

Bryan College Cross Country Camp July 27-30, 2015

The Bryan College Cross Country Camp provides male and female campers aged 12 to 18 with an educational and motivational experience as they prepare for their upcoming cross country season. The focus of the camp is to provide appropriate training, based on the individual's current fitness level, as well as group and individual instruction that will lead to new levels of success. Bryan College Cross Country Camp is held at Fort Bluff.*

Typical Camp Schedule

7:30am Morning Session (Run)
9:00am Breakfast
10:00am Educational Session
12:00pm Lunch
12:30pm Quiet Time
2:00pm Free Time
3:30pm Afternoon Session (Core, Pool, etc.)
5:30pm Dinner
7:00pm Activity
9:00pm Canteen / Devotional
10:00pm Lights Out

Camp Dates

Camp will run from Monday, July 27th to Thursday, July 30th

Check In: Monday 2:00 to 4:00pm

Check Out: Thursday 11:00am



Educational Sessions for Campers and Coaches

Range from hands on learning with core, drills, mechanics, warm-up routines, flexibility, functional strength and circuit training, as well as the importance of sleep and nutrition.

Facilities

Fort Bluff is located seven miles from the Bryan campus atop Dayton Mountain. The Bluff has 68 acres to explore while training on the campus. Runs will also take place on the soft shady trails of Cumberland Plateau.

Activities

Campers will enjoy many activities during their time on the mountain including: Miniature Golf, Olympic Size Swimming Pool, The Blob and Iceberg at the Lake, GaGa Ball, Ultimate Frisbee, Disc Golf, and much more.

Camp Registration

\$325 - Residential Camper (Includes three meals a day, housing, activities and Nike Dri-Fit camp shirt)

\$300 if registered and CHECK RECIEVED by May 22nd

\$275 – Coaches** (Includes three meals a day, housing and Nike Dri-Fit camp shirt)

\$100 non-refundable deposit due July 10, 2015 – Remaining balance due when you arrive at camp

Make checks payable to **Bryan College Cross Country**

Mail checks to:

**721 Bryan Drive
Box 7803
Attn: Josh Bradley
Dayton, TN 37321**

For a registration form and more information on the Bryan College Cross Country Camp please contact Lion's head coach Josh Bradley:
josh.bradley@bryan.edu 423-313-1510 (cell)

*Fort Bluff Camp

370 Fort Bluff Camp Rd, Dayton, TN 37321

www.fortbluff.com

423-775-0488

**Coaches are NOT REQUIRED to attend camp with athletes