

Health & Liability Form

Camper's Name _____

Parent/Guardian Name _____

Street Address _____

City/State/Zip _____

Camper's Home Phone _____ Parent/Guardian Business Phone _____

→List any physical conditions that the SuperCamps Staff or a physician should be aware of (i.e., allergies, reoccurring illnesses, disabilities, chronic illnesses, etc.) _____

→In case of injury, I understand that I will be contacted during the child's examination in the emergency department. If I am not available, please contact:

Name: _____ Phone: _____

Family Physician: _____ Phone: _____

→In the event that I am unavailable for purposes of providing parental consent, I hereby authorize the SuperCamps & SuperClinics staff at the host facility, or a physician to provide such hospital care that includes routine diagnostic procedures and medical treatment as necessary for my child.

I understand that the consent and authorization granted herein does not include major surgical procedures and is valid only during the SuperCamp for which my child is registered.

→I understand that neither SuperCamps & SuperClinics nor the host facility provides medical insurance for campers, and that in the event of injury requiring treatment, hospitalization, and/or surgery, our family medical insurance must be used, and I further represent that such insurance will be in effect during my child's camp stay.

→I agree to assume full responsibility for any damages to property as a result of my child's actions while at camp. I further agree to reimburse the host facility for said damages.

→I hereby waive and release SuperCamps & SuperClinics and the host facility from any and all liability for any injuries incurred by my child while attending camp.

→I understand that my child is not to have a car on campus, and I have verified this with my son/daughter. Failure to comply will result in dismissal from camp.

→I have read and accept the earlybird discount program and refund policy within.

Parent or Guardian Signature _____

Date _____

Things to Know

MEDICAL INSURANCE

SuperCamps & SuperClinics
does not provide medical insurance for campers!

In the event of illness or injury requiring treatment, hospitalization, and/or surgery, family medical insurance must be used. SuperCamps & SuperClinics strongly recommends that camp participants be covered by personal/family insurance. Insurance information must be provided on the attached registration/health form. The signature of a parent or guardian granting permission to administer medical attention, if necessary, is required on the registration form. Medical care is provided by EMT's and certified athletic trainers, and care is available during the camp sessions and in the residence hall areas in the evening and at night. Medical emergencies are referred to the Health Center at the host facility or to area hospitals if necessary.

REGISTRATION

1) Complete the enclosed registration form. **BE SURE TO COMPLETE BOTH SIDES, INCLUDING THE REQUIRED HEALTH AREAS!** Send your registration to:

SuperCamps, PO Box 541,
Canandaigua, NY 14424.

2) A non-refundable deposit must be enclosed with your registration. Full payment must be received two weeks prior to camp start or SuperCamps has the right to go to its waiting list. **A \$25.00 late fee will be charged for all new registrations and final payments received late. There will be **NO EXCEPTIONS** to this policy. Please forward final payments and/or applications in a timely fashion. Thank you.

EARLYBIRD DISCOUNTS

• If applications/paid in full amounts of four or more participants from one team/school are submitted together in one envelope by May 1st, 2017, a total of \$20.00 per person may be taken!

REFUNDS

• Refunds will be given for medical reasons only! Upon receipt of a doctor's note, the participant will be given full credit toward a future SuperCamp or SuperClinic.

OTHER

- Upon receipt of your application, a confirmation letter will be mailed out containing detailed information regarding directions, what to bring, registration/pick-up times, etc.
- Make checks payable to:

SuperCamps & SuperClinics

PLEASE REMEMBER!

Enrollment is **LIMITED**, and registrations will be accepted on a "first-come/first-served" basis!

Don't delay! – Mail today!

Questions? ... Call Coach Guy at (585) 478-7111.
rguy2@rochester.rr.com

SuperCamps and SuperClinics

presents...

2017



Distance Running SuperCamp

at Roberts Wesleyan College

Rochester, New York
July 18th - July 21st

Open to Boys and Girls

Current Grades 6th - 11th

PARENTS

Do you desire a camp that provides a positive, well-rounded experience for your child? Do you insist on a safe environment, and experienced staff and quality supervision during your child's stay? Would you like all of this at a reasonable rate?

Our SUPERCAMP is all of this and more!

We Teach Skills!

SuperCamps is a comprehensive skills camp teaching distance running skills by caring, motivational and successful coaches.

At SuperCamps, Fundamentals are...FUNDAMENTAL!

Let our experience be your guide!

Runners will leave the camp with a holistic approach to distance running training including a comprehensive injury prevention program.

www.supercampsandsuperclinics.com

(Additional brochures available on-line!)

WHAT IS THE SuperCamp DIFFERENCE??...

Our staff has been carefully selected and includes some of the best running coaches in the area. They are here to *TEACH* and make you a better runner.

