

**Pilgrim Cross Country
Camp Application**

Campers
Name: _____

Parent(s) full name(s):

Home Address:

City: _____

State: _____ Zip Code: _____

Age: _____

Home Phone: _____

Work Phone: _____

Check One

ADULT shirt size: XS S M L
 XL XXL

Check One(enclosed)

- Deposit (non-refundable, **DUE 6/1**) \$75 **OR**
- Full Payment \$150/ \$175 after 6/1
- Team Rate (4 + individuals) \$125

School Attended in 2007-08:

Detach and return with check
(payable to NEC Athletics) to:
New England College Athletics
Cross Country Camp
98 Bridge Street
Henniker, NH 03242



New England College
Athletics
98 Bridge Street
Henniker, NH 03242



**PILGRIM
CROSS-COUNTRY
CAMP**



2008

July 7– July 11
July 12–Pilgrim Challenge 5K
New England College

Pilgrim Cross Country Camp

The primary goal of the New England College cross-country camp is to foster a healthy environment that contributes to the athletic, academic & personal success, of its campers. Any individual, regardless of running ability, is welcome to join and compete at this camp provided they are dedicated and willing to train hard. The following components are critical to maintaining a high level of team and individual accomplishments.

Dedication — Cross-country runners train harder than most athletes, mental toughness, consistent year-round training and the ability to push yourself to the physical & mental limit are the necessary skills in this sport.

Life Balance— Regular exercise is a critical component to maintaining balance in hectic student life. Runners consistently show high levels of academic performance and tremendous ability for balancing school, social activities, work and training.

Fun— Cross-country training at NEC is an enjoyable experience. There is no pressure. Everyone makes the team, a no cut policy is in effect. From the bus trips to meets at some of the most scenic places in New England, to post-race cookouts and pre-race pasta dinners, you will have a lot of fun.

Teamwork—Although viewed as an individual sport, cross-country is really the ultimate team event. The common goal of team success is achieved when each runner pushes to their limit.

Coaching - The coaching you will receive at NEC is as good as any coaching you will receive in the country. Workouts are customized to meet the runner's ability, injury intolerance, and time available to train. A unique blend of quality over quantity, with a focus on soft-surface training, integrated strength & flexibility, and creative cross training to optimize performance and keep injury rate non-existent is the plan.

Camp Details

New England College Cross Country Camp is designed for individual boys and girls entering grades 6 through 12 who are interested in racing cross country. Although training groups and workouts are determined by a runner's ability and needs rather than by team affiliation, team members are welcomed and encouraged to attend camp together for the added benefit of team growth. The director, lecturers, and counselors provide a total learning experience as well as a training camp. Topics to be covered are included below.

Ability Grouping
Training Theory
Goal-setting
Relaxation & Visualization
Care & Prevention of Injuries
Racing Strategies
Recreational Activities
Running Beyond High School
Running Beyond College

Running Technique
Stride Analysis
Training Games
Strength/Flexibility
Goal Setting
Mental Preparation
Cross Training

Safety

A certified athletic trainer will be present at the camp at all times. Expenses resulting from illness, injury, or accidents are the responsibility of the camper's parents/guardians.

Lunch

There will be a 45-minute break for lunch. **Campers will need to provide their own lunch.** Water will be issued throughout the day; campers should provide their own water bottles.

Directions

From Concord: 89N to exit 5, 202/9W to Henniker, New England College exit, left off the exit follow 114 through blinking light and follow signs to Bridges Gym.

From Keene: 9E to New England College exit, right off exit follow 114 through blinking light and follow signs to Bridges Gym.

From New London: 89S to exit 6, right off exit onto rt. 127, follow 127 take a right onto 202/9W to Henniker New England College exit, left off the exit follow 114 through blinking light and follow signs to Bridges Gym.

Who's In Charge?



Camp Director:
Chris MacDonald
Head Coach
NEC Cross Country

Chris MacDonald just completed his first season leading the Pilgrims Cross Country Team.

MacDonald is a graduate of Westfield State College where he earned his Bachelor of Arts in psychology, while running cross-country and varsity track. MacDonald has also earned a Masters of Education from the University of New Hampshire and is currently working towards his Doctorate in Education at Plymouth State College.

Over the past seven years MacDonald has been teaching in the Hooksett School District and involved in both high school cross-country and track at the Class L level. Over the past three seasons MacDonald has been the head coach for the boy's varsity program at Goffstown High School and before that he coached two seasons at Laconia High School in Laconia, NH.

Camp Dates:

Monday, July 7– Friday, July 11

All runners receive entry into the Pilgrim Challenge 5K on Saturday 7/12

Times:

8:30 a.m. – 3:00 p.m.

Cost:

\$150 (\$175 after 6/1)

All runners receive a Pilgrim Cross Country Camp T-shirt!

NEC also sponsors summer camp in baseball and basketball.