

**THE CULVER EDUCATIONAL FOUNDATION
CONSENT AND RELEASE AGREEMENT
Distance Running Camp**

In consideration of permission to participate in, or continue participating in, the activities and programs of The Culver Educational Foundation, and to use its facilities, I hereby acknowledge and agree as follows:

I recognize that my child's participation in the Distance Running Camp is with some risk of bodily injury. I accept those risks with full knowledge of the dangers involved, and hereby certify that I know of no physical or medical problems that would increase my child's risk of illness or injury, as a result of participating in the Distance Running Camp.

In the event of an injury or sudden illness, I consent to the administration of first aid and resuscitative measures performed on my child's behalf by trained or qualified personnel. I assume full responsibility for all medical expenses incurred as a result of injuries suffered by my child's participation in the Distance Running Camp. My health insurance provider is _____, Group No. _____.

I agree that my child's participation in the Distance Running Camp is strictly voluntary, and that the Camp Directors, Dana Neer, Michael Chastain and Joe Mendelson or their staff, will directly supervise my child. Further, I agree that my child must comply with the requests, directions, and instructions of the individuals offering this Distance Running Camp, and his/her failure to do so may result in his/her removal from the program. I understand that supervised lodging and transportation may be provided while my child is participating in this camp, and that the use of additional training facilities, including weight training and swimming activities, may be provided as well. I further understand that meals, snacks, or refreshments may be provided, and I have listed below any and all items that my child should not be given. No alcoholic beverages or non-prescription drugs are to be brought with the athlete or used by the athlete while at this camp. Any prescription medication for your child must be remain locked in the lock box in the dorm room and only used by your child under the prescription terms.

I hereby release and discharge The Culver Educational Foundation, its agents, students, coaches, employees, representatives, the building and grounds owners, any related entities, and all others from any and all liability, responsibility, loss, damage, costs, claims, and causes of action (including, but not limited to, those for bodily injury, death, and property damage or loss to me and/or my child) arising out of or resulting from my child's use of or presence upon these facilities and/or participation in this camp, specifically including, but not limited to, any and all liability, responsibility, loss, damage, costs, claims, and/or causes of action that arise from or are caused by the negligence or fault of The Culver Educational Foundation, its agents, students, coaches, employees, representatives, the building and grounds owners, any related entities, or other participants in the Distance Running Camp program.

I understand that my child will use many facilities at the Academy including McMillen Athletic Center, Lowenstine Pool, Lake Maxinkuckee, Academy Grounds, as well as wooded trails and area country roads.

I have read the entire Consent and Release Agreement and accept the conditions stated herein as a requirement for my child's participation in this camp.

Camp dates: June 17-20, 2012

PARENT SIGNATURE _____

PARENT EMAIL _____

PRINTED NAME _____

DATE _____

EMERGENCY # _____

CHILD'S NAME _____ AGE _____

<p>Circle One:</p> <p>Resident camper</p> <p>Commuter</p>

List any food, beverage or medicinal products your child may not have or is allergic to:

**Camp information, location,
and directions:**

The Culver Academies is located in north-central Indiana – 35 miles south of South Bend & 100 miles north of Indianapolis. The Academies' campus is 10 miles west of U.S. 31 on Indiana 10.

Call Dana Neer @ 765-252-7030 or email @ neerd@culver.org

Access www.culver.org for general Academies information & go to the Cross Country web page for camp info.

CAMP FEES

Registration & fee due by June 5, 2012

Resident: \$350.00

Commuter: \$300.00

Returning for a second year? Deduct \$50.00 off the price

For group or team rates, please contact Dana Neer at (765) 252-7030



CULVER ACADEMIES

Distance Running Camp

@ Culver Academies Campus
Culver, IN

June 17 - 20
2012

Camp Mission

Culver Academies Distance Running Camp exists to inspire and teach distance athletes to become faster, better educated and more dedicated to the sports of cross country and track.



Speakers / Coaches / Counselors

Frank Shorter



Yale Graduate, Florida College of Law-Doctorate Degree. NCAA 10,000 Meter Champion, 4 time US National Cross Country Champion. 5 time US Champion 10,000 Meters. 1972 Olympic Gold Medalist, 1976 Olympic Silver Medalist- Marathon and Member of the USA and Olympic Hall Of Fame.

