

REGISTRATION & PROCEDURAL INFORMATION FOR THE 2011 CROSS COUNTRY DISTANCE RUNNING CAMP

SUNDAY, AUGUST 14 THROUGH FRIDAY, AUGUST 19, 2011

Thank you for enrolling in the Stowe Summer Sports Festival. We appreciate your interest and look forward to working with you during our Instructional Cross Country Distance Running Camp.

As you know, the dates for the camp are Sunday, August 14 through Friday, August 19, 2010.

Your Camp site is the ROUND HEARTH AT STOWE, located in Stowe, VT.

This registration package includes information and expectations about the camp and your Camp HQ and Lodging Facility as well as directions to the Camp. Also, included is a **MEDICAL INFORMATION SHEET**, a **PARENTAL WAIVER OF LIABILITY RELEASE FORM**, and a **BEHAVIORAL CONTRACT**. YOUR PARENTS MUST COMPLETE, sign, and return all three forms to us prior to your arrival at camp. Our athletic trainer **must have** a signed copy of the liability waiver on file before you can participate in the camp. Also, included is an **ATHLETIC BACKGROUND QUESTIONNAIRE** for you to complete and mail back. In addition, you will find a **PRE-CAMP TRAINING LOG** that you are requested to complete during the month prior to camp. You should bring the Training Log to X-C Camp with you.

If, at any time, you or your parents have any questions about anything, please call us immediately! We certainly appreciate your support and look forward to working with you this summer. Thank you.

ARRIVAL TIME

Please plan to arrive at Camp HQ & your secure lodging & meals facility (noted above) on registration and start day between the hours of 2:00 pm and 3:00 pm. Prior to dinner on Sunday, we will hold an orientation and introductory training session. If you will not be able to arrive by 3:00 pm, please notify us in advance or, in the case of delays while en route, call us from the highway.

DEPARTURE TIME

Scheduled closing of camp and departure for all athletes from the Lodge (unless previous arrangements have been established) will be at 12:00 noon. **No lunch will be served on the day of departure.** Parents are welcome to attend our closing ceremonies which begin at approximately 11:30 am and are held at the Lodge. **IF YOU CANNOT PICK UP YOUR CHILD BY 1:30 PM ON THE LAST DAY OF CAMP, PLEASE NOTIFY US BY THE PREVIOUS EVENING SO THAT WE CAN PLAN ACCORDINGLY** (including lunch/dinner preparation @ \$11.00/ meal per child). Campers should check out at the front desk with a Lodge or Camp representative.

If a camper is scheduled to leave by plane or bus, a taxi service, "Peg's Pick-Up", is available for transfers to Waterbury or Burlington. "Peg's Pick-up" can be reached at 800.370.9490. Advance reservations are suggested. We are sorry that we cannot commit to transferring athletes to either Waterbury or Burlington. We are not insured for such service. Additionally, we are neither properly trained nor staffed to be able to do so.

REGISTRATION & CHECK-IN ON 1st DAY OF CAMP

Upon arrival at Camp HQ, please introduce yourself at the Lodge's front desk. A camp staff member will be at the desk to greet you, complete your registration (including collection of the balance due, if any, on your tuition), and to provide information about the camp along with information on the lodge and its layout and policies.

Our camp athletic trainer will also meet with you to review your medical information sheet, answer questions, discuss medications (if applicable) & offer you the option of providing a credit card number for use in a medical emergency (discussed later in this package).

You will also be given your camp T-shirt and be set up in your bunk room for the week of camp.

