

Fountain Valley School of Colorado presents the

FVS Summer Cross Country Academy

Aug. 7-9, 2009, for boys and girls grades 6-12
in partnership with Boulder Running Company & The Run S.M.A.R.T. Project

The FVS Cross Country Academy is the perfect end to a summer away from your team and the best way to prepare for the start of the 2009 season. You'll get advice and learn valuable lessons from expert coaches who have a passion for running and working with young athletes. Bring your entire cross country team to build a championship attitude and prepare for success in October. Campers will leave the Cross Country Academy 100% healthy, fit, and eager to begin working with their teams to reach their goals.

Topics To Be Discussed

- Principles of training for distance races
- Strength training geared toward the distance runner
- Drills to improve running economy & efficiency
- Proper shoe selection
- Goal setting
- Altitude training
- Flexibility
- Nutrition for training and racing
- Race day preparation/race strategy
- Injury prevention/injury care



Facilities

Hosted on the beautiful FVS campus, we will stay overnight in dorms and use the miles of soft surface running trails that are conveniently located on the property. The rolling terrain provides an ideal training environment for distance runners. In addition to miles of trails, a brand new track, and an indoor swimming pool, campers will have access to all the first-class amenities that FVS has to offer.



Important Information for Campers

All campers will receive

- Training advice and daily workouts from professional runners and coaches
- **Limited Edition** FVS Cross Country Academy Performance T-shirt
- 2-night stay (for residential campers) in the FVS residence halls
- Daily meals in the acclaimed FVS dining room
- Prizes throughout the weekend
- Scenic Rocky Mountain running, including a trip to Garden of the Gods
- Free transportation to/from Colorado Springs airport

Check-In/Check-Out: Check-in will be held in the gymnasium at Fountain Valley School at 1 p.m. on Friday, Aug. 7. Details and directions will be included in the confirmation packet to be e-mailed or sent after registration is received. Check-out will be from 2-3 pm on Sunday, Aug. 9.

Health Insurance: The parent/guardian's personal or injury insurance policy will be utilized as the primary insurance for the treatment of injuries and hospitalization of illness or injuries incurred during the sports camps.

Cancellations and Refunds: Administrative commitments require a \$75 nonrefundable deposit. Should a camper leave camp due to injury or illness, the camp fee is nonrefundable. If the camp fee is paid in full and an application is withdrawn 14 days or more before the start of camp, you will receive a refund less the \$75 deposit. No refunds will be issued within 14 days prior to the first day of camp.

2009 Camp Staff

Blake Boldon

Sub 4:00 miler
3:59.18
4 top-10 finishes at U.S. Track Champs
Former coach at Iowa State University and Florida State University

Tommy Manning

FVS head cross country coach
8th 2008 U.S. Trail Running Champs
34th 2009 Boston Marathon
Marathon PR 2:26:57

Tommy Neal

6-time high school state champion
Broke two Missouri 1A state records
10k PR 29:59
Half-marathon PR 1:06:41

Kyle Reno

Palmer High School track & cross country coach
Member of University of Colorado, Colorado Springs national-qualifying team

To Register - Fill out the application on the reverse side and send it in with deposit. A camp information packet will then be e-mailed or sent to you.

Visit www.fvs.edu/crosscountryacademy
for more information.

Please contact Blake Boldon with questions at blake@runsmartproject.com or 719.964.4681.

2009 FVS Cross Country Academy Registration

Please fill out the following and return to the address below, along with check or money order.

Participant Name _____

Parent or Guardian Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail Address _____

Home Phone (_____) _____

Cell Phone (_____) _____

Emergency Contact _____

Emergency Contact Phone (_____) _____

Age _____ Gender: M F

Grade _____

Circle Adult Performance T-shirt Size: S M L XL XXL

PAYMENT INFORMATION

_____ Resident Camper - \$275

_____ Commuter Camper - \$150

- _____ Team Discount \$25 (5 or more) Team Name: _____

\$ _____ Amount Enclosed

IMPORTANT INFO FOR PARENTS

Check-in will be at 1 p.m. on Friday, Aug. 7, in the Fountain Valley School of Colorado gymnasium. Directions to campus, a tentative camp schedule, camp rules, a medical release, and a "what to bring" list will be e-mailed or sent as part of the confirmation packet.

Note: A completed and signed release form must be on file to participate. This form will be included in the confirmation mailing and can be turned in any time after you receive confirmation or during check-in. No exceptions will be made. A physician's signature is not required on the medical form if a copy of a recent physical is attached. The physical must be dated within one year of the camp.

Check or Money Order Must Be Payable to **Fountain Valley School**

Return to:

FVS Summer Cross Country Academy

6155 Fountain Valley School Road

Colorado Springs, CO 80911

Questions?

Call Blake Boldon at 719.964.4681 or e-mail blake@runsmartproject.com

THE RUN
S.M.A.R.T.
PROJECT

Builder Kanning Company