

West Chester University
of Pennsylvania

**GOLDEN RAM
CROSS COUNTRY
CAMP**
Summer 2008



Monday-Thursday
July 21-24
5-8 p.m./Ages: 12-17



e-mail: ramcamps@wcupa.edu

CAMP DIRECTORS

Andrew Huber 610-436-2468
ahuber@wcupa.edu

Andrew Huber is serving in his fourth year as head men's coach of the West Chester University cross country, indoor track and track & field teams after a successful first three years. A native of Chester County, Huber also serves as the coordinator of the WCU Summer Sports Camp programs.

All six programs guided by Huber improved their conference and regional finishes over previous years, culminating in trips to both the NCAA Division II Indoor and Outdoor Championships last season.

Prior to his arrival at West Chester University, Huber was the head cross country, indoor track and outdoor track coach at Octorara Area High School where he coached many state qualifiers, several national qualifiers, one state champion and a high school All-American.

Huber holds Level I and Level II certifications from USA Track & Field, Levels I, II and III certification from Paavo Distance Coaching Clinics, and is a member of both the United States Track and Cross Country Coaches Association and the NCAA Division II Cross Country and Track Coaches Association.

Jason Kilgore 610-436-6946
jkilgore@wcupa.edu

Jason Kilgore is serving in his second year as head women's coach of the West Chester University cross country, indoor track and track & field teams after two years as assistant coach. He works primarily with the team's sprinters, jumpers, hurdlers, and combined event athletes, as well as designing the weight training for all event areas.

Kilgore is a certified strength and conditioning specialist by the National Strength Training and Conditioning Association, and he holds USATF Level II certifications in jumps and sprints/hurdles/relays.

A graduate of West Chester University with a degree in kinesiology, Kilgore also holds minor degrees in coaching and special education. He was twice named MVP of the track & field team and earned several all-PSAC accolades.

**WEST CHESTER UNIVERSITY
XC / T & F Camp Application**

Andrew Huber (610-436-2468)

Name _____

Address _____

Gender _____

School _____

Grade entering in 9/2008 _____

Adult T-Shirt Size S M L XL XXL

Event Group Sprints/Jumps Throws XC

Parent/Guardian Name _____

Home Phone _____

Cell Phone _____

E-Mail Address _____

How did you hear about this camp? _____

Camp Registration

Please check desired session

Make checks payable to: WCU XC Camp 4500-206

*Pre-registration Discount is \$160 (by June 1, 2008)

Full Registration Price is \$175 (after June 1, 2008)

Evening Cross Country Camp

____ July 21-24

Credit Card Payments

(Check One) Visa _____ Amex _____ Mastercard _____

Credit Card # _____

Expiration Date _____ Amount \$ _____

Signature _____

WCU Office Use Only

Amount Paid _____

Fund #1000 Prog - Wk Org 4500-206

JT# 49199

Waiver Form

I wish to participate in the West Chester University ("WCU") Summer Camp Program, including (*list activities*) _____.

I am informed that the activities are conducted by individuals who may be University employees or by individuals who volunteer their services to the program. I recognize that risk of accident and/or injury are possible consequences of participation in any activity, and that no amount of reasonable instruction and supervision will prevent every and all type of injury. I also realize and understand that severe injuries are possible. I appreciate the character of the risks involved and I voluntarily assume all risk of injury. I have carefully considered how the possible consequences of injury may impact my life, and choose to accept this risk and to participate in the designated activities.

In accepting this risk, I expressly and explicitly release, discharge and waive any and all responsibility of WCU, the Pennsylvania State System of Higher Education, the Commonwealth of Pennsylvania, and the employees, officials or agents of any and all of the foregoing, pertaining or related to, or arising from, in any manner, injuries to my person as a result of participation in this activity.

Parent/Guardian _____

Signature _____

Date _____

Medical Information

Please list any pertinent medical information of which our staff should have knowledge:

Authorization to consent to medical treatment for a minor child

I, _____ (parent/guardian name), state that I am the natural parent and/or have legal custody of (child's name) _____.