POLICY ON CAMPER DEPARTURE FROM CAMP

No enrolled camper is allowed to leave the host Lodge grounds or any of the training/recreational venues without being accompanied with an adult camp coach or support person. PARENTS MUST NOTIFY IN ADVANCE AN ADULT CAMP REPRESENTATIVE BEFORE TAKING A CHILD FROM CAMP EITHER TEMPORARILY OR PERMANENTLY. **NO OTHER PERSONS MAY TAKE AN UNRELATED CHILD FROM CAMP WITHOUT PRIOR WRITTEN APPROVAL FROM THE CHILD'S PARENTS OR GUARDIAN (WITH SUCH WRITTEN APPROVAL HAVING BEEN PRESENTED DIRECTLY TO OUR LODGE DIRECTOR OF OPERATIONS and OUR CAMP DIRECTOR.** We ask that all parents, guardians, and friends abide by this rule for the safety of their own and other children at the camp. Our number one priority is safety for all enrolled children. Obviously, we need the cooperation of parents and guardians to ensure such safety.

CAMP MEALS

All of our meals are freshly prepared from high quality products. They are all geared to the needs of young athletes. We do offer daily “vegetarian” alternatives. ***IF YOU HAVE SPECIAL DIETARY NEEDS OR RESTRICTIONS, PLEASE CALL OR WRITE TO US PRIOR TO THE START OF CAMP. WE NEED TO KNOW ABOUT YOUR REQUIRMENTS AND/OR RESTRICTIONS.***

DIRECTIONS TO THE ROUND HEARTH AT STOWE, LOCATED IN STOWE, VT

- ♦ **COMPLETE DIRECTIONS & MAP ARE AVAILABLE ON-LINE AT OUR WEBSITE: www.roundhearth.com ♦**

From any direction heading into Vermont, you will ultimately take Interstate Route 89 to Vermont Exit 10 ("Waterbury, Stowe") and U.S. Route 100 North. Proceed north on Route 100 North for approximately 9 miles into the center of Stowe village. At the center of the village, you will encounter a 3-way Stop. At the stop, turn left onto Route 108 (also known as "Mountain Road"). Proceed along Mountain Road for 3.2 miles until you will come to the Round Hearth on your right. The Lodge is situated at the far corner of Mountain Road and Edson Hill Road. Turn right onto Edson Hill Road and immediately pull up to our front entrance. **A map of Stowe is enclosed for your convenience.**

If your parents are staying locally at a lodging property in Stowe, we can provide directions for them upon your arrival.

BUS TRANSPORTATION TO STOWE, VT

Vermont Transit Bus Lines serves the state from around New England and the Northeastern United States. The company is affiliated with Greyhound and operates out of Greyhound Bus Terminals. For transit schedules and fares, simply call your local or nearest Greyhound Terminal.

When setting up arrangements, please be sure to indicate that you wish to disembark in Waterbury, VT (located approximately 10 miles south of Stowe, 20 miles south of Jeffersonville) or Burlington, VT (approximately 35 miles from either Stowe or Jeffersonville). A taxi service, “Peg’s Pick-Up”, is available from Waterbury (or Burlington) to Stowe and/or Jeffersonville. “Peg’s Pick-up” can be reached at 800-370-9490. Advance reservations are suggested. We are sorry that we cannot commit to picking up athletes in either Waterbury or Burlington. We are not insured for such service. Additionally, we are neither trained nor properly staffed to do so.

TRAIN TRANSPORTATION TO STOWE, VT

AMTRAK serves Vermont. Your local affiliate can provide information on schedules and fares. Again, when setting up arrangements, please be sure to indicate that you wish to disembark in Waterbury, VT (located approximately 10 miles south of Stowe, 20 miles south of Jeffersonville) or Burlington, VT (approximately 35 miles from either Stowe or Jeffersonville). A taxi service, “Peg’s Pick-Up”, is available from Waterbury (or Burlington) to Jeffersonville and/or Stowe. “Peg’s Pick-up” can be reached at 800-370-9490. Advance reservations are suggested. We are sorry that we cannot commit to picking up athletes in either Waterbury or Burlington. We are not insured for such service. Additionally, we are neither trained nor properly staffed to be able to do so.

