FRANKLIN PIERCE UNIVERSITY

RavenStrong Running Camp

TUESDAY, JULY 29TH TO SATURDAY, AUGUST 2ND

FEATURES

*Collegiate Level Training

*Elite Guest Speakers/Coaches

*Indoor/Outdoor College Facilities

*Endless Trails & Dirt Roads

*Running Gait Analysis

*Running & Health Vendor Expo

*NCAA Eligibility Workshop

*Professionally Prepared Meals

*Yoga Classes

*Swimming Beach

*Team Games

*Tournaments

*Free Shirt & Bag!

*Fun!

Run with the Ravens!

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!

At **RSRC**, there is an emphasis on educating young runners to place them into a better position to succeed. Where multiple accolades, friendships, & personal developments fill their miles with meaning & enjoyment. Campers will also partake in ultimate Frisbee tournaments, sand volleyball, yoga, & unique beach outings on our Pearly Pond waterfront.

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!

Looking forward to competing in college? Campers can take part in our NCAA Eligibility workshops & college prep courses. Enjoy listening to new guest speakers daily, designed to engage & inspire.

Build life-long friendships with other runners all over the northeast region. 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!

#RavenStrong Running Camp Facts

Dates: Tuesday, July 29th to Saturday, August 2nd

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 14th = $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*

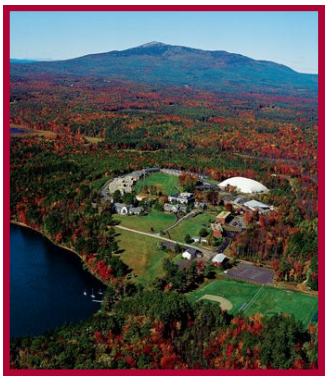
Perfect Running Trails

Gates Farm Championship XC Course

DID YOU KNOW that 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.

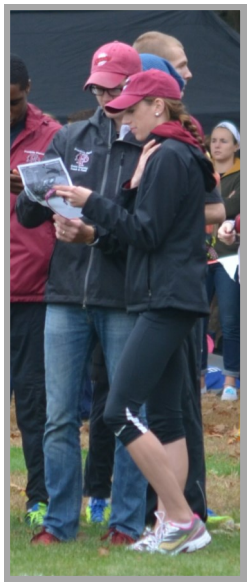
Education

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.



Zach Emerson - Co-Director @RavensCoachXCTF

Head Coach Men's & Women's Track & Field | Cross Country



The Franklin Pierce Men's and Women's Track & Field|Cross Country program enjoyed a sensational first two seasons under the guidance of head coach Zach Emerson. The men's cross country team was ranked 19th in the nation this past fall as it earned an automatic bid to the 2013 DII National Cross Country Championships in Spokane, WA. On the track the Ravens have witnessed similar successes with 28 All-Region awards, 4 NE-10 Conference Champions & 7 NCAA qualifying marks, while also making an appearance in the top-25 national rankings.

Before leading the Ravens, Emerson established himself at New England College, where he guided the men's team to the 2011 NAC team xc championships, an ECAC championship and to the NCAA DIII National Championships meet. He was also a coach for Concord High School that saw back-to-back-to-back state championship 4x800m relays teams.

Beyond NCAA championship meets, Emerson has worked with elite level athletes who have gone on to compete at numerous cross country, indoor & outdoor national championship meets or events at historic venues such as Hayward Field (Eugene, OR,), Drake Stadium (Des Moines, IA), Franklin Field (Philadelphia, PA), USATF JR Cross Country, USATF Senior Indoors, Nike/NB Indoor and Outdoor Nationals.

Emerson holds USTFCCCA certifications in Endurance Specialization, Technical and Program Management, NCAA certified, a USATF Level 1 coach on the USATF Registry List & PVSCB Pole Vault Safety Certified.

Sarah Lagasse - Co-Director @CoachLagasseFPU

Assistant Coach Men's & Women's Track and Field | Cross Country

RavenStrong Running Camp Co-Camp Director Sarah Lagasse is wrapping up her second year as an assistant coach with the Franklin Pierce Men's and Women's Track & Field|Cross Country programs in 2013-14. An accomplished collegiate distance runner, Lagasse works primarily with the distance runners in the Ravens program.

Lagasse came to Rindge after completing her undergraduate work at Bridgewater State. A member and captain of both the cross country and track & field teams at Bridgewater, she was a CoSIDA Academic All-District selection in both her junior and senior years. Individually, she set school records in the 1,000 meters as well as the 3,000-meter steeplechase. In addition, Lagasse ran as a member of five different school-record-setting relay teams.

Coach Lagasse is a NCAA, USATF Level 1 and USTCCCA Technical Certified coach.

Franklin Pierce Cross Country

At **RavenStrong Running Camp** 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.

Other 2014 staff to include..

- *College coaches
- *Elite level athletes
- *High school coaches
- *Camp guests
- *Daily speakers
- *Strength & conditioning coaches

RavenStrong Running Camp

Phone: (603) 899-4314 Fax: (603) 899-4328 Email: lagasses12@live.franklinpierce.edu

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 tending 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.