

IMPORTANT INFORMATION

Gifts: Each camper will receive a pair of Nike Waffle cross country spikes in addition to a Nike Dri-Fit Camp shirt. You are encouraged to register early as both weeks will be limited to 85 campers. To receive the Nike Waffle XC Spike you must register and pay in full by May 31st. Nike will be on site to show off new products to enhance the camp experience.

Costs:

\$325 – Individuals

\$310 – Team – (Consist of 5 or more athletes from same team)

\$150 Coach – (with 5 athletes)

Free Coach w/ 10 athletes

(Teams of 10 or more must have coach attend and provide transportation)

Registration: \$100 Deposit due May 31st
Remaining Balance Due June 30th
Deposit is non-refundable

Skill: Athletes will be put into groups based on current fitness. Please come to camp with some basic fitness. The camp is meant to progress your training towards the beginning of your season not start your training. Counselors will be current Bryan College Track & Field / Cross Country athletes.

CONTACT INFORMATION

Please mail registration form to:

Rodney Stoker

Bryan College Box 7803

721 Bryan Drive

Dayton, TN 37321

Office (423) 775-7584 / Cell (423) 432-7469

Email rodney.stoker@bryan.edu



Cross Country Camp
Bryan College Box 7803
721 Bryan Drive
Dayton, TN 37321

BRYAN COLLEGE CROSS COUNTRY CAMP AT FORT BLUFF



FORT BLUFF

Camp One
July 18-23, 2011

Camp Two
July 25-30, 2011

Ages 12 - 18 Years

www.bryanlions.com

CAMP DIRECTOR

Rodney Stoker is in his sixth year as Bryan College's Head Coach for men's and women's cross country, and his fifth year with the track and field program. In 2007, 2009, and 2010 Coach Stoker was named the AAC Men's Cross Country Coach of the Year as his team won the AAC Championship those three years. His teams have produced 8 NAIA All-Americans and 61 All-Conference awards along the way.



Coach Stoker graduated from the University of Tennessee at Chattanooga in the spring of 2000. As a Moc, he won two Southern Conference titles, and helped Chattanooga win the South Regional in 1998 to advance to the NCAA National Championships. He received a degree in exercise science from Chattanooga in 2000. Coach Stoker acquired his USATF Level I certification in February of 2006.

CAMP AMMENITIES

There is plenty of room for fun at Fort Bluff with miniature golf, 150-foot water slide, the blob and iceberg at the lake, swimming, volleyball, ultimate frisbee, disc golf and more. Trivia night, movie night and a board game tournament are always a great time.

You will stay inside air conditioned bunk style dorms. Camp includes three meals a day and an evening snack. For more information contact

Rodney Stoker

423-432-7469 • rodney.stoker@bryan.edu



CAMP EMPHASIS

Bryan College will host a cross country camp open to ages 12-18 at Fort Bluff Camp located 6 miles from the main campus in Dayton, Tennessee. Come as an individual or with your team to prepare for the 2011 cross country season. The camp will focus instruction on running workouts, strength training including dynamic warm-ups and plyometrics, pool workouts, racing tactics, nutrition, goal setting, and the mental approach to the sport.



TYPICAL DAILY SCHEDULE

- 7:30 am – Morning Session – Warmup & Run
- 8:45 am – Breakfast
- 9:45 am – Educational Session – Nutrition/Recovery
- 10:15-10:30 – Break
- 11:30 am – Lunch
- 12:30 pm – Quiet Time – Coach's Education Session
- 1:45 pm – Goal Setting Session
- 3:00 pm – Evening Session – 2ndRun/Core/Pool Work
- 4:00 pm – Pool/Water Slide/Beach Volleyball
- 6:00 pm – Dinner
- 7:30 pm – Team Activity
- 9:00 pm – Canteen
- 9:30 pm – Devotional
- 9:50 am – Lights Out



REGISTRATION FORM

(please print)

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Age _____ Grade (Fall of 2011) _____

T-Shirt Size _____ Shoe Size _____

Medical Alerts _____

Payment: Individual \$325.00 Team (5+) \$310.00
Coach (with 5) \$150.00

Attending: Camp 1 _____ Camp 2 _____
(July 18-23) (July 25-30)

Cash _____ Check _____ (payable to Rodney Stoker)

Parent/Guardian Consent:

I hereby release **Rodney Stoker, Bryan College, Fort Bluff Camp, and camp staff members** from any and all liability for any kind of personal injury or property damage due to participation in this camp. I certify that my child/ward is in good health and is able to participate in all activities.

If any attention is required for illness or injury, I authorize a camp or facility staff member to obtain immediate medical care and give consent to the hospitalization of, or performance of necessary testing, surgery or administration of drugs to the child/ward above, in the event that a parent/guardian cannot be contacted.

I give consent for my child to be photographed and/or videotaped and for those images to be used for promotional materials.

Parent/Guardian Signature

Date _____

Insurance Carrier _____

Policy # _____