



**High Altitude Camp**  
August 2-6, 2010



**Distance Carnival**

7:30 p.m. - 10:00 p.m.

Part of the Track & Field Coliseum Championships  
April 22-23, 2011

**Discus & Dogs**

For more information visit [www.suutbirds.com](http://www.suutbirds.com)

**More Great Opportunities From SUU's  
Track & Field/Cross Country Department**

**Fall**

High school cross country invitational, Aug. 28, 2010  
Meet information for girls & boys online at:  
<http://www.suutbirds.com>



**Spring**

High School Coliseum Championships  
April 22-23, 2011  
Meet information for girls & boys online at:  
<http://www.suutbirds.com>



**Southern Utah  
Individual & Team  
Cross Country  
Camps**

August 2-6, 2010

at

Southern Utah University (6,000 feet)  
and  
Brian Head Resort (8,000 - 9,000 feet)



**APPLICATION • Southern Utah  
2010 Cross Country Camp**

Name (please print) \_\_\_\_\_ Home Telephone \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_

Total Summer Miles \_\_\_\_\_

Please note any medical conditions that we should be aware of: \_\_\_\_\_

T-Shirt Size (circle one): XS    S    M    L    XL

**SUU Cross Country Camp**

August 2-6, 2010

**What To Expect**

Understanding of the different methods of training  
Some of the greatest running terrain in the country  
Workshops in running mechanics, nutrition and injury prevention. Activities, etc.

**For More Information, Contact:**

Eric Houle - SUU Head Cross Country/Track  
& Field Coach  
435-559-3147  
houle@suu.edu  
or look for information on the web at:  
www.suutbirds.com

**Cost**

\$350 covers housing, food, activities, transportation to camp runs, workshops and a t-shirt

**SUU's XC/Track Program**

In the last ten years SUU has:

- 36 Conference titles
- 1999 NCAA Men's Mountain Region Champions -  
The only men's team in Utah  
to achieve the feat in last 10 years
- 583 all-conference athletes
- 232 individual conference championships
- 22 conference athletes of the year
  - 25 NCAA national qualifiers
  - 74 NCAA regional qualifiers
- 2006, 4th-place at NCAA regional
- Jess Baumgartner, 3rd at 2006  
NCAA Championship Meet

**Camp Staff**

- SUU Head Coach Eric Houle
- SUU Coach Jeramie Murray
- SUU student-athletes, including Cameron Levins  
(sub four-minute miler)
  - SUU trainers
  - NCAA Representatives

**Camp Itinerary**

August 2

Noon ..... Check-In at Coliseum  
1:00 p.m. .... Lunch  
3:00 p.m. .... Mountain Run  
6:00 p.m. .... Dinner  
8:00 p.m. .... Workshop  
10:30 p.m. .... Lights Out

**Tentative Daily Schedule**

(August 2-6)

5:30 a.m. .... Morning Run  
6:30 a.m. .... Breakfast  
9:00 a.m. .... Activity  
10:30 a.m. .... Free Time  
11:30 a.m. .... Lunch  
1:00 p.m. .... Mountain Run  
6:00 p.m. .... Dinner  
8:00 p.m. .... Workshops\*  
10:30 p.m. .... Lights Out

**Last Day Schedule**

(August 6)

6:30 a.m. .... Breakfast  
6:45 a.m. .... Check Out  
7:30 a.m. .... "Top of the World" Road Race  
11:30 a.m. .... Lunch and Drop Off at Coliseum

**\*Workshops:**

Monday ..... Sports Medicine  
Tuesday ..... NCAA Academic Regulations  
Wednesday ..... Sports Nutrition  
Thursday (9 a.m.) ... Mental Training & Racing