

High Altitude Camp August 2-6, 2010



<u>Distance Carnival</u>

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

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

Fall

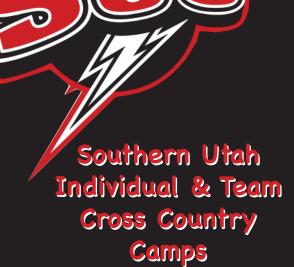
High school cross country invitational, Aug. 28, 2010 Meet information for girls & boys online at: http://www.suutbirds.com



Spring

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





August 2-6, 2010 at Southern Utah University (6,000 feet) and Brian Head Resort (8,000 - 9,000 feet)



		APPLIC 2010	APPLICATION • Southern Utah 2010 Cross Country Camp	outhern U intry Camp	tah		
Name (please print)				Home Telephone	lephone		
Street Address				City		State Z	Zip
School							
Total Summer Miles							
Please note any medical conditions that we should be aware of:	ditions that	we should k	oe aware of:				
T-Shirt Size (circle one):	XS	S	٤	_	∀		

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.mMorning Run
6:30 a.m. Breakfast
9:00 a.m
10:30 a.m Free Time
11:30 a.mLunch
1:00 p.m Mountain Run
6:00 p.m
8:00 p.mWorkshops*
10:30 p.mLights Out

Last Day Schedule

(August 6)

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

*Workshops:

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Monday	Sports	Medicine
Tuesday NCAA Acad	lemic Re	gulations
Wednesday	Sports	Nutrition
Thursday (9 a.m.) Mental 1	Training	& Racing