



UNIVERSITY OF NOTRE DAME
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NOTRE DAME TRACK & FIELD/CROSS COUNTRY



2011 NOTRE DAME[®] TRACK & FIELD / CROSS COUNTRY CAMP

University of Notre Dame
Notre Dame, Indiana

July 9-13

Boys & Girls
Ages 12 – 18



CAMP COORDINATOR



Tim Connelly
Assistant Coach

Connelly has coached the women's cross country program since its inception in 1988, leading the Irish from obscurity to qualifying for the NCAA Cross Country Championships on several occasions, most recently placing 3rd in 2002 and 4th in 2004. During the track season, Connelly is responsible for coaching the women's middle and long distance runners. A 1983 Notre Dame graduate, Connelly served as a graduate assistant until 1986, when he moved on to Syracuse University as an assistant cross country and track coach, returning to Notre Dame two years later.

Henry is in her third year working with the Irish sprinters and hurdlers. A 2002 graduate of Hampton University, Henry was a MEAC All-Conference hurdler during her career. Henry came to Notre Dame after spending two years as an assistant at the University of Texas, El Paso.



Amy Henry
Assistant Coach

Garnham is in his third year on the Irish staff as the jumps/multi coach. A 1998 graduate of Kent State, Garnham comes to Notre Dame after a three-year stint as the field events coach at the University of Tulsa. He began his coaching career at the University of Buffalo.



Jim Garnham
Assistant Coach

In his fourth year as Notre Dame's throws coach, **Beltran** has had an immediate impact on the group. A 1999 graduate of the University of Missouri-Kansas City, he has served as the throws coach at both UMKC and St. Francis (PA) University.



Adam Beltran
Assistant Coach



Alan Turner
Assistant Coach

Alan Turner, who spent the last five seasons from 2005-10 as the assistant track and field coach at Southern Illinois University, is in his first year on the Notre Dame coaching staff after joining the program in September 2010. He will be responsible for the training of all Irish sprint and hurdlers. A native of North Chicago, Ill., Turner earned a bachelor's degree in public finance from Indiana. Professionally, Turner has worked as a trading assistant with Consecro Capital Management (Carmel, Ind.) and as a portfolio manager with First Chicago and Bank One (Chicago, Ill.).

2011 NOTRE DAME TRACK & FIELD/ CROSS COUNTRY CAMP

DATES AND FEES:

July 9-July 13

BOARDER: \$585.00

Includes all meals, lodging and insurance

NON-BOARDER: \$395.00

Includes all noon meals and insurance

ELIGIBILITY:

Open to any and all entrants who, In June of 2011, will be ages 12-18

SITE:

The setting for the Notre Dame Summer Track & Field/Cross Country Camp is the nationally renowned campus of the University of Notre Dame, located on the outskirts of South Bend, Indiana, 90 miles east of Chicago on the Indiana Toll Road. All campers will reside in one of the residence halls normally occupied by undergraduate students of the University. Meals will be served in the North Dining Hall. Many of the nation's finest athletic facilities will be utilized during each camp session.

HIGHLIGHTS:

Campers will be exposed to the latest techniques in the following event areas: Sprints, Hurdles, Jumps, Throws and Distance Running. All athletes will receive a unique combination of individual, field and classroom instruction. Our staff is dedicated to teaching the proper techniques and providing the most up to date information, as well as developing the physical and mental skills necessary to improve the participant's level of performance.

The goal of Cross Country camp is to expose our campers to the education, physical training, and most importantly, motivation that will jump start their season and help them to achieve their goals. The educational components will include injury prevention, strength training, nutrition, cross training, racing and training ideas. The physical training will be designed to enhance the runners' endurance base as they continue their pre-season training. We hope that these, combined with lots of motivation and fun, will lead our campers to success in the fall cross country season and spring track season.

This year's camp will take place on Notre Dame's new track and field facility.

TENTATIVE DAILY SCHEDULE:

7:00am	Wake up
7:30am	Breakfast
9:00am	Morning Training Session
12:00pm	Lunch
2:00pm	Lecture Session
4:00pm	Swimming/Group activity
5:00pm	Dinner
6:30pm	Evening Training Session
8:00pm	Group Activity

APPLICATION PROCEDURE:

All prospective campers must complete the application online by going to www.und.edu and navigating to the "camps" tab. From there you will find a drop down list of all the varsity sports offering camps and you will click your desired sport. Applications will be processed on a first-come, first-served basis until all sessions are filled. Acceptance of a camper will be verified upon receipt of an electronic copy of the camp's confirmation packet. This will be sent automatically to your email address once the application is completely filled out and payment is accepted. If after reviewing the confirmation packet, you have any additional questions, please contact the camp office at ndcamps@nd.edu or (574) 631-8788. There will be a \$25 walk-up fee for any application not received prior to the start of registration.

If a camp has been filled prior to the receipt of a camper's online application, the camp office will offer the opportunity to have the application held on a waiting list.

ROOMMATE REQUEST:

Please keep in mind that we do our best to meet all roommate requests, however, due to the accommodation limitations we cannot always meet every request, and we will be under no obligation to honor requests received less than seven days prior to the start of camp. The majority of our dorms are doubles, but campers could be placed in singles, triples, or quads, depending on the dorm in which the camp is residing. Please know that if a triple or quad is requested, we cannot guarantee that one will be available.

TRANSPORTATION:

For those needing to fly to South Bend, please call Anthony Travel, the Official Travel Partner of Notre Dame, at 1-800-366-3772. Identify yourself as attending the summer sports camps, and their on-campus sports travel professionals will research the most cost-effective flight options for you and provide invaluable consultative advice on traveling to campus.

REGISTRATION & DEPARTURE:

Registration for Track and Field/ Cross Country camp will take place between 3:00pm-4:00pm on July 9th at the D6 parking lot. The parking lot is located on the West end of campus and is adjacent to WNDU News Station on SR 933. Their address may be used for the purpose of MapQuest and GPS devices.

WNDU

54516 Indiana State Route 933

South Bend, IN 46637

Camp will depart at 10:00am on July 13th. Guardians will meet departing campers at their respective dorms, which will be assigned on the day of registration.

REFUND PROCEDURES:

If an accepted application is withdrawn for any reason up until 8 days prior to the start of camp session, you will receive a refund less a \$75 cancellation fee. NO refund will be issued within 1 week of a camp session's start date.