AIR TRANSPORTATION TO STOWE, VT

All commercial flights fly into Burlington International Airport in Burlington, VT. There are several ground transportation alternatives available for making the estimated 1 hour trip from Burlington to Stowe. We recommend “Peg’s Pick Up” of Stowe. Please call them at 800.370.9490.

For additional information of air flights, please contact your local airport or Burlington International Airport at 802.862.2874. PLEASE REMEMBER that we CANNOT pick up anyone in Burlington. If you fly, you must arrange your own transportation to Stowe and the Round Hearth.

Private planes can fly into the Morrisville-Stowe Municipal Airport, located 10 miles from the Round Hearth. For more information, call (802) 888-7845.

PACKING FOR THE SIX DAYS OF CAMP – You must provide your own towels & bed linens!!

Please pack lightly for the camp. Our dress code is decidedly casual! You will need only very casual clothing (e.g.: T-shirts and shorts with running shoes are perfect!) for six days, a swim suit, and workout gear for 10 sessions.

We do not have laundry facilities at the Lodge.

WE DO NOT PROVIDE BED SHEETS OR PILLOW CASES.

WE SUGGEST BRINGING EITHER SHEETS & A PILLOW CASE OR A SLEEPING BAG & PILLOW CASE.

WE DO NOT PROVIDE TOWELS.

WE SUGGEST BRINGING 3-4 TOWELS FOR THE WEEK.

WE DO NOT SELL or “LOAN” TOWELS. WE DO NOT RENT TOWELS.

WE DO PROVIDE A PILLOW (No Case), MATTRESS PAD, & BLANKET.

SECURITY

DO NOT BRING UNNECESSARY valuable, jewelry, or excessive amounts of money. Your bunk room does lock. However, remember that you will be sharing the room with other athletes whom you have just met. We have limited facilities for the safekeeping of valuables and cash. If you do store valuables with us, we will return them to you ONLY at the close of camp. ***Regarding cash, you will need very little! As little as \$20.00 should be more than enough for snacks, video games, and a souvenir T-shirt or other gift. You will not need to spend any money for meals or special events.***

MEDICAL INFO SHEET, LIABILITY RELEASE FORM, & BEHAVIORAL CONTRACT

Included in this package you will find a MEDICAL INFORMATION SHEET along with AN EMERGENCY TREATMENT AUTHORIZATION FORM & LIABILITY RELEASE FORM. Parents and/or Legal Guardians must read both forms thoroughly and fill them out completely, sign both, and mail both back to us at the Round Hearth before the beginning of camp. . In addition, you will find a BEHAVIORAL CONTRACT. Campers and parents must read it thoroughly. A parent is required to sign the Behavior Contract (Child signature is optional) and mail it back to us at the Round Hearth before the beginning of camp.

It is very important that our medical staff has the authority to act on your parents' behalf in the unlikely event of an injury or other emergency situation. Please be sure to include phone numbers where parents can be reached during the day and in the evening.

YOU CANNOT PARTICIPATE IN THE CAMP until we have a

(1) COMPLETED & SIGNED MEDICAL INFORMATION FORM,

(2) SIGNED LIABILITY RELEASE FORM,

(3) SIGNED BEHAVIORAL CONTRACT on file.

(4) RUNNING SELF-EVALUATION & TRAINING QUESTIONNAIRE

– MAIL BACK TO US PRIOR TO YOUR ARRIVAL AT CAMP!

Camp Director Matt Belfield of the University of Vermont designs a Camp teaching curriculum and schedule optimally tailored to the enrolled athletes' needs and skills. The enclosed questionnaire should be filled out and returned to the Round Hearth AS SOON AS POSSIBLE so that preparation of and organization for teaching and training issues can be completed. Thanks!

PRE-CAMP TRAINING AND PREPARATION

Although our Camp's focus is overwhelmingly on teaching and skills development, please remember that you are attending a running camp. As such, you should be prepared for a vigorous exercise and training program. A base of physical conditioning -- including a serious flexibility program -- will best ensure that you avoid fatigue and injury. If you come to camp in shape, you will gain the maximum benefit from the teaching and instruction that you will receive.

