



# BROCAW BLAZERS 2019 SUMMER CROSS COUNTRY CAMP

150 National CC Team Titles  
106 Individual National CC Champions  
87 National CC Team runner-up &  
289 National CC team top 3 finishes



## Unique Camp Features

### Omega Wave Machine

This is the only camp in the country that has this feature. An Omega Wave Machine does everything a VO2Max treadmill test can do. More importantly you can be tested daily without any adverse training effects. The results of this high-tech test will tell a runner and their coach about optimal training using heart rates, recoveries, rest, and just about everything else needed in order to effectively train distance runners. These results will be sent back from the camp with the athletes. The cost of this testing alone is over \$150. Every camper (and coach) will receive a test as part of camp.

### Workshops - Sessions include:

- » Smarter Training Theory & Physiology
- » Heart Rate and Energy Systems
- » Care & Prevention of Injuries
- » Biomechanics and Form Analysis
- » Nutrition & Hydration for Runners
- » Sports Psychology for Runners & Coaches
- » Goal Setting
- » Proper Warm-up, Cooldown & Stretching
- » Proper Shoe Selection
- » Race Tactics & Strategies
- » Cross Training & Aqua Jogging
- » Weight/Circuit Training for Distance Runners
- » Core Training
- » Running Beyond College
- » Recruiting and the College Experience
- » Advanced workshops will be offered for returning campers

### Past Camp Staff

The camp staff includes top college and high school coaches as well as health care professionals. Camp counselors include some of the top elite and collegiate runners in the United States. There will be at least one collegiate/elite athlete for every seven (7) campers.

#### *Matt Centrowitz*

Former camper is the 2016 1500m Olympic gold medalist; 2016 World Indoor 1500M Champion; 2013 World 1500m silver medalist; 2011 World 1500m bronze medalist; 2012 1500m Olympian.

#### *Ann Marie Chappell*

Member of 2004 US World CC 8K Team & 2003 World CC 4K Team.

#### *Andy Downin*

2001 USA 1500m Champion and member of 2001 USA World CC 4K Team.

#### *Craig Virgin*

3 x Olympian and only US male to win a World CC Title; 1980 & 1981.

#### *Shalane Flanagan*

2008 Olympic 10K Bronze; 2004, 2008, 2012 & 2016 Olympian; American Indoor Record Holder 3K & 5K as well as 15K road race; 2011 IAAF World Cross Country bronze medalist; 5x USA CC Champion.

#### *Maks Korolev*

2015 USA World CC Team Member & Pan American CC Individual and Team Champion.

#### *Jason Pyrah*

1996 & 2000 USA 1500m Olympian and nutrition expert.

#### *Jenny Simpson*

2016 Olympic 1500m bronze medalist; 2013 World 1500m silver; 2011 World 1500m Champion; NCAA record holder (1500, steeplechase & 5000); 2008, 2012 & 2016 Olympian.

#### *Emily Sisson*

NCAA Indoor 5,000m record holder (15:12.22); 3 x NCAA 5,000m Champion & 2010 USA Jr World CC Team Member.

#### *Christian Smith*

2008 US Olympian in the 800 & NCAA record 1000m.

#### *Nicole Teter*

2004 & 2008 US Olympian in the 800 & American Indoor Record holder 800m.

### Training

Training runs are organized with input from both the athlete and coach. Two runs will be offered daily - only one will be required. One of the main features of the camp is teaching the campers to take responsibility for their own training. Campers have the opportunity to train with people of similar ability. Each run is monitored by camp staff to make sure that campers are not over training. The camp staff will be teaching and answering questions during the runs. Running form will be analyzed. **Special emphasis will be placed on mental training and the biomechanics of running.**

### Activities

Include swimming, sand volleyball, hiking and other games. Evening activities will include a talent show, a magic show, games night, the Imaginary Olympics and a dance. There will also be other fun and entertaining activities such as; Low Budget American Idol, the daily surprise activity, a game of Mafia, a glow stick run, a hypnotist and a late night game of Mission Impossible.



