

REGISTRATION FORM*

Wartburg College Cross Country Camp
Aug. 1-5, 2010

PLEASE PRINT CLEARLY

Name _____

Phone _____

E-mail _____

Address _____

City _____

State _____

Zip _____

Grade in school, Fall 2010 _____

High school _____

Roommate preference _____

Best cross country time _____

Best mile or 1,500 time _____

Male

Female

Resident camper (live in dorm)

Non-resident camper (commuting from off-campus)

Parent's Release and Indemnity Agreement

To: WARTBURG CROSS COUNTRY CAMP

I hereby request that you accept the application for enrollment of _____ in the 2010 Wartburg Cross Country Camp during the dates set forth in this application and in consideration of your acceptance of the application, hereby release the Board of Regents of Wartburg College and all its employees from all claims on account of any injuries which may be sustained by my child while attending the 2010 Wartburg Camp; and I agree to indemnify the Board of Regents of Wartburg College and its employees for any claim which may hereafter be presented by my child as a result of any such injuries. I also authorize the training staff and medical personnel to treat my child in the event of illness or injury.

Signed (Parent) _____

Date _____

Phone ____/____

Mail this registration form with a \$100 deposit to:

Steve Johnson, Cross Country Camp Director
Wartburg College
100 Wartburg Blvd.
PO Box 1003
Waverly, IA 50677-0903

*Checks payable to
Wartburg College.

Wartburg College's distance-running program is known for producing champions. Missy Buttry and Josh Moen, Class of 2005, are among the elites at the U.S. level.

Buttry won 13 NCAA Division III national championships and two USA championships. She placed eighth in the finals of the 5,000 meters at the 2004 U.S. Olympic Trials and competed on the USA team in the 2004 and 2005 World Cross Country Championships.

Moen, who was not a top runner in high school, won five NCAA Division III national championships.

He placed fifth in the 2004 USA

Fall Cross Country

Championships

among a group

of Olympians

and world

championship

competitors.

Both are now

running

professionally

and have been among

the leaders in several

national and international

competitions.



Top Distance-Running Program in Iowa

- Since 1991, Wartburg distance runners have won more individual and team conference championships than any other Iowa college or university.
- Wartburg has produced more All-Americans, more national qualifiers, and more individual national champions than any other Iowa college or university.
- Since 1991 Wartburg has produced more than 100 distance NCAA All-Americans.

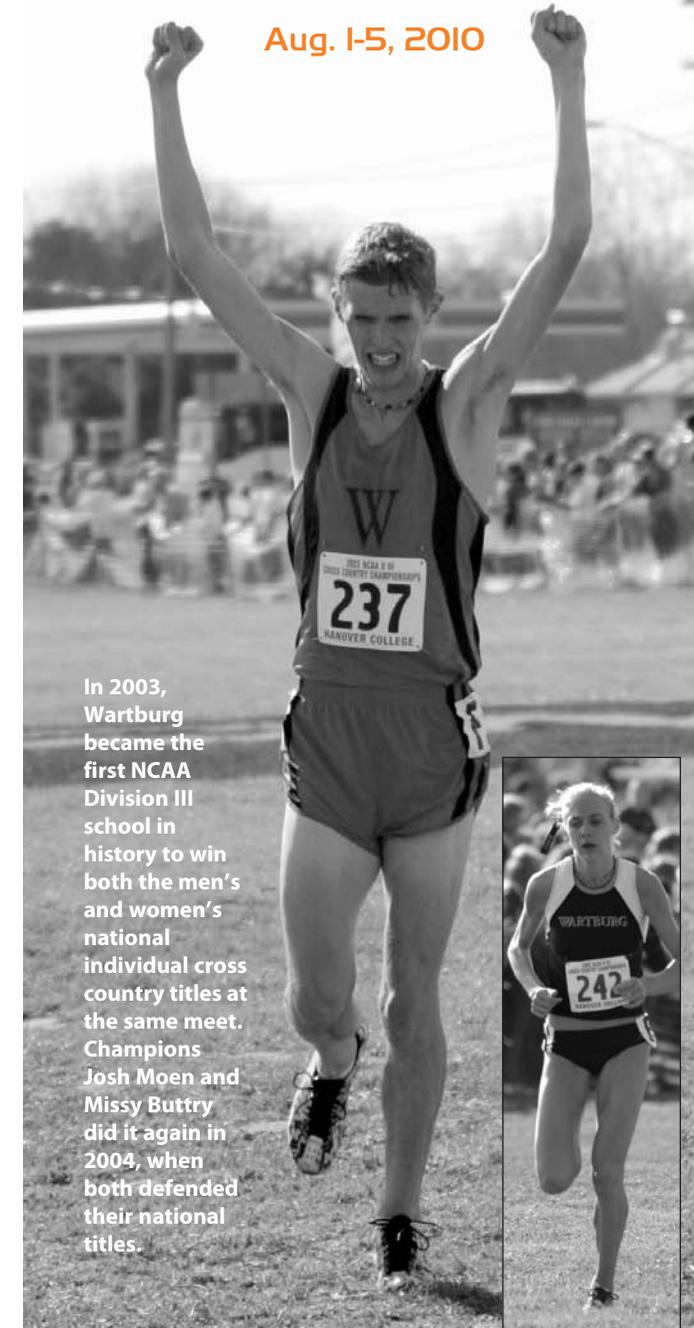
WARTBURG COLLEGE



www.go-knights.net

WARTBURG COLLEGE CROSS COUNTRY CAMP FOR HIGH SCHOOL BOYS AND GIRLS

Aug. 1-5, 2010



In 2003, Wartburg became the first NCAA Division III school in history to win both the men's and women's national individual cross country titles at the same meet. Champions Josh Moen and Missy Buttry did it again in 2004, when both defended their national titles.