PRE-CAMP TRAINING LOG – BRING COMPLETED LOG WITH YOU TO CAMP

ENCLOSED IS A SIMPLE TRAINING PROGRAM AND LOG. PLEASE ADHERE TO IT AND RECORD YOUR ACTIVITY DURING THE MONTH LEADING UP TO THE BEGINNING OF CAMP. Upon arrival at camp, please turn it in at the front desk so that our Camp Director and his coaching staff can review it and, if necessary, fine tune your running group assignment.

LODGING IN THE STOWE AREA FOR MOM & DAD

If requested by your parents upon your camp enrollment, we have enclosed in this package a brochure highlighting various Stowe area lodging properties. The brochure lists contact phone numbers. The phone number for the Stowe Area Association, our local “Chamber” and central reservations system is 1.800.24-STOWE. The SAA Website is www.gostowe.com.

For information on lodging in the greater Smugglers’ Notch area, parents can call the Lamaille Valley Chamber of Commerce at 1.800. 849-9985 The LCCC website is: www.stowesmugglers.com



We welcome you to the Stowe Summer Sports Festival and thank you for your prompt attention to the forms we have enclosed for you to fill out. The camp is a very educational and exciting event. You will be kept very busy with teaching, learning, training, and with lots of fun recreational and social activities. In addition to the teaching curriculum, we have planned recreational outings, swimming opportunities, a barbeque and games, and much more!

Please call us at any time should you have questions about anything or if we can be of any additional assistance. We look forward to meeting you and working with you this summer.

Sincerely,

Grady Vigneau

Grady Vigneau
Owner, The Round Hearth at Stowe
The Stowe Summer Sports Festival

SUMMER SPORTS FESTIVAL BASIC RULES OF CONDUCT AND RESPONSIBILITY

We have established rules and regulations for conduct and personal responsibility while participating in the Summer Sports Festival. All rules are based on COMMON SENSE AND ACCEPTED PRINCIPLES OF COURTESY. We need to respect you and gain your respect to ensure a safe, fun, and rewarding experience for you and each of your fellow athletes.

We will review the rules and regulations in depth upon your arrival at camp. Presented here are key points to which you must adhere. One or more failures to abide by them will give our management just cause to remove the offending individual(s) from the camp. No refund of tuition will be forthcoming. Alternative lodging and/or transportation home will be at the expense of the offending individual(s).

In the case of an offense, we will contact the individual's family immediately and disclose fully the nature of the problem and our identified course of action.

1. The Coaches, Trainers, Counselors, and other professionals in attendance during the camp are here to give you the most beneficial and most fun experience possible. To ensure that they are successful, we ask that you pay attention, give them the respect that they deserve, and, most of all, use them as resources: listen, ask questions, take notes, challenge yourself!
2. Respect and enjoy the company of the other young men and women in attendance at the camp with you. They, like you, want to learn, gain valuable experience, meet new coaches and fellow athletes, make new friends, and to have a great week!
3. If, in the unlikely event that you are bothered by other athletes or counselors, do not attempt to solve the problem yourself. Immediately speak with your Camp Director, one of the camp coaches, our Lodge Director of Operations or Festival owners, Grady & Merry Vigneau. Any one of them can clear up any misunderstandings or solve problems. REMEMBER, WE CANNOT READ YOUR MIND OR ALWAYS PERCEIVE A PROBLEM. YOU NEED TO TALK TO US!
4. When traveling as a member of the camp or involved in a training session, stay with your coach and group AT ALL TIMES.
5. Our youth group lodge (Camp HQ) is a SMOKE & TOBACCO FREE environment. Use of any tobacco product on the property at any time is prohibited.
6. NO DRUGS OR ALCOHOL are permitted in or around the building and/or on the grounds. Even one violation of this rule will result in the immediate dismissal and removal from the building and the camp of the offending individual(s).
7. No boys in the girls' second floor dorm wing. No girls in the boys' second floor dorm wing.
8. Evening *lights out* policy will be set according to the age of campers. *Lights out* be no later than 10:00 pm each evening.
9. The second floor dorm wings and rooms are for sleeping! Quiet will be maintained in the second floor dorm wings at all times. All socializing and entertainment will take place on the first floor of the building.
10. No campers may leave the Camp Lodging facility grounds or an off-site training group unless they have received prior approval from and are accompanied by Lodge management or camp staff. Alternatively, the camper(s) may be placed in the care of parents. PARENTS SHOULD ALSO CHECK WITH CAMP STAFF BEFORE TAKING CHILDREN "OUT OF CAMP".
11. If a camper drives himself/herself to camp, car keys must be checked immediately with camp staff at front desk at registration. We strongly suggest that parents/guardian call us in advance to notify us that a child will be driving himself/herself to camp.
12. All Campers must be an "A-W-E-S-O-M-E" camp participant! See Following Page.