### Cost

Included in the camp cost is lodging, all meals starting on Monday, OmegaWave testing and the camp shirt. Early registration by June 5<sup>th</sup>  
Returning Campers: \$670 Newcomers: \$695  
Late Registration, received after June 5<sup>th</sup>: \$795

### Coaches Fee

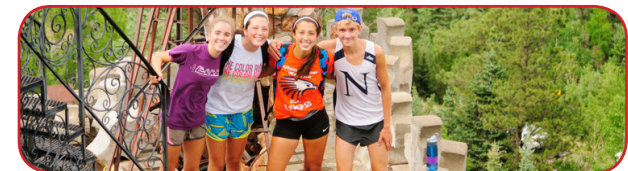
If registration received by June 5<sup>th</sup>: \$670  
Teams of 3-6 athletes: \$350  
Teams of 7-9 athletes: \$150  
Teams of 10+ athletes: No Charge

**REGISTER EARLY AS SPACE IS LIMITED!**

### Registration

Registration forms, health forms, and all other pertinent camp information may be downloaded from our website at [www.ccrunningcamps.org](http://www.ccrunningcamps.org).

**A nonrefundable \$100 deposit reserves your spot. Balance due upon arrival.**



## More Information

Visit our website at  
[www.ccrunningcamps.org](http://www.ccrunningcamps.org)  
or call Coach Ramsey at  
**(913) 489-9821.**

### Coaches & Campers say .....

"The best camp I have ever been to. A great staff that will be with you even after the camp. I learned more at this camp in one week than I had in my prior 10 years of running and coaching. A great time, a great experience, and great people!" -- Coach Brown, Guymon HS, OK

"The camp has an incredible wealth of knowledge to offer those athletes and coaches wanting to take their running to the next level. The OmegaWave testing alone is worth going to camp for. This enables you to train smarter & more efficiently. No other camp can provide this kind of information in the US!" -- Adam Perkins

"I had soooo much fun! I felt like I could ask the staff anything! I would definitely recommend this camp to everyone!! I loved it!" -- Mallory Champa

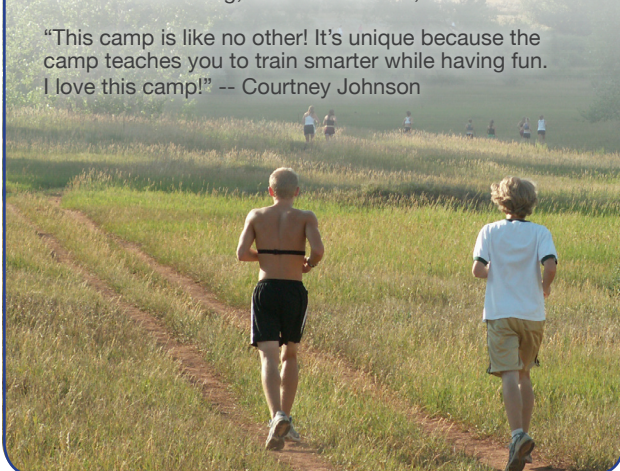
"The information delivered was some of the best I've ever heard presented anywhere. The attention to detail in the lectures & the staff provide one of the best camp experiences a HS coach and team can achieve. Several of my kids have kept in touch with their counselors years after having attended. Definitely a camp worth attending for the coach and team looking to reach their training & racing goals." -- Coach Christensen, Lovejoy HS, TX

"The overall camp experience is top notch and second to none. From the workshops to the camp staff, the camp is well worth the money." -- Adam Hairston

"I would definitely recommend this to any cross country, track or distance athlete because it gives you a lot of useful information about correct nutrition, correct training, and the correct race mentality. Plus, they make it fun and entertaining." -- Mica Land

"This is an incredible opportunity to make a huge improvement in every aspect of your running & coaching life." -- Coach King, Blue Thunder TC, MO

"This camp is like no other! It's unique because the camp teaches you to train smarter while having fun. I love this camp!" -- Courtney Johnson



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Resources

SMARTER TRAINING CAMP  
P.O. BOX 34483  
N. KANSAS CITY, MO 64116



# BROCAW BLAZERS



July 7 - 14, 2019  
Fort Collins, CO

All runners, coaches & teams (grades 8-12) wanting to improve themselves in a positive learning environment are invited. The camp will allow each athlete, regardless of age or ability, the opportunity to learn and grow as a runner, individual, leader and team member.



[WWW.CCRUNNINGCAMPS.ORG](http://WWW.CCRUNNINGCAMPS.ORG)