



EMBRY-RIDDLE DISTANCE CAMP

JUNE 21-27

Camp Dates and Costs

SESSION I

Sunday, June 21 - Saturday, June 27

June 21 7:30 a.m. Depart from the ICI Center ^
4 p.m. Camp Begins

June 27 Camp ends (TBA)
Depart for return to Daytona Beach ^

^ If needed, transportation will be provided for an additional fee of \$150

COST

Tuition : \$420

Deposit

\$100 non-refundable deposit due by June 15 or until camp fills

*5% discount for teams of seven (7) or more
Limited scholarships available with demonstrated financial need

Join us for a week of great running in the beautiful, scenic mountains of South Carolina

Who Should Attend

This camp is designed for the serious runner! It is intended for high school runners who are preparing for the upcoming cross country season and adult runners who want to improve their current level of conditioning. It is not intended or appropriate for anyone under the age of 13.

Contacts for Questions or More Info

Mike Rosolino at (386) 323-5008 / Rosol774@erau.edu
Peter Hopfe at (386) 366-4303 / hopfe485@erau.edu

Transportation

Transportation will be available from Embry-Riddle to the campsite. Food will be provided on the trip as well as during the camp.

Lecture Topics

Each day will feature a different lecture on topics such as:

- Nutrition for Runners
- Elements of a Good Training Plan
- Evaluation of Individual Running Form
- Cross Country and Track Racing Tactics
- Running in College
- Speed drills for distance runners

Types of Workouts

Workouts will include runs of varying distances, paces and surfaces including challenging trails and gravel roads. Most sessions end with a refreshing swim in cool mountain streams. In addition, workouts will include form drills, plyometrics, pool workouts, speed development drills and flexibility training.

Lodging

The camp will be housed at the Rocky Bottom Conference Center located in Sunset, S.C. on Sassafras Mountain, the highest point in South Carolina.

Camp Amenities

- Majestic mountain trails
- Cool mountain streams
- Trips to waterfalls, sliding rocks, etc.
- Hotel-style accommodations
- Camp t-shirt
- Expert, professional distance advice
- Critique of running form through video analysis
- Other fun activities such as campfires, skit night, basketball tournament, miniature golf, etc.

EMBRY-RIDDLE DISTANCE CAMP REGISTRATION FORM

The Embry-Riddle Distance Camps will be held at the Rocky Bottom Conference Center in Sunset, S.C. I acknowledge that the sport of running is a rigorous physical activity, participation in which may result in physical injuries, harms, or damages. On behalf of myself and the participant, I acknowledge and agree that Embry-Riddle Aeronautical University, its trustees, officers, employees, agents, and others connected with the running camp are not liable for any cost or expense caused by any accident or injury sustained by the participant in any course of instruction, exercise, or other activity associated with the camp. In consideration of the participant's participation in the running camp, I agree to defend and indemnify Embry-Riddle Aeronautical University, its trustees, officers, employees, agents, and others connected with the running camp against any and all claims and demands for any cost or expense arising from any accident or injury sustained by the participant in connection with the running camp.

CAMPER NAME (Please Print) _____ Age _____ Date of Birth _____ Gender M F

PARENT/GUARDIAN NAME (Please Print) _____

PARENT/GUARDIAN SIGNATURE (Required) _____

Street Address _____ City _____ State _____ Zip Code _____

Home Telephone _____ Emergency/Cell Phone _____

Email Address _____ School Grade (2020-21) _____ School _____

Transportation Needs (Circle one): Yes No ADULT T-SHIRT SIZE (Circle one): S M L XL

_____ Enclosed is my camp application and \$100.00 deposit* _____ Enclosed is the \$150 transportation fee

_____ Enclosed is my camp application and \$420 for tuition only

*Tuition includes \$100 non-refundable processing fee

Please make checks payable to:
Mailing Address:

Embry-Riddle Cross Country
Embry-Riddle Cross Country Camp
c/o Embry-Riddle Intercollegiate Athletics
600 S. Clyde Morris Blvd.
Daytona Beach, FL 32114-3900

For further information contact (386)323-5008 or visit our website at <http://erauathletics.com>