

TRS 2015 Info:

The Running School will lay a strong foundation for a successful year of competition while instilling in our campers the love and respect for our sport and a level of fitness that will guide them throughout their lives.

FEES:

Single camper rate for 2015 includes room, board, classes, planned training and the 2015 Official TRS camp shirt, stretching rope, water bottle, giveaway packet, and a wealth of knowledge.

Early Registration Incentives:

\$600.00 if received May 15

\$625.00 if received May 16-June 15

\$650.00 if received June 16-July 31

\$675.00 if received after August 1

Optional Choices:

- Round Trip Bus: \$140.00/OneWay \$75.00
- MVP Varsity Club: \$150.00 (includes Premier New Balance Training Shoes, TRS Sweatshirt and Party with special guest speakers)

Instructional Program includes:

- Core Strength and Fitness
- Plyometric/Isometric Exercise Drills
- Speed, Agility, Mobility, Flexibility
- Injury Prevention/Rehabilitation
- Aqua Training
- Weight and Resistance Training



TRS 2015 will feature:

Wharton Performance: The Whartons' have become the gold standard in musculoskeletal health. The renowned authors of books on cardio-fitness, strength and rehabilitation. The team of therapists have trained and conditioned hundreds of Olympic athletes, featured on Dateline NBC, The Discovery Channel, publications such as Running Times, Runner's World, Shape, USA Today, and The Wall Street Journal, The New York Times and National Public Radio.

<http://www.whartonhealth.com/>



OUR CAMPS ARE UNIQUE!

We cater to all talent levels by housing our athletes by ability. Our system ensures that each athlete is matched with appropriate training partners and experienced staff. The objective is to offer our campers an opportunity to improve their overall fitness, performance, and knowledge.

SUPERVISION remains a vital focus throughout camp. Our highly qualified staff permits us to maintain a 1:4 ratio among staff and campers; an unparalleled format for sport camps. All staff members undergo training requirements including medical certification, camp orientation, and coaching ethics and philosophy. This allows The Running School to be a leader in athletic education and the promotion of cross country and track and field. Once again, The Running School has assembled elite staff of certified coaches and teachers, well-established collegiate and open athletes, medical professionals, keynote speakers, and highly celebrated guests.

- Located in the **picturesque Catskill Mountains** of NY State. This ideal setting is perfect to train for the cross-country and track & field seasons, including an all-camp run to the original "Woodstock" concert site.
- **Challenging terrain** with miles of open roads and trails, in addition to a modern **track & field facility**.
- The **lowest staff to camper ratio** of any running camp in the East, including an outstanding team of **medical professionals**.
- **Motivation** for the individual and team.
- **Individual and group feedback** sessions from experienced coaches and experts in our sport.
- **Supplementary In-depth classes** in weight training, Injury Prevention and Rehabilitation, Spinning Cross Training, Core Strength/Aquility, Goal Setting and Visualization, and College-Bound Preparation
- **Nationally renowned** guest speakers and accomplished athletes
- **Social activities** including dances, camp talent show, Tie-Dye Extravaganza, and fun contests.
- Our campers will leave **fit, healthy**, with a **better understanding** of our sport, and highly motivated for the upcoming seasons.
- **FRIENDSHIPS** - many will last a lifetime!

TRS Specialized Camps include:

- Cross Country & Endurance Camps
- Sprints/Jumps/Hurdles Camps
- Middle and High School Camps



Full Instruction Program: with Learn By Doing Sessions, including Strength Training, Flexibility, Aqua Conditioning, Bio-Mechanical and Technique/Video Analysis, Plyometrics, Speed and Power Development, and Nutrition.



Camp Facilities Include:

- Wooded Cross Country Trails
- Safe and Scenic Country Roads
- All-Weather Outdoor Track Facility
- Olympic Length Swimming Pool
- Lakefront Beach
- Modernized Cabins and Facilities
- Spinning/Weight/Exercise Rooms



Cross Country & Track and Field Camps

For

- **Boys & Girls**
- **Teams & Individuals**
- **Youth/Middle School**
- **High School**
- **Beginners to Elite**

45th Consecutive Year
August 17-23, 2015
 (SEVEN DAYS)

Camp Chipinaw
 Catskill Mountains, NY

VISIT: www.TheRunningSchool.com
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