Camp Director - John Papa
Coach John Papa is the Head Men’s and Women’s Cross Country and Track and Field coach at Slippery Rock University. He is a 15-time Pennsylvania State Athletic Conference Coach of the Year and 15-time Atlantic Region Coach of the Year. Under Papa, teams have won 21 PSAC Championships and produced more than 229 PSAC individual champions. Papa has guided six of his cross country teams to qualifying berths at the NCAA Championships over the past 20 years with a highest place finish of sixth for the men’s team in 1991. He has coached 15 individual NCAA all-Americans and 95 academic all-Americans. Prior to coming to SRU, Papa was a highly successful high school coach. In his three years at the high school level, his girls’ team finished second and third at the Virginia State Cross Country Championships.

SRU Cross Country Team
Members of the Men’s and Women’s SRU cross country teams will serve as counselors and mentors throughout the week. Many of SRU’s top runners will work with the campers and share 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 have passed child abuse and criminal history background checks.**

Directions

From Pittsburgh Area:
Take I-79 North to Exit 105 (Slippery Rock Exit). At the exit, turn left onto Route 108 East (4 miles). Once in the village of Slippery Rock, turn right onto Route 173 South (Main St., first set of lights) and at the university turn left onto Morrow Way.

From Points North:
Take I-79 South to exit 113 (Grove City). Turn left onto Leesburg-Grove City Road and then take first right (at stop light) onto 258 South (Mercer Butler Pike). At the university turn left onto Morrow Way.

From Ohio & Points West:
Take I-80 West to Exit 29 (Barkeyville Exit). At the exit, turn left onto Route 8 South (8 miles). Turn right onto Route 108 West (2 miles). Once in the village of Slippery Rock, turn left onto Route 173 South (Main St., first set of lights) and at the university turn left onto Morrow Way.

From Points East (Turnpike):
Take the Turnpike West to Exit 20 (Cranberry Township). Upon exiting the turnpike, follow Route 19 North towards Zelienople. Stay right on Route 19 and look for signs directing you to I-79 North to Erie. From I-79 North (35 miles), take Exit 105 (Slippery Rock Exit). At the exit, turn left onto Route 108 East (4 miles). Once in the village of Slippery Rock, turn right onto Route 173 South (Main St., first set of lights) and at the university turn left onto Morrow Way.

From Butler Area:
Take Route 8 North to Route 173 North (Old Stone House located at the intersection of Routes 8 & 173). Veer left onto Route 173 North. Follow Route 173 (3 miles); continue on Route 173, at the university turn right (After the Kiestler Rd. intersection) onto Morrow Way.
About the Camp

The Cross Country camp will take place Jul 31 - Aug 4, 2016. All workouts will be tailored to meet the ability and conditioning level of each camper. Workouts during the week will challenge each runner and further prepare them for their upcoming cross country season.

Campers will also engage in various types of cross-training activities and will not be over trained.

Lectures will include cross-training, strength training, hill running, training methods, racing tactics, running logs/diaries, college athletics, mental fitness, motivation, goal setting, injuries and nutrition.

Information

Medical Care
Campers with specific medical problems must notify the camp director and all doctor-prescribed medications must be registered with the camp coordinator.

Housing
Guests will be housed in the residence 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. Registration fees are based on double occupancy.

Things to Know
All campers staying in the residence suites must bring their own bed linens and pillow for a single bed. Commuting campers will be given lunch and dinner Monday-Thursday.

Questions?
For more information, contact the SRU Track and Field and Cross Country Office at 724.738.2798 or e-mail coach John Papa at john.papa@sru.edu or check the Web site at: www.rockathletics.com.

Schedule

TUESDAY
7:30am  Breakfast
9:00am  Discussion - “Cross Training, Core Training, Weight Training”
10:45am  Trail running or campus running
Noon  Lunch
1:30pm  Discussion - “Little Things Make a Big Difference Part 1”
2:00pm  Running videos
3:00pm  Discussion - “Picking the Right Shoe”
5:00pm  Dinner
6:30pm  Discussion - “Review”
7:00pm  Extra long run
9:00pm-10:00pm  Pool swim - Morrow Field House Pool (NOT REQUIRED)
11:00pm  Lights out

WEDNESDAY
7:30am  Breakfast
9:00am  Discussion - “Mental Preparation for Racing and Training”
9:30am  Discussion - “Racing Tactics”
10:15am  Discussion - “Running Injuries” - Morrow Field House
10:00am  Form running, trail running, or campus running
Noon  Lunch
1:30pm  Discussion - “Nutrition for Runners”
2:00pm  Discussion - “Little Things Make a Big Difference Part 2”
2:30pm  Team building activity
5:00pm  Dinner
6:30pm  Discussion - “Review”
7:00pm  Easy running
9:00pm  Camp fire
11:00pm  Lights out

THURSDAY
7:30am  Breakfast
9:00am  Discussion - “College Athletics”
9:45am  Slippery Rock University Presentation - North Hall
10:30am  Final run
Noon  Lunch
1:30pm  Discussion - “Question and Answer”
2:00pm  Movie - Fire on the Track: The Steve Prefontaine Story
5:00pm  Dinner
6:15pm  Final review - Parents welcome at race course (Lower parking lot of Mihalik-Thompson Stadium)
6:45pm  5000m Cross Country Relay Race - family and friends are welcome to participate

**Have your parents pick you up at the race, or have them be at Residence apartment by 7:30pm

Click to Register Now!