

## 2017 DATES

July 10-13

2016 Men's and Women's  
Cross Country National  
Championship Qualifiers

Women's Big Ten  
Cross Country  
Champions 2010, 11, 13, 14



## COED Resident and Commuter

*For Boys and Girls Ages 13-18 years old*

Director of Cross Country and Track & Field Walt Drenth, Assistant Coaches Lisa Senakiewich and Aaron Simoneau, and renowned Spartan athletes encourage you to join us for the Michigan State Cross Country Camp! Spend 4 days learning and training with one of the most competitive teams in the nation.

**Registration:** Park at Spartan Stadium Lot 79 south off Shaw Lane and proceed to Munn Ice Arena.

**Check-in:** Noon - 1:00 p.m.

**Check-out:** Noon

**Camp fees:** Resident Camp (includes all meals) \$390.00  
Commuter Camp (includes lunch and dinner) \$300.00

\$25 Discount if you enroll before May 1

## *This Summer We Train Like Spartans!*

### CAMP FEATURES

- 3 workout sessions a day
- Run on the trails on the beautiful MSU campus
- Learn how to train like a champion

### Sport Specific Equipment To Bring To Camp

- Warm- up pants and extra tops
- workout gear to run in
- 1-2 pairs of running shoes
- swimsuit
- towel
- sunblock
- water bottle

[www.sportcamps.msu.edu](http://www.sportcamps.msu.edu)

# Cross Country

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## CONTACT INFORMATION

Sports specific  
questions contact:

517-353-6357

General, Registration and  
Roommate questions:

[www.sportcamps.msu.edu](http://www.sportcamps.msu.edu)

## Resident and Commuter Camps

*For Boys and Girls Ages 13-18 years old*

## CAMP INFORMATION

### Refund Policy

Campers unable to attend camp are entitled to a refund. A \$55 administrative fee (only \$30 if you enrolled online) 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](mailto: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. – 6:30 p.m.

## REGISTRATION INFORMATION

Register online at [www.sportcamps.msu.edu](http://www.sportcamps.msu.edu) or complete the attached application. **Full payment by either check, MasterCard, VISA, Discover or American Express 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.

### 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.

## IMPORTANT PARKING INFORMATION

Parking on campus before, during and after camp check-in is no longer complimentary Monday thru Friday. Please visit [www.police.msu.edu](http://www.police.msu.edu) for campus maps, parking rates Monday thru Friday and visitor parking pass options. Lot 79 (south end of the Football Stadium) 62W (IM West) and 67 (Jenison Fieldhouse) are **COMPLIMENTARY ON SATURDAY AND SUNDAY ONLY**. It is recommended that when checking in or out of camp at Munn Ice Arena, Skandalaris Or Duffy Football Building, you park in Lot 79 (Stadium) or Ramp 7 on Harrison Road near Shaw Lane. If you are checking in or

out of an overnight camp it is recommended that you walk to your residence halls from these lots as parking at the residence halls is very limited and heavily monitored by MSU parking enforcement. If your camp check in or out is at Jenison Fieldhouse, McLane Stadium, Secchia Stadium or DeMartin Stadium Monday thru Friday, it is recommended that you park in Lot 62W (IM West) or the Kellogg Center parking ramp off Harrison road and walk to your camp check in or check out. Lot 67 (Jenison Fieldhouse) and Ramp 7 are for **STAFF**

**ONLY MONDAY THRU FRIDAY** with limited metered spots and you will be ticketed if you park in a staff lot Monday thru Friday without a staff parking permit. If your camp check in or check out is at IM West, please park in Lot 62W (IM West). Lot 62W is complimentary on Saturday and Sunday, however, Monday thru Friday, weekday rates will apply. Please note that the camp office has no authority over parking for camps and therefore cannot assist you with any parking issues or tickets you may receive. Parking is enforced by the MSU Police Department.

# 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 \_\_\_\_\_

School \_\_\_\_\_

Grade in September: \_\_\_\_\_ Age: \_\_\_\_\_

Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

**Must be 12 years old to spend the night.**

Roommate preference: \_\_\_\_\_

Number of years running: \_\_\_\_\_

Typical summer weekly running mileage: \_\_\_\_\_

Best performances: 400 \_\_\_ 800 \_\_\_ Mile \_\_\_ 3200 \_\_\_ 5K \_\_\_

Team: \_\_\_\_\_

Shirt Size:  Small  Medium  Large  X-Large  XX-Large

**Please enroll me in the following camp:**

Camp Date	Resident	Commuter
July 10-13	<input type="checkbox"/> \$390.00	<input type="checkbox"/> \$300.00

**U.S. FUNDS ONLY.**

**Please make checks payable to  
MICHIGAN STATE UNIVERSITY**

**Check one:**

Check  Mastercard  VISA  Discover  American Express

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 10 - 13**

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 \_\_\_\_\_

**Insurance Information:**

Name of Medical Insurance Company \_\_\_\_\_ Insurance Company Telephone \_\_\_\_\_

Name of Insurance Policy Holder \_\_\_\_\_ Policy Holder DOB \_\_\_\_\_

Medical Insurance Policy Number \_\_\_\_\_ Medical Insurance Group# (if appl) \_\_\_\_\_

\_\_\_\_\_, 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**  
**535 Chestnut Rd, W239**  
**Spartan Way, East Lansing, MI 48824**  
**Fax: 517-355-6891**

# PARENT & ATHLETE CONCUSSION INFORMATION SHEET



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

## SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

## SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Michigan Department  
of Community Health



Rick Snyder, Governor  
James K. Haveman, Director

▶ **“IT’S BETTER TO MISS ONE GAME  
THAN THE WHOLE SEASON”**

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

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STUDENT-ATHLETE NAME PRINTED

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STUDENT-ATHLETE NAME SIGNED

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DATE

---

PARENT OR GUARDIAN NAME PRINTED

---

PARENT OR GUARDIAN NAME SIGNED

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DATE

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HEADS UP

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