

RESPONSIBILITIES OF CAMPERS

- Bring a positive attitude
- **Be sure to check** the “to bring” and “not to bring” lists found on the website and other **IMPORTANT INFORMATION NOT IN THIS BROCHURE**
- <http://www.lcsc.edu/crosscountry/2010clearwatercamp.htm>
- All campers must provide proof of health insurance.

If you are interested in attending as a high school coach or would like to be a councilor, please contact coach Collins at 208-792-2308 or mcollins@lcsc.edu

Camp participants are limited to students entering 9th-12th grades. Graduates are not eligible. 8th graders accepted with prior approval.

CHECK-IN – will occur between 6 and 7pm at the LCSC Activity Center. Evening activities will begin at 7:30pm. Campers will be camping on the LCSC Campus the first night and we will travel to the Selway River in the afternoon of the second day.

If you need transportation to/from the Lewiston Regional Airport, please contact Coach Collins to make arrangements.

See LCSC website for directions to campus.

<http://www.lcsc.edu>



REGISTER NOW

Camp is Limited to 80 Spots

2010

Clearwater River Running Camp



July 6-10

Lewiston, ID &
Selway River

tri state
OUTFITTERS

CAMP OUTLINE

The camp will spend its first day on the campus of Lewis-Clark State College where they will observe gait analysis and/or VO₂max testing as well as participate in a strength training regimen and deep water training.

The next three days will be spent at the Johnson Bar Campground on the Selway River (100 miles East of Lewiston) where there will be daily training sessions, group and team building activities, games and other competitions. Depending on water levels, other activities will include swimming and tubing the river as well as our notorious “awesome tossum” tournament, hiking and other “camp” activities.

At the end of the camp there will be the O'hare Creek 5K Time Trial Challenge for campers to test their fitness against the clock. This along with other games during the week will undoubtedly bring out the competitive sides of the campers. The main goal of the camp will be to emphasize fun and team building, along with education and training.

Special Speakers this year include:

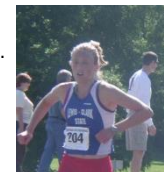
PAT TYSON – HEAD COACH – GONZAGA UNIVERSITY

Starting in 1986 while at Mead HS (Spokane) he coached 12 Washington State XC team titles, 9 individual and 17 individual track and field distance champions. In 2005 went to the Univ. of Oregon as a volunteer coach, returning to Mead for the 2005-06 season. Tyson spent the 2006-07 year at the Univ. of Kentucky, overseeing the men's and women's XC teams and distance runners, and is now the head XC & track coach at Gonzaga.



TAUSHA PATTERSON – 2005 Marathon National Champion and 2x Cross Country All-American

Tausha is a 2001 graduate of Vallivue HS in Caldwell, ID. While there she won a state cross country title in 2000. While competing at LCSC she went on to earn XC All-American honors in 2002 & 2004, and a national title in 2005 in the marathon. She earned her BS degree in nursing and is currently training to qualify for the 2012 Olympic Trials.



Other expected coaches and professionals will include

John Doherty – Capital HS (Boise, ID)	Shawn Lawler – Timberlake HS (Rathdrum, ID)
Tim Gundy – Asotin, WA	Cathy Compton – Coeur d'alene, ID
Keith Stuffle – Lewiston, ID	Mike Collins – Lewis-Clark State College
Tracy Collins – Certified Athletic Trainer	Dr. Clay Robinson – Lewis-Clark State College

All Councilors at the camp will be current or former collegiate runners.

If you would like to be a councilor and have graduated from high school, have high energy and a positive attitude, contact coach Collins

REGISTRATION – see the inside of this brochure for a registration form. You can also print a form from the LCSC cross country web page or register online at [active.com](http://www.lcsc.edu)

COSTS

- Prior to Feb.1 - \$225 individual, \$200/each for groups submitting 5 or more
- Feb 1 until May 1 - \$250 individuals, \$225/each for groups
- May 1 until June 21 - \$285 individuals, \$260/each for groups
 - \$50 deposit needed to hold spot in camp and must be paid in full by June 1, otherwise position is forfeited.
 - Camp is limited to 80 campers
 - Returning campers receive a \$25 discount.
 - Returning campers receive a \$25 discount for every referral of a new camper.

REFUND POLICY – 100% minus a \$50 process fee if cancelled by May 1, 50% refunded if cancelled by June 1, no refunds after June 1.

See Website for other IMPORTANT DETAILS - <http://www.lcsc.edu/crosscountry/2010clearwatercamp.htm>