

Franklin Pierce University

Rindge, NH

Tuesday, July 29th to
Saturday, August 2nd



- *COLLEGIATE LEVEL TRAINING*
- *ELITE GUEST SPEAKERS & COACHES*
- *COLLEGE FACILITIES*
- *ENDLESS TRAILS*
- *RUNNING GAIT ANALYSIS*
- *HEALTH & RUNNING EXPO*
- *NCAA ELIGIBILITY WORKSHOP*
- *PROFESSIONALLY PREPARED MEALS*
- *YOGA CLASSES*
- *SWIMMING BEACH*
- *TEAM GAMES*
- *TOURNAMENTS*
- *FREE SHIRT & BAG*

Raven Strong Running Camp



Name: _____
Address: _____
City: _____ Zip Code: _____
State: _____
Home Phone: _____
Cell Phone: _____
Email: _____
Age: _____ Date of Birth: _____
Grade Entering: _____
School: _____
Person paying: _____
Address if different: _____

By submitting this application, I affirm that I have read and agree to the cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize Franklin Pierce University to charge my credit card (if applicable).
Signature: _____

Gender: M F
T-Shirt size: XS S M L XL XXL
Medical Conditions (allergies, medications, illnesses, injuries, etc.): _____
Emergency Contact Name: _____
Relationship to Camper: _____
Phone: _____

The above-named camper has my permission to participate in the camp program above. In case of emergency, I understand every attempt will be made to contact the person(s) above. If contact is unsuccessful, I give my permission to the lending physician to render medical treatment to the participant, including (if necessary) hospitalization. Any expense arising from injury or illness is the responsibility of the person signing below.

Emergency Contact Signature: _____
*Insurance Company: _____
Policy Number: _____
*Application will not be processed without proper insurance information.

MAIL TO: *Franklin Pierce University, Track and Field Office, 40 University Drive, Rindge, NH 03461.* All athletes and staff members agree to allow Franklin Pierce University to use their likeness in any future publications.

PAYMENT TERMS: A \$100 non-refundable deposit made out to "Franklin Pierce University Track and Field" must accompany this registration form in order for it to be processed. Cash, personal checks, money orders, Mastercard, Visa, or Discover Cards are accepted. Tuition fee must be made before the start of camp. Only cash and personal checks will be accepted after Friday, July 18th. Credit Card Information (Circle One): Mastercard/Visa Discover

Name as it appears on card: _____ Credit Card Number: _____
Expiration Date (month/year): _____ Three Digit Security Code: _____
Signature: _____

ROOMMATE REQUEST: _____

BOTH roommates must request each other in order to room together during the camp.

Camp Facts

Ages: Students entering 8th grade to students entering 12th grade

Tuition: Register before **May 1st** = \$250.00

Register before **July 1st** = \$300.00

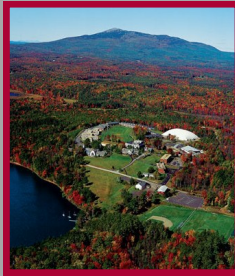
Register before **July 21st** = \$350.00

Food Service: Healthy, cafeteria meals will be professionally provided by Sodexo and are included in the cost of tuition. Special diets can be accommodated upon request.

Accommodations: Campers will stay in traditional dorms—included in the cost of tuition.

What to bring: Sleeping bag, pillows, personal items (soap/shampoo, toothbrush/toothpaste, etc), running gear (plus rain gear), two (2) pairs of running sneakers, bathing suits, towel, sunscreen.

Find us on Facebook or follow us on Twitter @RavenStrongCamp



Gates Farm Championship XC Course

Franklin Pierce University has been selected to host the NE-10 Cross Country Championships in Fall of 2014? Our Gates Farm Championship Cross Country Course is home to the annual Bruce Kirsh CC Cup, known to challenge countless strong collegiate and high school legs each fall. Experience for yourself what all the HYPE is about! Run through some of the most magical trails New Hampshire has to offer. With its gut-measuring up hills and flying down hills, Gates Farm is known as one of the most challenging and rewarding cross country courses in the Northeast.



#RavenStrong Running Camp



Are you looking for a way to get the most out of your running this summer? **RavenStrong Running Camp (RSRC)** is your answer!!!

Strategically located in beautiful Rindge, New Hampshire under the shadow of the mighty Mount Monadnock, **RSRC** is established on Franklin Pierce University's gorgeous, rural campus. With picturesque lakeside views & majestic dirt/grass trails, **RSRC** provides the most sought-after atmosphere for runners of all ages & abilities to maximize their efforts. Benefit from Franklin Pierce University's phenomenal facilities that has established an incredible tradition of countless successful athletic teams, including their top-25 nationally ranked Cross Country & Track & Field teams. Run, train, & speak with some of the best distance runners & coaches in the Northeast!

Breakout sessions & team building activities will focus on sharpening leadership skills that will allow our campers to better contribute to the success of their cross country/track teams immediately!

Campers will also partake in NCAA Eligibility workshops & college prep courses, Frisbee tournaments, sand volleyball, yoga, & unique beach outings on our Pearly Pond waterfront. Enjoy listening to new guest speakers daily, designed to engage & inspire. At the end of the week, cap your experience by taking part in a running expo unlike any other, with Vendors from all over New England.

RavenStrong Running Camp is the premiere way for any young runner to pursue a constant state of in-betterment, add elite tools to their expanding skill-set, & to start off a cross country season on the right foot!

Education

At **RavenStrong Running Camp**, you will receive elite level instruction that will make you not only a faster runner, but a more confident leader, a better teammate, a smarter athlete, and a more independent thinker. Come learn about threshold interval training, lactate dynamics, hill running, tempo work, core development, stability drills, plyometrics, kettle bell routines, cross training, aqua jogging, leadership training, motivational techniques, race preparation, and goal setting. Camp "booklets" filled with educational materials will be given to each camper, as well as a t-shirt and a free drawstring shoe bag. We strive to make each camper better through continued education, individualization and enabling them to enjoy Franklin Pierce's unique atmosphere.

Franklin Pierce Cross Country



The young Franklin Pierce University Cross Country program has experienced unheard of success in its first two seasons. This past fall, the men's team was ranked 19th in the nation as the team earned an automatic bid for the NCAA DII National Championships out in Spokane, Washington. Both the men's and the women's teams were littered with multiple NCAA DII All East Region Athletic and Academic Honors. In the past two seasons, 5 Ravens have travelled to compete in the USATF Jr. National Championships. The team looks to continue to climb national rankings in the coming years.

At **RSRC** campers can plan to train with national elite level athletes, NCAA National Qualifiers, Academic All-Americans, Northeast-10 Conference Champions, USATF Junior National Qualifiers and college team captains. Camp counselors will be comprised of collegiate athletes and area coaches, as well as elite level guests, all of whom aim to push you to be your best and learn as much as possible during your stay. **2014 Guests: College coaches, high school coaches, elite level athletes & Professional strength coaches!**