

Franklin Pierce University

Rindge, NH

Tuesday, July 29th to
Saturday, August 2nd



OVERNIGHT CAMP

COLLEGIATE LEVEL TRAINING

ELITE GUEST SPEAKERS & COACHES

COLLEGE FACILITIES

ENDLESS TRAILS

RUNNING GAIT ANALYSIS

HEALTH & RUNNING EXPO

NCAA ELIGIBILITY WORKSHOP

PROFESSIONALLY PREPARED MEALS

SWIMMING BEACH

TEAM GAMES

TOURNAMENTS

FREE SHIRT & BAG

RavenStrong Running Camp



Name: _____
Address: _____
City: _____
State: _____ Zip Code: _____
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 ABOVE FORM 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. Questions? Contact RSRC Co-Director Sarah Lagasse (Track@FranklinPierce.edu or 603.899.4314)

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 18th** = \$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



SAMPLE DAY

7:15am: Morning run

8:30am: Breakfast

9:45am: Breakout Sessions

Examples:

Training Plans

Development Drills

NCAA Eligibility Workshop

Team-building Activities

12:30pm: Lunch

1:30pm: Free-time Activities

Examples:

Ultimate Frisbee

Beach Volleyball Tournament

Waterfront/Swimming/Kayaking

3:30pm: Afternoon run

5:30pm: Dinner

6:15pm: Scavenger Hunt

8pm Optional Night Jog

9pm: Featured Night Speaker

2014 LINE-UP OF NOTABLE COACHES

- Kristin Cupido: Washington & Lee, VA
- John Kenworthy: Sienna College, NY
- Mike DuPaul: University of Hartford, CT
- Molly Rouillard: Bridgewater State, MA
- Peter Najem: Rockford University, IL
- Entire Franklin Pierce Coaching Staff

WEBSITE: [FaceBook.com/RavenStrongCamp](https://www.facebook.com/RavenStrongCamp)

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!**