STOWE SUMMER SPORTS FESTIVAL

QUALITIES OF AN

A-W-E-S-O-M-E
CAMPER

ALWAYS RESPECT PEOPLE & PROPERTY

WINNERS TRY ALL ACTIVITIES

EVERYONE LISTENS & FOLLOWS DIRECTIONS

SPORTSMANSHIP IS #1

OPEN MINDS LEAD TO HAPPINESS (& LOTS OF LEARNING!)

MOVE & ACT IN A SAFE WAY

ELIMINATE INAPPROPRIATE LANGUAGE,
COMMENTS, & ATTITUDES

2011 INSTRUCTIONAL CROSS COUNTRY DISTANCE RUNNING CAMP

SUNDAY, AUGUST 14 THROUGH FRIDAY, AUGUST 19, 2011

CAMPER INFORMATION SHEET & MEDICAL HISTORY

NAME OF CAMPER: _____

INSURANCE POLICY: _____ POLICY #: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

DATE OF BIRTH: _____ DATE OF MOST RECENT PHYSICAL: _____

AGE: _____ HEIGHT: _____ WEIGHT: _____

PARENT NAME (s): _____

HOME PHONE #: _____

WORK PHONE # (s): _____

ADDITIONAL ADULTS TO CONTACT IN CASE PARENTS ARE NOT AVAILABLE:

NAME: _____ RELATIONSHIP TO CAMPER: _____

HOME PHONE #: _____ WORK PHONE #: _____

NAME: _____ RELATIONSHIP TO CAMPER: _____

HOME PHONE #: _____ WORK PHONE #: _____

If your child has a current or past physical injury or medical condition (including allergic reactions history) about which we should be aware, please note as such below and/or use the space below to detail and explain any such injury or condition for our athletic trainer. Please attach any records or other details about which we should be informed. Also, please note any medications that your child must have administered during the week. Medications must be provided directly to our athletic trainer along with explicit written instructions regarding dispensation:

♦ Describe Specific Environmental, Food, and/or Medicine Allergies: _____

♦ Describe Asthmatic or related condition, if any: _____

♦ Describe prescription Medications that your child takes. Please attach written instructions for our athletic trainer regarding dispensation: _____

♦ Describe specific blood or organic diseases from which your child suffers: _____

♦ Does your child wear glasses or contacts during athletic activities? Please describe: _____

<u>Injury/Condition</u>	<u>Date of Injury</u>	<u>Description/Current Status</u>	<u>Consulting MD & Office Ph.</u>
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Parent/Guardian Name (Print or Type)

Signature of Parent/Guardian

Date

2011 INSTRUCTIONAL CROSS COUNTRY DISTANCE RUNNING CAMP
SUNDAY, AUGUST 14 THROUGH FRIDAY, AUGUST 19, 2011

PARENT/CAMPER RELEASE FORM & WAIVER OF LIABILITY

NAME OF CAMPER: _____

NAME(S) OF PARENT(S) / LEGAL GUARDIAN: _____



PARENT / LEGAL GUARDIAN: Please read AND sign the following medical treatment authorization & liability release form. **Please remember that your child cannot participate in the camp without a signed release in the possession of our camp athletic trainer.**

