



Michigan State University

Cross Country Camp

Coed Resident and Commuter Camp

**2009 Date:
July 19-23**

**Be ready to
work hard and
have fun training
with MSU's finest!**

*This Summer We
Train Like Spartans!*

Directed by Head Cross Country Coach Walt Drenth and Assistant Coach Kim McGreevy, along with current and former Spartans, the MSU Cross Country camp will prepare you physically and mentally for the competitive season ahead.

To register online go to: www.sportcamps.msu.edu or call 1.517.432.0730

Ages 13-18 years old

Check-in: 2:00-3:00 p.m. (Sunday)

Check-out: Noon (Thursday)

Camp fees: Resident Camp \$350.00

(includes all meals)

Commuter Camp \$265.00

(includes lunch and dinner)

Camp features:

- 3 workout sessions a day
- Run on the trails on the beautiful MSU campus
- Learn how to train like a champion
- Team discounts: 5+ team members = \$25.00 off per person

Equipment:

- Warm-up pants and extra tops (regardless of temperature)
- Workout gear to run in
- Water bottle
- 1-2 pair of running shoes
- Swimsuit

Cross Country



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Camp Information

Roommate Requests

To aid us with your roommate and suitemate preferences, please submit your written applications in the same envelope or submit online applications on the same day.

Refund Policy

Campers unable to attend camp are entitled to a refund. A \$55 administrative fee will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.

fax: (517) 355-6891
email: msucamps@msu.edu

Check-In/Check-Out

Time and location of check-in/check-out will be printed on your receipt and sent to you at time of payment.

Medical Policy

Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

Meals

Breakfast 7:00 a.m.–8:30 a.m.
Lunch 11:30 a.m.–1:30 p.m.
Dinner 4:00 p.m.–6:00 p.m.
First meal is Sunday 4:00-6:00 pm

Registration Information

Register online at www.sportcamps.msu.edu or complete the attached application. Full payment by either check, MasterCard or VISA must accompany the application. Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12–15 business days.

Walk-In Registration Policy

Walk-in registration (signing up on the day camp begins) will be accepted on a space available, first come, first served basis. An additional \$10.00 fee will be charged for walk-in registrations. Please note that walk-ins are not guaranteed admission once a camp is full.

Cash payment only. No checks or credit cards.

MSU Sport Camp Policy

Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.

Contact Information

Sports specific questions contact:
p. 517.353.6357

General/Registration/Roommate questions:

p: 517.432.0730
w: www.sportcamps.msu.edu



The Cross Country Camp Application

REGISTER AT WWW.SPORTCAMPS.MSU.EDU
PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent or Guardian: _____

Daytime Telephone: (_____) _____

Evening Telephone: (_____) _____

E-mail: _____

Grade in September: _____ Age: _____

Sex: _____ Date of Birth: _____ Ht: _____ Wt: _____

Roommate preference: _____

Suitemate preference _____ Suitemate preference _____

(A SUITE IS TWO ROOMS WITH CONNECTING BATH)

Number of years running: _____

Typical summer weekly running mileage: _____

Best performances: 400 _____ 800 _____ Mile _____ 3200 _____ 5K _____

Shirt Size: S M L XL XXL

Team: _____

Please enroll me in the following Cross Country camp:

Camp Date	Resident	Commuter
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JUNE 19-23	<input type="checkbox"/> \$350.00	<input type="checkbox"/> \$265.00
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5+ Team members = \$25.00 off per person

U.S. FUNDS ONLY.

Please make checks payable to
MICHIGAN STATE UNIVERSITY

Check one: CHECK MASTERCARD VISA

Card Number _____

3 digit security code _____ Exp. Date _____

Signature _____

Amount of Check/Charge enclosed _____

Medical Treatment Authorization Form

Participant's Name _____ DOB ____/____/____

What Sport: Cross Country

Date of Camp: July 19-23

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary): _____

2. List any medications currently taking: _____

3. List any allergies: _____

In case of emergency please contact:

Name _____

Daytime Telephone _____ Evening Telephone _____

Name of Medical Insurance _____ Company Telephone _____

Insurance Policy Numbers _____

_____, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) _____ Date _____

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY
Sports Camp Office
402 Jenison Field House
East Lansing, MI 48824-1025
Fax: 1-517-355-6891