WELCOME PARTICIPANTS
Beginner, intermediate, and advanced boys and girls in junior high school and high school

COST
RESIDENT - $400 [Includes camp instruction, access to facilities, overnight accommodations, and all meals]
COMMUTER - $330 [Includes camp instruction, access to facilities, and lunch & dinner each day]
TEAM RATE - $350 discount offered to 5+ runners from the same school
Discount will be applied post registration when team members have been confirmed
A non-refundable deposit of $50 is included in the registration fee.

REGISTRATION
Visit www.sru.edu/camps under SRU Athletic Camps to register.

ABOUT THE CAMP
The SRU cross-country camp is tailored to meet the ability and conditioning level of each camper. Workouts during the week will challenge the runners and further prepare them for the upcoming cross-country season, including a variety of cross-training activities. Additionally, lecture style sessions will cover topics including: cross-training, strength training, hill running, training methods, racing tactics, running logs/diaries, college athletics, mental fitness, motivation, goal setting, injuries and nutrition.

TESTIMONIALS FROM PREVIOUS YEARS CAMPERS
· “I enjoyed the trail runs the most and having the freedom to make new friends.”
· “I learned better running form and new ways to train for cross country.”
· “My favorite part of the camp was the extra-long run.”
· “My favorite part of camp was the trail running and racing discussions.”
· “I liked running with college athletes and in front of a college coach.”

JULY 28 - AUGUST 1, 2019

INFORMATION
MEDICAL INFORMATION
SRU and the Slippery Rock University Foundation, Inc. do not provide medical insurance for campers. Athletes with special medical problems must notify the camp director. All participants who require medications must register those medications with the camp. SRU staff will not administer medications.

HOUSING
Guests will be housed in the double occupancy residential suites. Each suite is air-conditioned and includes a mini refrigerator and a microwave oven. Each suite features a private bathroom including a shower for every two beds. Campers will have the chance to request (1) roommate during the registration process. A camp chaperone and Resident Assistant will be on site during the duration of the camp.

WHAT TO BRING
Campers should bring an adequate supply of shorts, T-shirts, socks, toiletries, sweat clothes, towels, pillow(s) and linens for a single bed (twin-XL).

INFORMATION/QUESTIONS
For questions regarding camp content or equipment please contact the SRU Track and Field and Cross-Country Office
Phone: 724.738.2798
Email: Coach John Papa at john.papa@sru.edu.
SLIPPERY ROCK UNIVERSITY CROSS COUNTRY CAMP
JULY 28 - AUGUST 1, 2019

INSTRUCTORS
JOHN PAPA, CAMP DIRECTOR
John Papa is the head coach of SRU’s men’s and women’s cross-country and track and field teams. He is a 15-time Pennsylvania State Athletic Conference Coach of the Year and a 15-time Atlantic Region Coach of the Year. Papa-coached teams have won 21 PSAC championships and produced more than 229 individual champions. Papa has guided six of his cross-country teams to qualifying berths at the NCAA Championships during the past 20 years. He has coached 15 individual NCAA All-Americans and 95 Academic All-Americans.

SRU CROSS-COUNTRY TEAM
Members of SRU’s men’s and women’s cross-country teams will serve as counselors and mentors throughout the camp, sharing their experiences as college runners. Various other speakers, coaches and runners will also be on hand to share their knowledge and experience.

*All Slippery Rock University of Pennsylvania camp staff and volunteers are in compliance with FBI & Pennsylvania State Criminal History Background Checks and Child Abuse Protection of Minors requirements.*

SAMPLE SCHEDULE

First Day Schedule
Registration  5:00pm - 6:30pm
Camp Rules/Meeting  6:30pm - 7:00pm
Discussion Session #1  7:00pm - 7:30 p.m.
Running Tour of Campus  7:30pm - 8:30pm
Evening Activities  8:30pm - 10:00pm

Week-day Schedule
Breakfast  7:30am - 8:30am
Discussion Sessions  9:00am - 10:30am
Trail/Campus Running  10:45am - 11:45am
Lunch  12:00pm - 1:00pm
Discussion Sessions  1:30pm - 2:30pm
Teambuilding Activities  2:30pm - 4:30pm
Dinner  5:00pm - 6:00pm
Discussion Sessions  6:30pm - 7:00pm
Fartlek & Hill Running  7:00pm - 8:30pm
Evening Activities  8:30am - 10:00pm

Last Day Schedule
Breakfast  7:30am - 8:30am
Discussion/ SRU Presentation  9:00am - 10:15am
Easy- Warm-Up Run  10:30am - 11:30am
Lunch  12:00pm - 1:00pm
Final Discussion & Movie  1:30pm - 4:30pm
Dinner  5:00pm - 6:00pm
Final Review & Relay Race  6:15pm - 7:15pm (Parents, family, & friends are welcome)
Camp End/ Check-Out  7:00pm - 8:00pm

INFORMATION CONT
For questions regarding registration, payment or general camp questions please contact the Office of Conference Services
Phone: 724.738.2027
Email: conference.services@sru.edu