

## WELCOME

Welcome to the 2011 LCCC Running Camp! The camp will be held July 11th-15th at Lorain County Community College in Elyria, Ohio. Junior High School and High School distance runners of all abilities will benefit from this five-day comprehensive running camp. Campers will learn from the best! College and high school coaches, along with our own LCCC Physical Education staff will provide a well-rounded, informative, challenging and FUN experience! The camp will utilize the LCCC cross country course (home of the Jack Wilhelm Cross Country Classic and District race) as well as our outstanding fitness facilities. Get ready to have the best racing season of your life!

## CAMP DIRECTORS

Deanna Jenkins, R.N, M.S.N. CPT.  
Matt Kendeigh, B.S., NSCA-CPT  
Jim Powers M.Ed., CPT

The 2011 LCCC Running Camp will use the expert staff here at LCCC as well as area college, high school and junior high school coaches. All staff are experienced, certified and dedicated to assisting runners reach their full potential.

## COST

Total camp cost is \$150.00 (Check or money order made out to LCCC). Cost includes morning snack, lunch, T-shirt and entry fee in the Santarelli Memorial 5k Cross Country race at LCCC in August.

**Registration must be received by  
Thursday, July 7, 2011.**

## DAILY SCHEDULE

8:30 am Check in, meeting  
9:00 am: Morning run  
10:00 am: Tree Talk  
10:15am Morning Snack  
10:30am Team Building  
11:30am Lunch  
12:15pm Speaker  
1:15pm Training  
2:00 pm Check out

## SESSION TOPICS

1. Injuries, hydration, hot & cold weather running
  2. Goal setting, motivation, sports psychology
  3. Cross Training
  4. Training strategy
  5. Race strategy
- \* topics subject to change

## ACTIVITIES

1. Fitness Center/Weight Room resistance training
  2. Team building/Climbing wall/Ropes course
  3. Pilates, Kickboxing, Circuit Training
  4. Flexibility, Yoga, Stress Management
  5. Cross training activities
  6. Muscle Activation Therapy
  7. Splash Zone Swimming Day
- \*activities subject to change

## WHAT TO BRING

Extra socks, shirt, shorts, shoes if possible.  
Water bottle  
Sunscreen  
We will be outside and we will sweat!

## FOR MORE INFORMATION

For registration and camp information, please contact Jim Powers at Lorain County Community College  
Phone: 440-366-7652  
E mail: [jpowers@lorainccc.edu](mailto:jpowers@lorainccc.edu)  
Fax: 440-366-4643



## REGISTRATION FORM

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

### ADDRESS:

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

E MAIL \_\_\_\_\_

AGE: \_\_\_\_\_

MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_

ADULT T-SHIRT SIZE: S M L XL

**WAIVER:** In consideration of acceptance of this entry, I, for myself and my heirs, personal representative, successors, and assigns, release Lorain County Community College and their representatives from any and all claims and rights of action of any kind for personal injury, property damage or other loss which I may incur as a result of my participation in the running camp. In the event that the participant named herein is a minor, the person signing does hereby certify that he or she is the parent or legal custodian of said minor and signs this waiver on behalf of said minor.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**Return with check or money order to:**  
**Jim Powers**  
**LCCC HPER Department**  
**1005 N. Abbe Rd.**  
**Elyria, Ohio 44035**