

## IMPORTANT INFORMATION

**Gifts:** Each camper will receive a Nike Dri-Fit Camp shirt. You are encouraged to register early as each week will be limited to 70 campers. To receive a special Nike gift you must register and pay in full by May 19th. Nike will be on site to show off new products to enhance the camp experience

### **Costs:**

**\$335 – Individuals**

**\$320 – Team – (Consist of 5 or more athletes from same team)**

**Coach Free w/ 5 athletes**

**(Teams of 10 or more must have coach attend and provide transportation)**

**Registration:** \$100 Deposit due May 31st  
Remaining Balance Due June 30th  
Deposit is non-refundable

**Skill:** Athletes will be put into groups based on current fitness. Please come to camp with some basic fitness. The camp is meant to progress your training towards the beginning of your season not start your training. Counselors will be current Bryan College Track & Field / Cross Country athletes.

## CONTACT INFORMATION

Please mail registration form to:

**Rodney Stoker**

Bryan College Box 7803

721 Bryan Drive

Dayton, TN 37321

Office (423) 775-7584 / Cell (423) 432-7469

Email [rodney.stoker@bryan.edu](mailto:rodney.stoker@bryan.edu)



## BRYAN COLLEGE CROSS COUNTRY CAMP AT FORT BLUFF



**Camp One**  
**July 17-21, 2012**

**Camp Two**  
**July 31-Aug. 4, 2012**

**Camp Three**  
**Aug. 7-11, 2012**

**Ages 12 - 18 Years**  
**[www.bryanlions.com](http://www.bryanlions.com)**

## CAMP DIRECTOR

Rodney Stoker is in his seventh year as Bryan College's Head Coach for men's and women's cross country. In 2007, 2009, 2010, and 2011 Coach Stoker was named the AAC Men's Cross Country Coach of the Year as his team won the AAC Championship those three years. His teams have produced 14 NAIA All-Americans and 71 All-Conference awards along the way.



Coach Stoker graduated from the University of Tennessee at Chattanooga in the spring of 2000. As a Moc, he won two Southern Conference titles, and helped Chattanooga win the South Regional in 1998 to advance to the NCAA National Championships. He received a degree in exercise science from Chattanooga in 2000.

## CAMP AMMENITIES

Fort Bluff has miniature golf, 150-foot water slide, the blob and iceberg at the lake, swimming, volleyball, ultimate frisbee, disc golf and more.

You will stay inside air conditioned, bunk style dorms. Camp includes three meals a day and an evening snack.

For more information contact  
**Rodney Stoker - Head Coach**  
423-432-7469 • [rodney.stoker@bryan.edu](mailto:rodney.stoker@bryan.edu)



## CAMP EMPHASIS

Bryan College will host a cross country camp open to ages 12-18 at Fort Bluff Camp located 6 miles from the main campus in Dayton, Tennessee. Come as an individual or with your team to prepare for the 2012 cross country season. The camp will focus instruction on running workouts, strength training including dynamic warm-ups and plyometrics, pool workouts, racing tactics, nutrition, goal setting, and the mental approach to the sport.



## TYPICAL DAILY SCHEDULE

7:30 am – Morning Session – Warmup & Run  
8:45 am – Breakfast  
9:45 am – Educational Session – Nutrition/Recovery  
10:30 – Break  
11:30 am – Lunch  
12:30 pm – Quiet Time – Coach's Education Session  
2:00 pm – Racing Strategy  
3:00 pm – Afternoon Session – 2ndRun/Core/Pool Work  
4:00 pm – Pool/Water Slide/Beach Volleyball  
6:00 pm – Dinner  
7:30 pm – Team Activity  
9:00 pm – Canteen  
9:30 pm – Devotional  
9:50 am – Lights Out



## REGISTRATION FORM

(please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

High School \_\_\_\_\_ Grade (Fall of 2012) \_\_\_\_\_

Medical Alerts \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent's Email \_\_\_\_\_

Payment: Individual \$335.00 Team (5+) \$320.00

Attending: Camp 1 \_\_\_\_\_ Camp 2 \_\_\_\_\_ Camp 3 \_\_\_\_\_  
(July 17-21) (July 31-Aug. 4) (Aug. 7-11)

Cash \_\_\_\_\_ Check \_\_\_\_\_ (payable to Rodney Stoker)

### Parent/Guardian Consent:

I hereby release **Rodney Stoker, Bryan College, Fort Bluff Camp, and camp staff members** from any and all liability for any kind of personal injury or property damage due to participation in this camp. I certify that my child/ward is in good health and is able to participate in all activities.

If any attention is required for illness or injury, I authorize a camp or facility staff member to obtain immediate medical care and give consent to the hospitalization of, or performance of necessary testing, surgery or administration of drugs to the child/ward above, in the event that a parent/guardian cannot be contacted.

I give consent for my child to be photographed and/or videotaped and for those images to be used for promotional materials.

### Parent/Guardian Signature

Date \_\_\_\_\_

Insurance Carrier \_\_\_\_\_

Policy # \_\_\_\_\_

**Please download Fort Bluff health form to send with registration at [BryanLions.com](http://BryanLions.com)**