

CONCEPT

Our goal at these camps is to make you aware of the many different ways and means to help you become a better runner. The camps feature guest coaches from the high school and college ranks who will discuss topics including psychology, diet, tactics, goal setting, weight training, warm-up, cool-down, and many other aspects of Middle Distance/Distance training. The Grades 7-12 Camp covers events from the 800m through Cross Country. We also plan to give you as much training as you are capable of handling to have you ready for the start of the 2015 cross country season.

The camps will also allow you to find out first hand how training ideas, racing areas, and general running philosophy differ in other areas of the U.S. and some foreign countries.

HOUSING AND MEALS

Housing for campers will be in one of the University residence hall facilities. Linens are furnished. Each dorm room accommodates two people (if you have a roommate preference, please indicate on your application). An excellent 10-1 camper-adult ratio will be maintained in the dorms to insure proper supervision at all times. Coaches stay in the dorms throughout the camp.

Cafeterias are located near the residence halls. Campers are entitled to three meals per day, starting with dinner on Sunday night and ending with lunch on Thursday for Grades 7-12.

FOR MORE INFORMATION CONTACT

Rick Witt

(715) 346-3677 (office)

(715) 341-8538 (home)

(715) 630-8808 (cell)

rwitt@uwsp.edu (e-mail)

OR WRITE TO

**Rick Witt, Camp Director
Middle Distance/Distance Camps
2050 Fourth Ave.
Stevens Point, WI 54481**

GENERAL INFORMATION

GOAL

Our goal is a simple one - To help you become as good a runner as you can.

COST

The camp fee for one week is \$340. A \$50 non-refundable deposit is required before confirmation is sent. Cost includes all instructional fees, room and board, dri-fit shirt and limited accident insurance coverage up to \$7,500.

DEPOSIT

A \$50 non-refundable deposit must accompany all applications.

FACILITIES

UW-Stevens Point features excellent camp facilities. Included is the finest indoor track in the Midwest, an eight-lane swimming pool, a warm-water therapeutic pool, indoor and outdoor tennis courts, racquetball courts, a state-of-the-art weight training facility, and a beautiful campus setting that showcases miles of woodchip running trails within 400 yards of the residence halls.

CONFIRMATION

Upon receipt of the campers deposit, we will mail you a confirmation sheet along with health and insurance forms to fill out and return by date listed on confirmation sheet.

PERSONAL NEEDS

Campers should bring along workout gear, swimming suit, fan, alarm clock, and casual clothes, as well as an amount of money to spend on souvenirs. Soda and snacks may be purchased on campus during free time.

LEISURE TIME

Camp does provide time for leisure activities. From swimming, tennis, racquetball, softball, sand volleyball and weight training, to just sitting around and visiting.

!!! REGISTER EARLY !!!

Enrollment is limited to the first 100 campers. Send your application and deposit in now to guarantee you the best camp possible!



POINTERS™

RUNNING CAMP

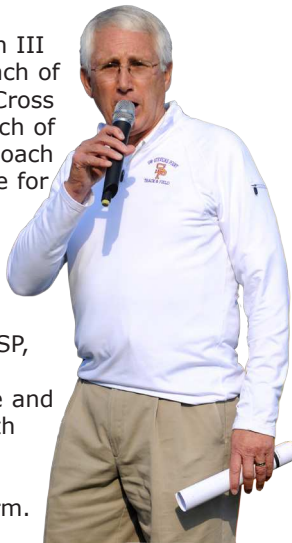


**MIDDLE DISTANCE
& DISTANCE
RUNNING CAMP
JULY 12-16, 2015**

CAMP STAFF

COACH RICK WITT

Rick Witt, the 1996 NCAA Division III National Men's Cross Country Coach of the Year, nine-time U.S. Track & Cross Country Association Regional Coach of the Year and the 14-time WIAC Coach of the Year is the man responsible for the success of the UW-Stevens Point Men's Cross Country and Track & Field programs over the past 37 years.



Beginning his 38th season at UWSP, Witt is recognized as one of the country's premier middle distance and distance coaches. Success at both the team and individual level in conference, regional and national competition have become the norm. Coach Witt's resume includes 43 top-20 team finishes, 31 top-10 finishes and 16 top-5 finishes at the NCAA Track & Field/Cross Country Championships.

