

REGISTRATION FORM

Online registration using a credit card is available at
www.wartburgcrosscountrycamp.com.

WARTBURG COLLEGE CROSS COUNTRY CAMP JULY 22-26, 2018

PLEASE PRINT CLEARLY

Name _____

Cell Phone _____

Email _____

Address _____

City _____

State _____ ZIP _____

Grade in school, (Fall '18) _____

High school _____

Roommate preference _____

Best cross country time _____

Best mile or 1,500 time _____

Junior High Information:

Longest run ever _____

Average daily summer runs _____

Male Female

Resident camper (live in dorm)

Nonresident camper (commuting from off campus)

Parent's Release and Indemnity Agreement

To: WARTBURG CROSS COUNTRY CAMP

I hereby request that you accept the application for enrollment

of _____ in the 2018 Wartburg Cross Country Camp during the dates set forth in this application and in consideration of your acceptance of the application, hereby release the Board of Regents of Wartburg College and all its employees from all claims on account of any injuries which may be sustained by my child while attending the 2018 Wartburg Camp; and I agree to indemnify the Board of Regents of Wartburg College and its employees for any claim that may hereafter be presented by my child as a result of any such injuries. I also authorize the training staff and medical personnel to treat my child in the event of illness or injury.

Signed (Parent) _____

Phone _____/_____ Date _____

Mail this registration form with a \$100 deposit* to:

Ryan Chapman, Cross Country Camp Director
Wartburg College
100 Wartburg Blvd.
PO Box 1003

Waverly, IA 50677-0903

*Or register online using a credit card at wartburgcrosscountrycamp.com.

Checks payable to
Wartburg College

PRODUCING CHAMPIONS

Wartburg College's distance-running program is known for producing champions. **Missy Buttry Rock** and **Josh Moen**, class of 2005, were among the elites at the U.S. level.

Buttry Rock won 14 NCAA Division III national championships and two USA championships. She placed eighth in the finals of the 5,000 meters at the 2004 U.S. Olympic Trials and competed on the USA team in the 2004 and 2005 World Cross Country Championships, winning the bronze medal in 2005.

Moen, who was not a top runner in high school, won five NCAA Division III national championships, including back-to-back national cross country titles in 2003 and 2004. He placed fifth in the 2004 USA Fall Cross Country Championships among a group of Olympians and world championship competitors. Both Moen and Buttry Rock have run professionally and have been among the leaders in many national and international competitions.

NEW CHAMPIONS

Laura Sigmund Huff and Alana Enabnit pulled off a rare 1-2 finish for Wartburg in the 5,000-meter run at the 2012 NCAA Division III indoor championships.

The pair then reversed that 1-2 finish in both the 5,000 meters and 10,000 meters at the 2012 NCAA Division III outdoor track and field championships. They are fifth and seventh on the all-time performance list in the 5,000 meters for Division III, joining Wartburg's Missy Buttry Rock, who leads that list.

In 2017, the Wartburg men and women each finished 20th in the nation, with **Eli Kaczinski '18** earning All-American status with his 35th place finish. In 2016, **Ashlyn Bagge '18** took home All-American honors, finishing 16th in the NCAA national meet.

MISSY BUTTRY ROCK



TOP DISTANCE-RUNNING PROGRAM IN IOWA



- Since 1991, Wartburg distance runners have won more individual and team conference championships in cross country and track and field than any other Iowa college or university.
- Since 1991, Wartburg has produced more distance-event All-Americans, national qualifiers, and individual national champions than any other Iowa college or university.
- Since 1991, Wartburg has produced 158 All-Americans in cross country and distance events in track and field. No other Iowa college or university comes close!
- In 2003, Wartburg became the first NCAA Division III school to win both the men's and women's individual national cross country titles at the same meet. Champions Josh Moen and Missy Buttry Rock did it again in 2004, when both defended their national titles.



WWW.GO-KNIGHTS.NET

 **WARTBURG COLLEGE CROSS COUNTRY**
 **WARTBURG COLLEGE HIGH SCHOOL CAMP**
 **@RUNWARTBURG**

2018 WARTBURG CROSS COUNTRY CAMP

Open to grades 7-12 | July 22-26

Hosted by the Wartburg Cross Country program
Wartburg College | Waverly, Iowa



CAMP DETAILS

CHECK OUT OUR WEBSITE AT
www.wartburgcrosscountrycamp.com
f Wartburg College High School Camp

:: ELIGIBILITY

Boys and girls who will be in grades 7-12 during 2018-19 are eligible.

:: DATES

Sunday, July 22—Check in by 4 p.m.
Thursday, July 26—Check out by 4 p.m.

