

# ST. NORBERT

## TRACK & FIELD



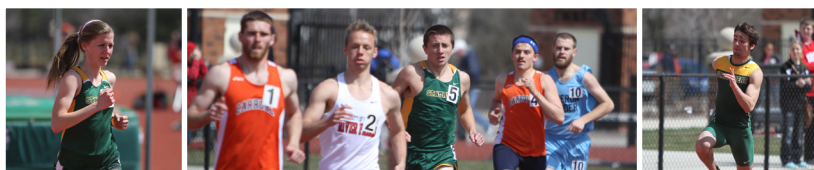
## Track & Field Camp

**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.

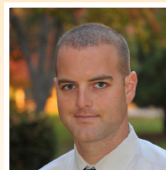
Space is very limited at this residential, overnight camp in order to provide personal attention to each athlete. Don't delay; register now!



### 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.stnorbertrackandfieldcamps.com](http://www.stnorbertrackandfieldcamps.com)

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

*Please print clearly.*

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Last Name, First

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Address

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City

State

ZIP

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Home Phone

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Cell Phone

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Email

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High School

Graduation Year

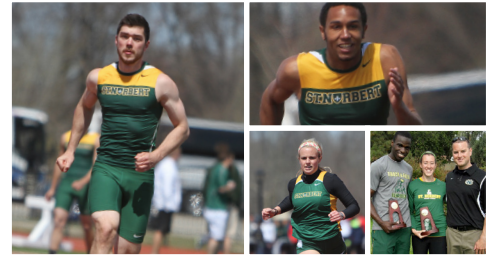
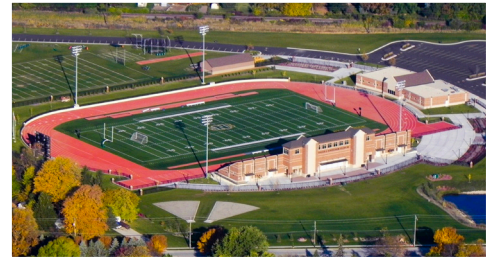
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Events/Personal Bests

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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.stnorbertrackandfieldcamps.com](http://www.stnorbertrackandfieldcamps.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](mailto:don.augustine@snc.edu) or 920-403-3456.