

asures performed on my child's behalf by trained or qualified personnel. I assume full responsibility for all medical expenses incurred as a result of injuries suffered by my child's participation in the Distance Running Camp. My health insurance provider is _____, Group No. _____.

I agree that my child's participation in the Distance Running Camp is strictly voluntary, and that the Camp Directors, Dana Neer, Michael Chastain and Joe Mendelson or their staff, will directly supervise my child. Further, I agree that my child must comply with the requests, directions, and instructions of the individuals offering this Distance Running Camp, and his/her failure to do so may result in his/her removal from the program. I understand that supervised lodging and transportation may be provided while my child is participating in this camp, and that the use of additional training facilities, including weight training and swimming activities, may be provided as well. I further understand that meals, snacks, or refreshments may be provided, and I have listed below any and all items that my child should not be given. No alcoholic beverages or non-prescription drugs are to be brought with the athlete or used by the athlete while at this camp. Any prescription medication for your child must be remain locked in the lock box in the dorm room and only used by your child under the prescription terms.

I hereby release and discharge The Culver Educational Foundation, its agents, students, coaches, employees, representatives, the building and grounds owners, any related entities, and all others from any and all liability, responsibility, loss, damage, costs, claims, and causes of action (including, but not limited to, those for bodily injury, death, and property damage or loss to me and/or my child) arising out of or resulting from my child's use of or presence upon these facilities and/or participation in this camp, specifically including, but not limited to, any and all liability, responsibility, loss, damage, costs, claims, and/or causes of action that arise from or are caused by the negligence or fault of The Culver Educational Foundation, its agents, students, coaches, employees, representatives, the building and grounds owners, any related entities, or other participants in the Distance Running Camp program.

I understand that my child will use many facilities at the Academy including McMillen Athletic Center, Lowenstine Pool, Lake Maxinkuckee, Academy Grounds, as well as wooded trails and area country roads.

I have read the entire Consent and Release Agreement and accept the conditions stated herein as a requirement for my child's participation in this camp.

Camp dates:

June 19-22, 2011

PARENT SIGNATURE _____

PARENT EMAIL _____

PRINTED NAME _____

DATE _____

EMERGENCY # _____

CHILD'S NAME _____

AGE _____

Circle one: Resident camper Commuter

List any food, beverage or medicinal products your child may not have or is allergic to:

Camp information, location, and directions:

The Culver Academies is located in north-central Indiana – 35 miles south of South Bend & 100 miles north of Indianapolis. The Academies' campus is 9 miles west of U.S. 31 on Indiana 10.

Call Dana Neer @ 765-252-7030 or email @ neerd@culver.org

Access www.culver.org for general Academies information & go to the Cross Country web page for camp info.

CAMP FEES

Registration & fee due by June 7, 2011

Resident: \$350.00

Commuter: \$300.00

Returning for a second year? Deduct \$50.00 off the price

For group or team rates, please contact Dana Neer at (765) 252-7030



CULVER ACADEMIES

Distance Running Camp

@ Culver Academies Campus
Culver, IN

June 19 - 22

Camp Mission

Culver Academies Distance Running Camp exists to inspire and teach distance athletes to become faster, better educated and more dedicated to the sports of cross country and track.



Speakers / Coaches / Counselors



Billy Mills
The United States Olympic Champion in the 10,000 Meters at the 1964 Games in Tokyo,

Japan- 28:24 (4:34 mile splits on rain soaked cinder track). First Lieutenant in the United States Marine Corp. Motivational speaker, Humanitarian and Entrepreneur.



Steve Simons, M.D.
Physician for U.S. Olympic T&F Team in 2004

Coaches @ Culver Academies:

Dana Neer, Mike Chastain, Tom Smith

Previous speakers:

Bob Kennedy, Suzy Favor Hamilton, Bob Schul, Dr. Steve Simons, Jacqueline Hansen, Ralph Reiff, Marc Bloom



Who will be at Culver?

- Male & female athletes ages 13-18 (*Must be in Junior High or High School*)
- Distance runners who aspire to learn proper principles of training/racing
- Distance runners who desire to be mentally tough in training and racing
- Distance runners who want to explore all aspects of training to move to the next level

The following is included in your camp fee:

- Sessions with Olympic Athletes and top collegiate runners
- Awesome mentoring from your counselor
- Dorm room stay @ Culver Academies (4 days & 3 nights – room & meals (11))
- Beautiful Lake Maxinkuckee
- Personal gait analysis
- Camp lecture notes
- Climbing Walls
- Trip to the Indiana Dunes
- Canoe Excursion
- Trail runs and training techniques
- Lifelong friendships

Information:

www.culver.org (go to Cross Country)

Camp Direct site:

<http://www.culver.org/images/CSSC-other-camps/culver>

Instruction in:

- physiology of distance running
- running gait
- distance training
- psychological sessions principles
- goal setting principles
- warm-up / cool-down / flexibility
- competitive racing strategies
- nutritional needs
- alternate training
- water running/training
- health issues for runners
- core body training
- injury prevention
- weight training
- plyometrics
- breathing difficulties in runners
- running enhancement drills
- specific athlete issues

Daily Camp Schedule:

7:00 am	Wake up
7:15 am	Morning workout
8:15 am	Breakfast
9:00 – 11:15	Instruction
11:30 am-12:30 pm	Lunch
1:00 pm – 3:30 pm	Instruction/training/fun activity
4:00 pm – 5:30 pm	Afternoon workout
6:00 pm	Dinner
7:00 pm – 9:30 pm	Group activity
10:30 pm	Good Night

Check-in & Registration:

Sunday, June 19 from 10:00 am – 11:30 am at the McMillen Recreation Center lobby

Check out:

7:00 pm on Wednesday, June 22.
Parents are requested to attend the final camp session at 6:00 pm.

Personal items needed:

Bring clothing & foot gear for at least 8 work-out sessions, swimming suit, toiletries, pillow, linens, blanket, towels, washcloths, soap.

Send this page & fee to: (check or money order payable to: Culver Educational Foundation)
Culver Academies Distance Camp
1300 Academy Road #106
Culver, IN 46511-1291

Culver Academies Distance Running Camp Camp Registration – 2011

Sunday - Wednesday (June 19-June 22)

Name _____

School _____

Home address _____

Home phone _____

Email address: _____

Age: _____

Grade in school for 2011-2012: _____

Best performances:

Event	Time
_____	_____
_____	_____
_____	_____
_____	_____

THE CULVER EDUCATIONAL FOUNDATION CONSENT AND RELEASE AGREEMENT Distance Running Camp

In consideration of permission to participate in, or continue participating in, the activities and programs of The Culver Educational Foundation, and to use its facilities, I hereby acknowledge and agree as follows:

I recognize that my child's participation in the Distance Running Camp is with some risk of bodily injury. I accept those risks with full knowledge of the dangers involved, and hereby certify that I know of no physical or medical problems that would increase my child's risk of illness or injury, as a result of participating in the Distance Running Camp.

In the event of an injury or sudden illness, I consent to the administration of first aid and resuscitative mea-