My son/daughter has had a physical exam within the last two years. As such, I judge him/her to be physically fit to participate in the Round Hearth, LLC Stowe Summer Sports Festival Instructional Cross Country Running Camp. In the event that my child is injured or requires immediate and/or emergency care and I cannot be contacted, I authorize the Camp Athletic Trainer to act for me according to his/her best judgment (including treatment and/or transportation to area medical facilities). I also authorize area hospital medical personnel to act on my behalf in the event of an emergency and I cannot be contacted.

Furthermore, I understand that participation in the sport of Cross Country Running, all of its component events, & other Camp scheduled or optional "extra-curricular activities", including running, hiking, biking, swimming, & riding on "Water Slides" or "Alpine Slides", inherently carry risk of physical injury and even death. I, my child's heirs, our legal representatives, and other related persons furthermore agree to absolve the Round Hearth Limited Liability Company, its employees, independent contractors & the Camp coaches, athletic trainer, & other professional and support staff from any liability resulting from an injury, death or other physical or emotional trauma incurred while participating in the Round Hearth, LLC Stowe Summer Sports Festival Instructional Cross Country Running Camp. I also agree to absolve from liability any other organization -- including, but not limited to, Dagny, Inc., the Topnotch at Stowe Resort, the Trapp Family Lodge, the Stowe Mountain Resort, the Smugglers' Notch Resort, Stowe, VT Middle-High School, the University of Vermont as well as the town of Stowe, VT & the village of Jeffersonville, VT -- upon whose facilities or field space my son/daughter may receive instruction, practice, or otherwise be involved in scheduled or optional recreational or other camp activities. I also absolve Russell Stowe Taxi Service (dba, Percy School Bus Co) upon whose licensed school buses my child may travel during camp as well as the company's licenced drivers.

I also absolve the Round Hearth Limited Liability Company, Dagny, Inc, the Stowe, VT Middle-High School, the University of Vermont, each organization's employees, independent contractors and the Camp coaches, athletic trainer, & other professional support staff from any liability resulting from injury from, damage to -- or damage caused by -- my child's use of borrowed starting blocks, hurdles, and any & all other running and training tools & implements.

Parent/Guardian Name (Print or Type)

Signature of Parent/Guardian

Date

2011 INSTRUCTIONAL CROSS COUNTRY DISTANCE RUNNING CAMP

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ENROLLED CAMPER BEHAVIORAL CONTRACT

NAME of CAMPER: _____

NAME(s) of PARENT(s) / LEGAL GUARDIAN: _____

PARENT / LEGAL GUARDIAN: Please read AND sign the following Enrolled Camper Behavioral Contract. **THIS CONTRACT IS IMPORTANT!** Please read it and consider it as seriously as do we! **Please remember that your child cannot participate in the camp without a signed Behavioral Contract in the possession of our camp management.**

*I certify that my child and I have received and have completely read and reviewed **the SUMMER SPORTS FESTIVAL BASIC RULES OF CONDUCT AND RESPONSIBILITY** included of this information package. I further certify that my child and I acknowledge our understanding of the 12 "Rules" and our pledge to adhere to them.*

In sum, we acknowledge that all enrolled campers must act in a manner consistent with the philosophy of the Camp. The focus of the camp is on instruction and education in the context of a personalized community environment. As such, respect for oneself and all other campers, coaches, counselors, medical staff, and support staff is critical and essential.

