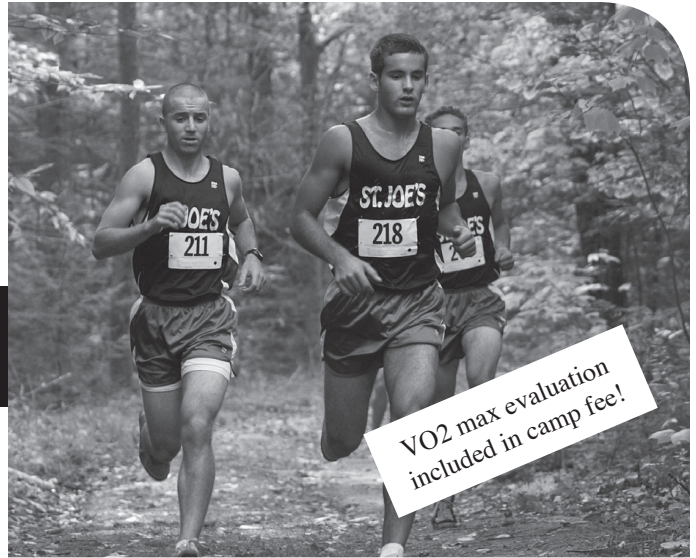




Saint Joseph's College of Maine

# OVERNIGHT RUNNING CAMP

Tuesday, July 31, 2007 to Saturday, August 4, 2007  
For high school-aged runners (co-ed)



Enjoy our beautiful Sebago Lake campus in southern Maine for a fun and informative overnight camp. We'll teach you how to improve your running ability with instruction presented by running experts, coaches and specialists of various running disciplines.

- Panel discussion with former members of St. Joe's nationally-ranked teams, and elite runner guests
- Personal running gait analysis and strategies for mental preparation
- Advice on running shoes
- Training program philosophies
- Strength training & conditioning
- Nutritional advice for enhanced performance
- Hill training
- Injury care and prevention
- Information on college admissions and on what it means to be a Division III student-athlete

**Cost is \$375 (Sibling Discount \$50 each/Team Discount Available)**

**For more information:**

Visit- [www.sjcme.edu/sportscamps](http://www.sjcme.edu/sportscamps)  
Call- Coach Tom Dann at 893-6678  
E-mail- [tdann@sjcme.edu](mailto:tdann@sjcme.edu)

**Location**

Camp takes place on campus of Saint Joseph's College in Standish. In the event of rain, activities will take place in the air-conditioned gym in the Alfond Recreation Center.

**Athletic Trainer**

There will be a certified athletic trainer on staff. Completion of a parental consent form required for each camper.

**Other Activities to Enjoy**

In addition to miles of great running trails in an outstanding setting on Sebago Lake, you'll experience numerous other fun activities such as:

- Motivating running movies
- Kayaking at our beachfront property
- Swimming in our indoor pool
- Comfortable housing in student residence halls
- Fresh, delicious food in our dining hall

To register, complete the form below, enclose payment and mail to:  
Running Camp, Saint Joseph's College, 278 Whites Bridge Rd, Standish, ME 04084-5263.  
**Registration deadline is July 14, 2007.**

**Camp Registration (Payment must accompany this form. Registration deadline is July 14, 2007.)**

Participant Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_

E-mail \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work) \_\_\_\_\_

I am enclosing a check made payable to Saint Joseph's College.

Or please charge my: MasterCard Visa Discover AmExpress

Card No. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Expiration Date \_\_\_\_\_

X \_\_\_\_\_

(Signature as it appears on card)

The undersigned parent or guardian understands that the participant will be engaging in physical activity during the camp that contains an inherent risk of physical injury, and the undersigned assumes the risk and releases Saint Joseph's College Sports Camp, its officers, director, agents, employees and Saint Joseph's College from any and all liability for personal injury arising from the participant's involvement in the camp. I hereby grant permission for my child to attend Saint Joseph's College Sports Camp and, if necessary, to be treated by a licensed physician, and I further agree to pay through my insurance company or otherwise for any medical treatment that may be necessary.

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

T-Shirt size: S M L XL

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

*Saint Joseph's College is a Catholic liberal arts college founded in 1912 by the Sisters of Mercy.*