About the Camp:

The Distance Running SuperCamp is held on the beautiful campus at Roberts Wesleyan College in Rochester, NY. Air conditioned dining facilities, spacious residence style housing and fitness/weight training facilities enhance this Distance Running SuperCamp. Quality Instruction along with 24-7 supervision make this an EXCELLENT Camp. EARLY BIRD and TEAM DISCOUNTS also available!

If your goal is to take your running to the next level, it all starts here:

1. What do you do as a runner when no one is watching?
2. Are you willing to do the little things to make yourself the best runner you can be?
3. Can you develop the "GRIT" to be a great runner?
4. Can you train consistently/live like a clock?

Camp Areas of Focus:

- Race Tactics
- Plyometrics
- Form Drills
- Core Training
- Static Stretching
- Dynamic Flexibility
- Myofascial Release
- Weight Training
- Cross-Training
- Proper Warm-up and Cool-down
- Nutrition
- Long-term Development
- Anerobic Threshold Training
- Speed Development
- The Science of Distance Running

Typical Day

7:00 - 7:45	Breakfast
8:00 - 8:30	Room Time / Assigned Cleaning
8:30 - 11:45	Morning Run and Auxiliary Training
11:45 - 12:45	Lunch
12:45 - 1:45	Free Time
2:00 - 5:30	Special Instruction and Guided Practice
5:45 - 6:30	Dinner
6:30 - 7:30	Shower / Free Time
7:30 - 9:00	Speakers / Clinics
9:00 - 10:15	Group Activities
10:15 - 11:00	Room Time

WHAT MAKES A GREAT DISTANCE RUNNING CAMP? THE COACHING STAFF

CAMP DIRECTORS

Andrew and Jennifer Dorr

Coaches Andrew and Jennifer Dorr have been coaching together at Roberts Wesleyan College since 2008. Since then, the men's and women's programs have experienced growth and success. The women's cross country team is unbeaten in conference championship meets since 2011 and the men are unbeaten since 2013. In addition, the women's team won the National Christian College (NCCAA) Championships in 2013 and 2014, while the men finished fourth and second in 2013 and 2015, respectively. Of special note, the women's cross country team has now qualified for the NCAA Division II National Championships the past three years. Their best finish at the national championships is 9th place. The men qualified for the NCAA DII National Championships in 2014 and have finished top-6 in the NCAA East Region the past two years.

The Dorr's have established a culture of running at Roberts: one where training is a lifestyle, not an exercise session. They emphasize long-term athletic development, injury prevention, and balance in training and life. Their passion is in guiding every runner to a higher level of success, no matter his or her talent or background.

They look forward to helping young runners lay down a foundation for the future, so that they can be successful in their competitive running years and healthy through adulthood.

ADDITIONAL GUEST CLINICIANS AND STAFF INFORMATION CAN BE FOUND ON OUR WEBSITE AT: www.supercampsandsuperclinics.com

LIMITED ENROLLMENT

Enrollment is limited to 140 athletes, not the 300+ that some camps try to fit into a week. This ensures that each camper will receive the INDIVIDUAL ASSISTANCE he/she deserves. Our emphasis is on TEACHING the fundamentals of running and developing the SKILLS necessary for our athletes to excel. We believe the QUANTITY of athletes in attendance is not nearly as important as the QUALITY of the instruction they receive.

EACH CAMPER RECEIVES ...

- ✓ Free SuperCamp T-SHIRT!
- ✓ Free Personal Water Bottle!
- ✓ Quality Individual & Group Instruction!

CAMPER REGISTRATION FORM

Camper's Name _____

Circle One: Male Female

School Name _____

School Address _____

Camper's Age _____

Coach's Name _____

Coach's Home Phone _____

Camper's Email Address _____

Your Grade in School as of May 1, 2017
Grade _____

Please check the SuperCamp You Wish To Attend, and indicate payment below

DISTANCE RUNNING CAMP 2017	Check One Below	Full Payment	Deposit
July 18th - July 21st	Basic Fees (If paid in full by July 15th)		
Roberts Wesleyan College	Resident Camper	___ \$375	___ \$150
	Commuter	___ \$175	___ \$150

(for office use only)

F P
___ / ___ / ___

Check #: _____
Total Amount Remitted: _____

PLEASE NOTE: This form may be photocopied for other teammates. Upon receipt of your Registration/Health Form, a confirmation will be sent to you. Please keep the other half of this form, which contains additional information for campers. You will receive additional information and details from your coach.

T-Shirt Size ...

(Circle One!) Small Medium Large X-Large

Roommate Request

(One name only) _____

Make checks payable to:

SuperCamps & SuperClinics

Send completed (both sides!) registration form, along with payment to:

**SuperCamps & SuperClinics,
PO Box 541, Canandaigua, NY 14424.**