CAMP DETAILS

- **Eligibility**
Boys and girls who will be attending high school (grades 9-12) during the fall of 2010 are eligible.
- **Dates**
Sunday, August 1—Check in by 4 p.m.
Thursday, August 5—Check out by 4 p.m.
- **Location**
Wartburg College, Waverly, Iowa
- **Cost**
\$300 for the entire camp. Includes room, board, tuition, T-shirt, and awards. Commuter cost is \$240, which includes everything but overnight housing. A \$100 nonrefundable deposit is required with the application. Registration is required by July 23. Camp is limited to first 100 applicants.
- **Housing**
All participants will be housed in air-conditioned residence halls.
- **Food**
Meals will be provided by the Wartburg Dining Services.

CAMP FORMAT

The Wartburg College Cross Country Camp has become known as one of the top camps in the Midwest. Our goal is to provide a complete and enjoyable experience with a primary emphasis on instruction rather than mileage. All runners will learn about the essential aspects of training and racing that contribute to championship performance. Runners will learn by doing and be active in the learning sessions. Moderate workouts, combined with discussions, demonstrations, video analysis, and individual consultations, will give each person a great chance to have an outstanding 2010 season.

Topics campers will experience include:

- **Racing Strategies**
- **Nutrition**
- **Mental Preparation**
- **Body Composition**
- **Biomechanical Analysis**
- **Goal Setting**
- **Running Physiology**
- **Training Methods**
- **Strength and Flexibility**
- **Injury Prevention**

This experience is designed to give you the opportunity to become the runner you dream of being. Come prepared to work hard, to learn a lot, and to have fun.

CAMP DIRECTOR



Steve Johnson, Head Cross Country and Assistant Track and Field Coach

Completing his 21st year at Wartburg, Coach Johnson has built the Knights into a powerhouse. In the past decade, the men's and women's cross country teams have combined for dozens of invitational team championships and have won 21 of the past 38 conference championships. Wartburg has been represented at the national championships 18 of the past 19 seasons. During the past seven seasons, the women's team has placed third, and the men's team has placed fifth in the nation. The women's team has finished in the top eight teams in the nation seven times. Johnson has been named Iowa Intercollegiate Athletic Conference Coach of the Year 21 times and Central Region Coach of the Year in 1993, 2001, 2002, 2003, 2005, and 2008.

Johnson is an exercise physiology professor at Wartburg. He has worked with several Olympic coaches and athletes. He is an All-American at 1,500 meters and was a four-time national championship competitor in college.

SPECIAL CAMP CLINICIANS

Marcus Newsom, Head Track Coach

Coach Newsom, the 2009 USTFCCA Division III indoor and outdoor women's track and field National Coach of the Year, has led the Knights track teams to a combined 36 indoor and outdoor conference championships since 1998. The women's program won the outdoor national championships in 2005 and 2009, and the indoor national championships in 2009, and is a consistent national contender. The men's program ended an all-time best fifth at the 2008 outdoor nationals and has been in the top 20 at indoor nationals three times.

Dion Braet, T.J. Craig, Pat Hennes

These highly successful coaches and clinicians are high school or college cross country and track coaches and have worked at Wartburg Cross Country Camps for the past several years. All are former Wartburg College runners and have many conference championships, national-qualifying and All-American honors.

All clinicians and counselors will share a tremendous amount of personal and competitive experience, take time to get to know each camper, and lead many fun activities. Our goal is to help YOU become the runner you dream of being.

Current Wartburg runners will serve as counselors and speakers at the camp.

GENERAL INFORMATION

■ What should I bring?

Each runner should bring a minimum of two sets of running clothes and two pairs of running shoes, casual clothes, swimsuit, and personal items. Linens are not provided. Spikes or flats can be used in the time predict run at the conclusion of the camp.

■ How much money do I need?

Need for spending money is limited. All necessary expenses are included in the camp fee.

■ Do I need insurance?

All runners are covered by a group liability insurance policy provided by the camp. Campers must supply their own health insurance.

■ What medical attention is available?

The Wartburg College athletic training facility and staff are available. Physicians and the area hospital are only blocks from campus in case of emergency.

■ Can I receive mail?

Letters from home can be sent to the college care of Cross Country Camp and will be delivered to the campers each day.

■ What about supervision?

All runners will stay on campus and will be supervised by camp counselors. No one is permitted to leave campus without the permission of the camp director.

■ For more information, contact:

Steve Johnson
Cross Country Camp Director
Wartburg College
100 Wartburg Blvd.
PO Box 1003
Waverly, IA 50677-0903
319-352-8292
E-mail: steven.johnson@wartburg.edu

Wartburg has competed in the National Cross Country Championships 18 of the past 19 seasons. The women's program has placed in the top four of the nation four times since 1991 and has qualified for the national meet 10 of the past 11 years. The men's program has won eight of the last 12 Iowa Conference championships and has been at the national championships for 10 of the past 11 seasons.

