon arrival, please provide a copy of your health insurance information.

Program: Utilizing the latest techniques in Training. Each camper will receive instructions in individual training skills and strategies. The camp will take advantage of the challenges presented by the area's natural terrain: hills, trails, woods, etc.

Other clinic topics include; nutrition, injury management, and college preparation . Campers come prepared to ask questions regarding self-improvement.

Facilities: Campers will be able to enjoy the resort's indoor and outdoor pools, tennis courts, weight room, fitness center and other outdoor recreational facilities.

Meals: Campers will enjoy a balanced diet of 3 meals a day provided by Quinet's Restaurant and Staff of the Court Restaurant in New Martinsville, WV. Meals will begin with breakfast on Monday the 19th and end with breakfast on Thursday the 22nd.

Lodging: Campers will be housed at the Canaan Valley Resort and Conference Center. These are lodge/hotel style air conditioned rooms.

Directed By: A-B Cross Country Coaches

Heather McDaniel and Jim Seaton.

When: July 18 -July 22, 2010

Cost: \$295/camper ~ \$260/team rate

Purposes: To provide campers with an opportunity to improve their skills and condition for cross country running.

Location: On the grounds of Canaan Valley State Park and Resort. We will also utilize other surrounding outdoor areas.

Registration: To reserve your place in the cross country camp, complete the application on the back of this form, detach, and mail with a nonrefundable deposit of \$50.00. Checks should be made payable to A-B Cross Country Camp. The balance will be due on the afternoon of arrival.

Awards: We would like to welcome all families to come to the closing ceremony held at 11:00 a.m. on Thursday, July 22nd. Campers will be given T-shirts and medals at the completion of the camp. Ceremony will be held downstairs of the main lodge.