I authorize _____ (head coach/camp director) to consent to any examination, anesthetic, x-ray, medical or surgical diagnosis or treatment, and/or hospital care to be rendered to this minor under the general conditions of special supervision and on the advice of any physician or surgeon licensed to practice when efforts to contact me are unsuccessful. This consent form is granted for the period of _____.

Parent/Guardian Name _____

Signature _____

WEST CHESTER UNIVERSITY CROSS COUNTRY CAMP 2008

TUITION

*Pre-registration discount

Evening Camp \$160 per athlete
*if enrollment is received **by June 1, 2008**

Full registration price

Evening Camp \$175 per athlete
if enrollment is received **after June 1, 2008**

TYPICAL CAMP SCHEDULE

Warmup & Stretching 5-5:30 p.m.
Workout & Instruction 5:30-6:30 p.m.
Warmdown 6:30-6:45 p.m.
Classroom Session 6:45-8 p.m.

REFUND POLICY

Refunds will only be issued after the receipt of a written cancellation notice. **Tuition cost includes a \$45 non-refundable processing fee.** Any camper who leaves the camp due to an injury or for medical reasons will receive a prorated refund. Additional refunds will not be granted after camp arrival. Full payment is due prior to the first day of camp. If the program is canceled, a full refund will be given.

Payment Information

Checks should be made payable to: **WCU XC Camp 4500-206**. Application, waiver forms and tuition payments should be sent to:

**West Chester University
Bursars Office - Room 164 E.O. Bull Center
West Chester, PA 19383
Attn: WCU XC Camp 4500-206**

Due to limited enrollment, participants are urged to register as soon as possible. Applications will be accepted on a rolling basis. Camps are subject to change. You will be notified if you are affected.

FACILITIES

The camp program will be conducted at WCU's John A. Farrell Football Stadium and the surrounding area. The facilities include a 400-meter all-weather track, a 160-meter all-surface indoor track, two indoor pools and miles of private wooded trails.

ABOUT the CAMPS

The goal of the WCU Cross Country Camp is to teach athletes the fundamentals of participation in the sports of cross country. The camp will offer expert coaching and instruction, and the opportunity to experience a variety of training ideas.

The classroom lectures on current running issues will include injury prevention, establishing goals, visualizing success, training technique and nutrition.

EQUIPMENT

West Chester University and its camp staff are not responsible for lost or missing items. **All personal equipment should be marked with the camper's name.** Campers **MUST** bring comfortable running shoes and container of water (no glass).

RULES

Campers will be made aware of rules in a meeting on the first day of each session. Campers who violate these rules will be dismissed. Parents will be responsible for the cost of the damages to camp property by their child. In case of dismissal, the camp fee will be prorated.

Check-In Site

Check-In will take place from 4:30-5 p.m. on July 21 in the lobby of the Sturzebecker Health Sciences Center located adjacent to the John A. Farrell Football Stadium on WCU's South Campus.

DIRECTIONS TO WCU

From Philadelphia & Delaware County

Take Route 3 West to Route 202 South. Follow Route 202 South and exit at High Street. Follow High Street North to the second traffic light and make a left onto Rosedale Avenue. Follow Rosedale Avenue West to first traffic light and make a left onto New Street. Follow New Street South to the Sturzebecker Health Sciences Center.

From Delaware & South

Take Route 202 North to Route 926 West. Turn left onto Route 926 West and go approximately one mile to New Street (first road). Make a right and follow New Street North to the Sturzebecker Health Sciences Center.

From Exton, Downingtown & Coatesville

Take Route 30 East to Route 100 South to Route 202 South. Follow Route 202 South and exit at High Street. Follow High Street North to the second traffic light and make a left onto Rosedale Avenue. Follow Rosedale Avenue West to first traffic light and make a left onto New Street. Follow New Street South to the Sturzebecker Health Sciences Center.

From Southern Chester County

Take Route 1 to Route 52 North toward West Chester. Make a right onto Tigie Road, which is located just past Birmingham Road. Follow Tigie Road to New Street. Turn left onto New Street and follow North to the Sturzebecker Health Sciences Center.



All proceeds from the summer camp benefit the West Chester University cross country scholarship fund.