

Middle-Distance/Distance Camp

REGISTRATION

Join our coaching staff and members of the current Green Knight cross country team to prepare you for your season and take your running to the next level!



Registration form: Please print clearly.

Last name, first

Address

City State Zip

Home Phone

Cell Phone

Email Address

High School

Events/Personal Bests

***Make checks payable to:
St. Norbert College Cross Country

Middle-Distance/Distance Camp

INFORMATION

REGISTRATION DEADLINE: JUNE 24TH

Send completed registration form and deposit to:

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

COST:

The cost of camp is \$295.
Team Discount- 4 athletes from the same High School will be charged \$270 per person (registrations must be sent together)

DEPOSIT:

A \$50 non-refundable deposit must accompany all applications

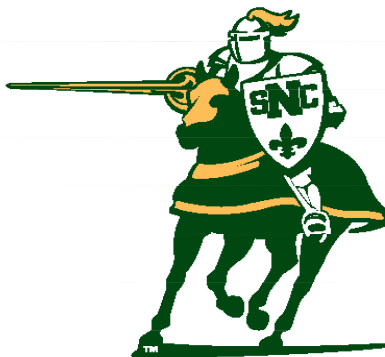
CONFIRMATION:

Upon receipt of the application/deposit, final instructions as well as insurance forms will be mailed to you.

ADDITIONAL INFORMATION:

Please contact Don Augustine with any questions or concerns.

Phone: 920-403-3456 • Fax: 920-403-3128
E-mail: don.augustine@snc.edu



TRACK AND FIELD CAMPS

July 24th - July 27th



Middle Distance/
Distance Running Camp
Athletes entering Grades 7-12

Camp Director

DON AUGUSTINE



Don Augustine enters his seventh year working as a collegiate level head coach, during which he has had athletes break and re-break over 55 school records, set conference meet records 9 times and qualify for the NCAA National Championships every season since 2004. Augustine coached 3 consecutive NCAA National Champions in the 800 meter run and has had an All-American in Cross Country, the 5K and the 10K in 6 straight post-season Championship meets! In 2009, Augustine brought SNC to its highest Indoor and Outdoor National finishes putting the Green Knight Ladies 8th Indoors and 10th at Outdoors. Augustine was a standout middle distance runner in college and twice earned All-Conference Academic honors at the Division II level.



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CAMP STAFF

LUKE KARBAN- Assistant Coach

Coach Karban enters his third year working with the St. Norbert Middle-Distance/ Distance runners. Karban was a standout Division I runner for the Phoenix of UW-Green Bay. He currently works as a store manager at RunAway Shoes and handles all of the injury-prevention programs for the St. Norbert runners.

CAMP COUNSELORS- Current SNC Athletes

Green Knight runners with a combined 9 All-American performances and over 15 school records performances will be on hand to give their perspective on being a collegiate student-athlete and help you with your training throughout the camp.

Tentative Daily Itinerary:

7:00- 7:45	Stretch/Morning Workout
7:45- 8:45	Breakfast
9:00-11:00	Group instruction/Lifting
11:00-1:00	Lunch and free time
1:00 - 2:00	Camp Recreation
2:00-3:00	Guest Speaker/Instruction
3:00-4:30	Afternoon workout
4:45-6:00	Dinner
6:30-7:30	All-camp meeting
7:30-9:00	Camp function
9:00-10:30	Free time
10:30	Curfew

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CAMP FEATURES

In addition to the St. Norbert staff members, the camp will also feature representatives from the staff at Prevea Sports Medicine.



Three separate sessions will be offered to further enhance the student-athletes understand-

ing of proper training methods.

Dartfish Video Movement Analysis

A visual tool to provide a clear picture of how your body moves through sport-specific movements. For more information, visit http://www.prevea.com/Video_Evaluation.nws.

They will also provide access to a sports nutritionist and an athletic trainer.

Also, representatives from Mizuno will provide the campers with a tech t-shirt for attending the camp and will also sponsor a cook-out the last day of camp!



REGISTRATION LIMIT

The St. Norbert Running camp will be limited to the first 50 athletes that mail in confirmation.