Should my child violate any of the rules listed under the **SUMMER SPORTS FESTIVAL BASIC RULES OF CONDUCT AND RESPONSIBILITY**, I expect to be asked to immediately travel to the Camp site to withdraw my child from the Camp and to remove my child from the Camp HQ & Lodging site. If requested, I will immediately and willingly comply with such request. I understand that any and all inconveniences, hardships, financial and other costs incurred as a result of such action requested by the Camp Director or Executive Director are to be borne directly & entirely by me. Neither the Camp nor its staff will bear any responsibility nor financial or other costs. No tuition refunds will be forthcoming.

In addition to all other possible reasons for dismissal from Camp, for each of the following violations of Camp Policy, "Zero Tolerance" is the standard. I will be immediately notified and will comply with a request to travel to camp to pickup and remove my child from Camp if he/she violates any of the following rules:

1. Failure to stay with group and counselors/coaches **AT ALL TIMES** while under supervision of Camp program.
2. Possession of or smoking or other use of tobacco products.
3. Possession of or use of alcohol or other (non-prescribed by physician or parent) drugs of any kind.
4. Any behavior that the Camp staff deems a threat to my child's personal safety or to the safety of any other enrolled camper or staff member or other citizen or guest of the towns and organizational facilities upon which we are permitted to carry on Camp activities.
5. Any recognized attempt (successful or otherwise) to willfully damage any fellow campers' personal property, any Camp or Camp coach property, any property of organizations upon whose facilities we are permitted during Camp or whose equipment we use during Camp.
6. Presence of boy in girls dorm. Presence of girl in boys dorm.

Parent/Guardian Name (Print or Type)

Signature of Parent/Guardian

Date

Optional Signature:

Enrolled Camper Name (Print or Type)

Signature of Enrolled Camper

Date

2011 INSTRUCTIONAL CROSS COUNTRY DISTANCE RUNNING CAMP

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ENROLLED CAMPER QUESTIONNAIRE AND SURVEY

The purpose of the following series of questions is to create and structure an optimal curriculum for your Instructional Cross Country Distance Running Camp. Please be brief, yet candid with your answers. **YOU WILL NOT BE JUDGED BY YOUR ANSWERS. WE SIMPLY WANT TO ENSURE THAT YOU WILL GET MAXIMUM BENEFIT -- AND FEEDBACK -- FROM THE CAMP.**

NAME: _____ M/F: _____ AGE: _____ GRADE ENT: _____ HT: _____ WT: _____

HAVE YOU ATTENDED THIS XC CAMP IN THE PAST? IF SO, WHAT YEARS?

What is the average number of days per week that you anticipate training for XC this summer?

What is your anticipated total weekly mileage for this summer?

What is the highest weekly mileage with which you have felt or would feel comfortable?

Do you feel comfortable with two workouts per day? If not, what concerns do you have?

Do you typically maintain a daily training log?

What is your average pace per mile run when training?

What are your personal best race results (times and distances, please)?

Have you ever been coached or taught correct running form?

Are you -- or will you be -- competing in any track meets, road races or other events this summer? If so, in which events?

Do you participate in a weight training program? If so, what styles and types of lifting do you do?

ON THE BACK OF THIS SHEET OF PAPER:

- (1) Briefly describe your strengths and weaknesses in distance running.
- (2) Briefly outline your goals in XC running for this coming school year.

2011 INSTRUCTIONAL CROSS COUNTRY DISTANCE RUNNING CAMP
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**CAMP DIRECTOR NOTE
& ENROLLED CAMPER TRAINING GROUP SELF-EVALUATION**

We hope that this letter finds you well and getting excited about the start of Cross Country Distance Running Camp!

To ensure that registration takes place smoothly and that we achieve a fast start to our teaching schedule, our XC Camp Coaching Staff has a few reminders & requests for you:

1. If your travel plans allow, please try to arrive as close to 2:30 pm as possible. For some of you, such an early arrival will not be possible. However, please try to check in as early as you can. Our coaches are always excited about getting running groups established & to begin as early as possible.
2. Please be sure to bring your completed running logs with you! Also, you should mail back in advance your medical info sheet, liability waiver form (with parental signature), and signed behavioral contract. If not, bring them with you!
3. We will be using heart rate monitors during the week as part of the educational process. However, we do have a limited supply of them. **If you do have your own Heart Rate Monitor, we encourage you to bring it with you.** If you wish, we can store the Heart Rate Monitor in a secure spot for you when you are not using it.