Jacqueline Hansen



Cal State Univ./Masters Loyola Marymount. Former world record holder marathon. NCAA mile champion. 1984 Olympic Marathon qualifier. Hall of Fame member. Women's running pioneer, coach, athletic director and civil rights activist.

Alex Banfich



8 time Indiana State Champion- Cross Country (3 times) 3200 Meters (3 times) 1600 Meters (2 times). All- American Track & Field and Cross Country, 5th place finish at 2011 NCAA Cross Country Championships. Princeton University.

Waverly Neer



3 Time Indiana High School State Champion. State Record Holder 3200 Meters, State Record Holder 1600 Meters, National Record Holder 5,000 Meters. All- American 2011 NCAA Cross Country. Columbia University.

Dedicated Camp Staff Including:

Camp Founder, Coach Joe Mendelson.

Camp Director Dana Neer,

Assistant Director Kyle Walsh (Terre Haute South)

Coach Mike Chastain (Culver Academies)

Annina Gruber (IPFW) Conner Martin (High School All-

American, Westfield HS and Princeton University) Michael

Marley (Westfield) Jordan Ousley (Western) Mark Smith

(Caston)

Who will be at Culver?

- Male & female athletes ages 13-18 (*Must be in Junior High or High School*)
- Distance runners who aspire to learn proper principles of training/racing
- Distance runners who desire to be mentally tough in training and racing
- Distance runners who want to explore all aspects of training to move to the next level

The following is included in your camp fee:

- Sessions with Olympic Athletes and top collegiate runners
- Awesome mentoring from your counselor
- Dorm room stay @ Culver Academies (4 days & 3 nights – room & meals (11)
- Beautiful Lake Maxinkuckee
- Personal gait analysis
- Camp lecture notes
- Rope Courses
- Trip to the Indiana Dunes
- Sailing Excursion
- Trail runs and training techniques
- Lifelong friendships

COACHES AND ADULT RUNNERS:

We welcome you to spend an evening with Frank Shorter as he shares his Olympic experience and answer your questions on Tuesday night, June 19th. We will serve refreshments on the lake - all Complimentary. Simply email your reservation to neerd@culver.org



Information:

www.culver.org (go to Cross Country)



Instruction in:

- physiology of distance running
- running gait
- distance training
- psychological sessions principles
- goal setting principles
- warm-up / cool-down / flexibility
- competitive racing strategies
- nutritional needs
- alternate training
- water running/training
- health issues for runners
- core body training
- injury prevention
- weight training
- plyometrics
- breathing difficulties in runners
- running enhancement drills
- specific athlete issues

Daily Camp Schedule:

7:00 am	Wake up
7:15 am	Morning workout
8:15 am	Breakfast
9:00 – 11:15	Instruction
11:30 am-12:30 pm	Lunch
1:00 pm – 3:30 pm	Instruction/training/fun activity
4:00 pm – 5:30 pm	Afternoon workout
6:00 pm	Dinner
7:00 pm – 9:30 pm	Group activity
10:30 pm	Good Night

Check-in & Registration:

Sunday, June 17 from 10:00 am – 11:30 am at the McMillen Recreation Center lobby

Check out:

7:00 pm on Wednesday, June 20.

Parents are requested to attend the final camp session at 6:00 pm.

Personal items needed:

Bring clothing & foot gear for at least 8 work-out sessions, swimming suit, toiletries, pillow, linens, blanket, towels, washcloths, soap.

Send this page & fee to: check or money order payable to :

Culver Educational Foundation
Culver Academies Distance Camp
Attn: Dana Neer
1300 Academy Road # 88
Culver, IN 46511-1291

Culver Academies Distance Running Camp Camp Registration – 2012 Sunday - Wednesday (June 17-June 20)

Name _____

School _____

Home address _____

Home phone _____

Email address: _____

Age: _____

Grade in school for 2012-2013: _____

Roommate choice _____

Best performances:

Event	Time
_____	_____
_____	_____
_____	_____
_____	_____