:: LOCATION

Wartburg College, Waverly, Iowa

:: COST

\$330 for the entire camp, which includes room, board, tuition, T-shirt, and awards. Commuter cost is \$280, which includes everything but overnight housing. A \$100 nonrefundable deposit is required with the application. Registration is required by July 15. A \$15 discount is available when seven or more register from one school or for siblings.

:: HOUSING

All campers will be housed in air-conditioned residence halls.

:: FOOD

Meals will be provided by Wartburg Dining Services.

GENERAL INFORMATION

:: WHAT SHOULD I BRING?

Each runner should bring a minimum of two sets of running clothes and two pairs of running shoes, casual clothes, swimsuit, and personal items. Linens are not provided, so bring bedding and a pillow. Spikes or flats can be used in the race at the conclusion of the camp.

:: HOW MUCH MONEY DO I NEED?

Need for spending money is limited. All necessary expenses are included in the camp fee.

:: DO I NEED INSURANCE?

All runners are covered by a group liability insurance policy provided by the camp. Campers must supply their own health insurance.

:: WHAT MEDICAL ATTENTION IS AVAILABLE?

The Wartburg College athletic training facility and staff are available. Physicians and the area hospital are only blocks from campus in case of an emergency.

CAMP FORMAT

The Wartburg College Cross Country Camp has become known as one of the top camps in the Midwest. Our goal is to provide a complete and enjoyable experience with a primary emphasis on instruction rather than mileage. All runners will learn about the essential aspects of training and racing that contribute to a championship performance. Runners will learn by doing and be active in the learning sessions. Moderate workouts, combined with discussions, demonstrations, and individual consultations, will give each person a great chance to have an outstanding season.

TOPICS CAMPERS WILL EXPERIENCE INCLUDE:

- Racing strategies
- Flexibility
- Nutrition
- Strength training
- Mental preparation
- A wide variety of other topics
- Goal setting
- essential for becoming
- Training methods
- a champion runner.

JUNIOR HIGH RUNNERS INVITED

For the fourth year in the 26-year history of the camp, up to 20 junior high runners can attend. All junior high campers should have experience as runners and be able to run workouts of 30 minutes at various paces. They will participate in all learning sessions, and workouts will be modified for their age. They will be housed together. Acceptance for junior high students is at the camp director's discretion.

:: CAN I RECEIVE MAIL?

Letters from home can be sent to the college in care of Cross Country Camp and will be delivered to the campers daily.

:: WHAT ABOUT SUPERVISION?

All runners will stay on campus and will be supervised by camp counselors. No one is permitted to leave campus without the permission of the camp director.

:: FOR MORE INFORMATION, CONTACT:

Ryan Chapman
Cross Country Camp Director
Wartburg College
100 Wartburg Blvd.
Waverly, IA 50677-0903
Office: 319-352-8292
Cell: 309-830-0557
ryan.chapman@wartburg.edu

CAMP DIRECTOR

RYAN CHAPMAN, HEAD CROSS COUNTRY AND ASSISTANT TRACK AND FIELD COACH



Ryan Chapman took over as the Wartburg College cross country head coach in fall 2016, coming from Aurora University, where over eight seasons he won 22 conference titles in cross country and track and field. Since taking over at Wartburg, Chapman has coached 12 All-Americans and sent three teams to the NCAA Cross Country Championship Meet.

Chapman was awarded the 2015 USTFCCA Midwest Coach of the Year Award.



YEARS OF SUCCESS

Wartburg has competed in the NCAA Division III cross country championships 26 of the past 27 seasons. The women's program has placed in the top four in the nation five times since 1991, including winning the 2012 national runner-up trophy. The men's program has won eight of the last 19 Iowa Conference championships and has been at the national championships for 17 of the last 21 seasons. Both teams have combined to win 13 NCAA Division III Central Region team championships, the most of any college in the region.



SPECIAL CAMP CLINICIANS

MARCUS NEWSOM, HEAD TRACK COACH

Coach Newsom, a nine-time NCAA Division III National Women's Track and Field Coach of the Year, has led the Knights track teams to a combined 66 indoor and outdoor conference championships since 1998. The women's program has won eight NCAA Division III National team championships. The men's team is a consistent top 10 contender at the national meet and placed fourth at the 2014 indoor championship.

SCOTT GALL, MELISSA NORTON, STEVE JOHNSON, ABBY FLIEHLER, PHILIP SPITZER

These highly successful coaches and clinicians are high school or college cross country and track coaches and most have worked at Wartburg Cross Country Camps for the past several years. Most are former Wartburg College runners and have earned many conference championships, national qualifying, and All-American honors.

All clinicians and counselors will share a tremendous amount of personal and competitive experience, take time to get to know each camper, and lead many fun activities. Our goal is to help YOU become the runner you dream of being. Current Wartburg runners and All-Americans will serve as counselors and speak at the camp.