FINALLY, PLEASE TAKE THE TIME TO COMPLETE THE BOTTOM HALF OF THIS SHEET &, IF AT ALL POSSIBLE, MAIL AND/OR FAX IT BACK TO US AT LEAST TWO WEEKS IN ADVANCE OF YOUR ARRIVAL AT CAMP – We prefer to receive your completed Self-Evaluation on or before JULY 15. We will use the information below to do our best to establish optimal teaching/training groups for you and your fellow athletes.

Thank you for your time and attention to this important set of information. We look forward to seeing you in Stowe!

Sincerely,

Matt Belfield

Matt Belfield, University of Vermont / XC Camp Director

YOUR NAME: _____ City, St: _____ GR ENT: _____ AGE: _____ M/F: _____

YOUR CURRENT COACH'S NAME: _____ SCHOOL NAME: _____

HIS/HER EMAIL Address: _____ HIS/HER Phone #: _____

1. If you competed in High School/Middle School last year,
What # RUNNER were you on your team? _____
2. What # RUNNER do you anticipate being this fall? _____
3. If XC Camp were to be divided into 5 RUNNING GROUPS – A,B,C,D, & E --, where would you classify yourself?
GROUP A = Most Experienced and/or Accomplished Runners
Groups B – C – D = Intermediate Groupings
GROUP E = Youngest and/or Least Experienced Runners

YOUR 1ST CHOICE GROUPING? _____ **YOUR 2ND CHOICE GROUPING?** _____

Please fax or mail this information back to us on or before JULY 15. Thank you!

2011 INSTRUCTIONAL CROSS COUNTRY DISTANCE RUNNING CAMP

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ENROLLED CAMPER EMERGENCY CREDIT CARD NUMBER AVAILABILITY

PARENTS: We will give you the option of providing us with a valid MASTERCARD or VISA credit card number & expiration date when you arrive for registration on the opening day of camp.

Should medical attention be required by your son or daughter during the camp, four options are available:

- STOWE URGENT CARE is located in Stowe on the Mountain Road (Route 108), Baggy Knees Shopping Center
- STOWE FAMILY PRACTICE is located in Stowe on the Mountain Road (Route 108).
- COPLEY HOSPITAL is located in Morrisville, VT (10 miles north of Stowe on Route 100).
- FLETCHER ALLEN HEALTH CARE is located in Burlington, VT (1 hr northwest of Stowe on I-89)

Medical attention for non-residents at each of the facilities typically needs to be accompanied by payment at the time services are rendered. Some insurance plans are recognized by the medical facilities identified above. Many plans are not. In any case, reimbursement is available from your insurance carrier upon submission of receipts which our athletic trainer would collect for you.

Without a valid credit card on hand, treatment may be delayed until a parent or guardian can be contacted for purposes of determining the actual method of payment required prior to authorization of such treatment. Remember, this may happen even though you have a valid insurance program. Typically, your insurance program will reimburse you after the fact.

In the event that your child is not covered by medical insurance, our camp medical insurance program would then provide coverage. However, as with other insured treatments, such coverage is typically provided as a reimbursement after the actual treatment.



During the camp, your child will be a guest at the Round Hearth at Stowe and at all training facilities.

In the unlikely event of willful damage to any property, the offending party will be responsible for replacement or repair. PLEASE NOTE THAT YOUR CHILD IS NOT RESPONSIBLE FOR ACCIDENTAL DAMAGE OR NORMAL WEAR AND TEAR THAT MAY OCCUR.

In all cases, we will discuss the situation with you directly before making any assessment of payment due for damages caused.

Please note that, to date, we have never had an incident where malicious and/or intentional damage has occurred.

THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION.