Track & Field Camp

July 26-29, 2017 • Grades 7-12
Overnight camp

Middle Distance/Distance Running

Improve your running technique, boost your performance and learn how to stay healthy and injury-free at St. Norbert College’s middle distance/distance running camp! Let our camp coaches and staff prepare you for a standout season.

Space is very limited at this residential, overnight camp in order to provide personal attention to each athlete. Don’t delay; register now!

Camp Director
Don Augustine
Head Track & Field Coach

Don Augustine enters his 14th year as a collegiate-level head coach. His athletes have qualified for the NCAA National Championships every season since 2004, and he coached three consecutive 800-meter NCAA national champions. A standout middle-distance runner himself in college, Augustine has had athletes break and re-break more than 60 school records and set 10 conference meet records.

Camp Staff
Colin McKean
Assistant Coach

Working for the sixth year with St. Norbert runners, McKean was a standout during his college days as a Green Knight, winning the national 800-meter championship in 2004. In addition to his coaching duties, he runs all of the injury-prevention programs for the college’s runners.

Counselors
Current St. Norbert athletes

Green Knights runners with a combined nine All-American performances and more than 15 school records will provide their perspectives on being a college student-athlete, and they’ll help attendees with training throughout camp.

In addition, representatives from Prevea Sports Medicine will conduct Dartfish video movement analysis, discuss sports nutrition and demonstrate strength exercises.
Summer Running Camp

REGISTRATION

Register online at: www.stnorberttrackandfieldcamps.com

Boys and girls in grades 7-12 are invited to participate in this valuable developmental opportunity!

Please print clearly.

________________________________________________________________________

Last Name, First

________________________________________________________________________

Address

________________________________________________________________________

City     State     ZIP

________________________________________________________________________

Home Phone

________________________________________________________________________

Cell Phone

________________________________________________________________________

Email

________________________________________________________________________

High School     Graduation Year

________________________________________________________________________

Events/Personal Bests

________________________________________________________________________

T-Shirt Size

Please complete the required insurance form found on the next pages and return it with this registration or register online at www.stnorberttrackandfieldcamps.com.

Send completed registration form and $100 non-refundable deposit (payable to St. Norbert College Cross Country) to:

St. Norbert Cross Country Office
Schuldes Sports Center
100 Grant St.
De Pere, WI 54115

Cost of camp: $325

Team discount: four or more athletes from the same high school (registering simultaneously by mail only with check): $280 per person

Registration includes a technical running shirt and entry into the 8th annual Lambeau 5k run (pending suitable race date)

A non-refundable $100 deposit must accompany all registrations.

ADDITIONAL INFORMATION:

Please contact Don Augustine at don.augustine@snc.edu or 920-403-3456.