ABOUT THE CAMP

The cross-country camp takes place July 29-Aug. 2. All workouts will be 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. Lecture topics 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.

TESTIMONALS FROM LAST YEAR’S 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.”
- “I like the pool and meeting new people.”

COST AND REGISTRATION

- Resident: $400
- Commuter: $330
- Teams: $350 (discount applies to five or more runners from the same school.)

NON-REFUNDABLE DEPOSIT:
A non-refundable deposit of $50 is included in the registration fee. Visit http://www.sru.edu/camps to register

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 University residence halls. Each suite is air-conditioned and includes a mini refrigerator and microwave oven. Each suite features a private bathroom including a shower for every two beds. Registration fees are based on double occupancy.
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.

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). Commuting campers will be provided with lunch and dinner Monday through Thursday.

QUESTIONS?
For more information, contact the SRU Track and Field and Cross-Country Office at 724.738.2798; the Office of Conference Services at 724.738.2027 or conference.services@sru.edu; or email John Papa at john.papa@sru.edu.

SLIPPERY ROCK UNIVERSITY CROSS COUNTRY CAMP
JULY 29-AUG. 2, 2018

All SRU camp staffers have passed child abuse and criminal history background checks.
SCHEDULE

SUNDAY, JULY 29:
5-6:30 p.m.   Introductions/rules/expectations meeting
7 p.m.       Discussion: “What is going to happen this week?”
7:30 p.m.    Easy running tour of campus, stretching, additional running for those that are ready
8:30 p.m.    Team building activity
9-10 p.m.    Optional swim
11 p.m.      Lights out

MONDAY, JULY 30:
7:30 a.m.    Breakfast at Boozel Dining Hall
9 a.m.       Discussion: “Why We Run”
9:45 a.m.    Discussion: “Online Running Journal” and “Running Form”
10:45 a.m.   Practice running form/trail running
Noon        Lunch at Boozel Dining Hall
1:30 p.m.    Discussion, “Goal Setting”
2 p.m.       Discussion, “Start Your Own Journal”
2:30 p.m.    Team building activity
5 p.m.       Dinner at Boozel Dining Hall
6:30 p.m.    Discussion, “Different Types of Running Workouts”
7 p.m.       Fartlek running and hill running
9 p.m.       YouTube Night featuring race videos
11 p.m.      Lights out

TUESDAY, JULY 31:
7:30 a.m.    Breakfast at Boozel Dining Hall
9 a.m.       Discussion, “Cross Training, Core Training, Weight Training”
10:45 a.m.   Trail running or campus running
Noon        Lunch at Boozel Dining Hall
1:30 p.m.    Discussion, “Little Things Make A Big Difference, Part 1”
2 p.m.       Video session
3 p.m.       Discussion, “Picking the Right Shoe”
5 p.m.       Dinner at Boozel Dining Hall
6:30 p.m.    Discussion, “Review”
9-10 p.m.    Optional swim
11 p.m.      Lights out
SCHEDULE cont.

WEDNESDAY, AUG. 1:

7:30 a.m.   Breakfast at Boozel Dining Hall
9 a.m.    Discussion, “Mental Preparation for Racing and Training”
9:30 a.m.   Discussion, “Racing Tactics”
10 a.m.   Form running/trail running or campus running
10:15 a.m.   Discussion, “Running Injuries”
Noon   Lunch at Boozel Dining Hall
1:30 p.m.   Discussion, “Nutrition for Runners”
2 p.m.    Discussion, “Little Things Make a Big Difference, Part 2”
2:30 p.m.   Team building activity
5 p.m.    Dinner at Boozel Dining Hall
6:30 p.m.   Discussion, “Review”
7 p.m.    Easy running
9 p.m.    Campfire
11 p.m.    Lights out

THURSDAY, AUG. 2:

7:30 a.m.   Breakfast at Boozel Dining Hall
9 a.m.    Discussion, “College Athletics”
9:45 a.m.   Presentation from Slippery Rock University
10:30 a.m.   Easy running
Noon   Lunch at Boozel Dining Hall
1:30 p.m.   Discussion, “Question and Answer”
2 p.m.    Movie, “Fire on the Track: The Steve Prefontaine Story”
5 p.m.    Dinner at Boozel Dining Hall
6:15 p.m.   Final review. Parents welcome at race course (lower parking lot at Mihalik-Thompson Stadium)
6:45 p.m.   5000m cross-country relay race (family and friends are welcome to participate)

Parents may pick up campers at the race or at the residence hall by 7:30 p.m.