Individually, the Pointers have produced National Champions at 800m, 1500m, 500m, 10,000m, 4x400 relay, Distance Medley Relay and Cross Country. Witt also coached UWSP's first NCAA Division I All-American in Arnie Schraeder, who finished 11th at the 1986 NCAA DI Cross Country Championships. During his 37 seasons, Witt has developed 20 National Champions and over 140 All-Americans in the middle distance and distance events.

COACH BRETT WITT

Brett Witt is in his second season as the associate head coach with the Pointers cross country and track & field teams, coming home to UWSP after serving as the head coach at Carthage College for 12 seasons.



Witt, a track and field mid-distance runner, was an eight-time NCAA Division III All-American and a five-time WIAC champion at UWSP. He was also named a Track Coaches Association Scholar All-American and received his master's degree in human performance and sport studies from the University of Tennessee in 1999.

Coach Witt is widely recognized as one of the country's premier young middle distance/distance coaches.

ADDITIONAL COACHING STAFF INCLUDES COACH ERIN KLINE

Erin Kline completed her first year as a graduate assistant coach at Carthage College in 2015 after serving as an assistant track & field coach at UW-Stevens Point in 2014. A native of Casco, Wis., Kline attend UWSP where she was a two-time Wisconsin Intercollegiate Athletic Conference (WIAC) champion, school-record holder and an All-American.

COACH KRISTIN LECLAIR

Kristin LeClair is in her first year as a graduate assistant for the UW-Stevens Point cross country and track & field teams.

LeClair comes to UW-Stevens Point after completing her four-year career at Carthage in 2014. She finished in the top three in the long jump at the College Conference of Illinois and Wisconsin (CCIW) indoor and outdoor championships six times in her career, including winning the indoor event in 2013. She was also a part of a CCIW conference champion 4x400-meter relay team in 2014 that also finished 12th in the indoor national meet. LeClair was named the CCIW Athlete of the Week twice and served as a team captain in her senior season.

COUNSELORS

In addition to the camp coaching staff, high school coaches and outstanding collegiate runners, including numerous All-Americans, will work with the campers in an excellent 10:1 ratio.

TYPICAL CAMP DAY SCHEDULE

The following is a typical camp day schedule. The schedule is flexible and varies every day, but follows the same basic routine.

7:00-7:45	Morning Run
7:45-8:45	Breakfast
9:00-11:00	Group Instruction (classroom & participation)
11:00-1:00	Lunch & Free time
1:00-2:00	Afternoon recreational activity
2:00-3:00	Instruction time in classroom
3:00-4:30	Afternoon Workout
4:45-6:00	Dinner
6:30-7:30	Guest Speaker
7:30-9:00	Free Time (Swimming pool available)
9:00-10:30	Relax in residence hall (movies, dance, etc)
10:30	Lights Out

2015 UW-STEVENSONS POINT MIDDLE DISTANCE/DISTANCE RUNNING CAMP APPLICATION FORM

Make check payable to: UW-Stevens Point Running Camp
and Mail to: UWSP Running Camp, 2050 Fourth Ave., Stevens Point, WI 54481

NAME _____ ADDRESS _____ HOME PHONE _____
 CITY _____ STATE _____ ZIP _____ COACH _____
 SCHOOL ATTENDING _____ SEX: MALE _____ FEMALE _____
 YEAR IN SCHOOL (Fall, 2015) _____ AGE _____ PARKING PERMIT NEEDED _____ (Add \$16)
 EMAIL _____ XL _____ M _____ L _____
 Dri Fit SHIRT SIZE (circle one): XS S M L
 ROOMMATE PREFERENCE _____ TOTAL CAMP FEE \$ _____
 ENCLOSED \$ _____ \$50 PRE-REGISTRATION (balance due on arrival)

CONFIRMATION TO FOLLOW
 TOTAL WEEK: \$340
 Account # 707181

FOR OFFICE USE ONLY
 AMOUNT DUE \$ _____
 DATE RCVD _____
 CHECK # _____