

UNIVERSITY OF WISCONSIN-MADISON

JUNIOR HIGH & HIGH SCHOOL
BOYS & GIRLS

JULY 19-24 JULY 26-31
2010

Find out what makes a champion...
A CHAMPION!

WISCONSIN CAMP OF
CHAMPIONS



A Camp of Champions

The 2010 Wisconsin distance running Camp of Champions is a five-day program for boys and girls who are cross country and middle-distance runners from high school and junior high. At 37 years old, it is one of the country's oldest camps of its kind.

The camp's purpose is to provide quality individual instruction in the techniques and training that are necessary for young athletes to reach their full potential.

Workouts, lectures, films, and activities are all designed to instruct, entertain and motivate. We are aware that our campers represent a wide variety of talent, motivations, education, and experience, and we are prepared to **tailor our program to each person's needs.**

Former Speakers

The Camp of Champions has maintained a variety of prominent guests and lecturers every summer. Former guest speakers have included:

- Matt Tegenkamp—US Recordholder in the 2 mile
- Chris Solinsky
- Tim Hacker—USATF National Champ
- Olympian Cindy Bremser
- Olympian Rick Wohlhunter
- Olympian Pascal Dobert
- Olympian Suzy Hamilton
- Olympian Steve Lacy
- Oklahoma State Coach Dave Smith
- 2001 USATF 1500m Champion Andy Downin
- Stanford Women's Coach Peter Tegen
- Jerry Schumacher—Nike Club Coach

Camp Director



ED NUTTYCOMBE

Men's Track & Field Head Coach

Nuttycombe is in his 27th year as the head coach of men's track and field. Under his direction, the Badgers have won 24 Big Ten Conference titles on the track, as well as the 2007 Indoor NCAA National Championship. Nuttycombe has coached 161 All-Americans and 140 Big Ten champions. He has been named the Big Ten Coach of the Year 20 times and the NCAA Regional coach of the year six times. Nuttycombe is knowledgeable in all areas of track and field, and will reside at the camp all week.

Assistant Camp Directors



MICK BYRNE

Head Men's Cross Country Coach

Byrne is in his second season as head cross country coach and assistant track coach at the UW. Prior to Wisconsin, Coach Byrne spent 24 years at Iona College in New Rochelle, New York, where his program was a conference powerhouse and a consistent national contender winning 17 consecutive MAAC titles, and earning 12 trips to the NCAA Championships. In 2007, his team placed 2nd at the NCAA XC Championships, moving up one spot (3rd) from 2006. In addition, his team finished 4th in 2005 and in 2003.

In his two years at UW, Coach Byrne has had an immediate impact, leading the Badgers to their 10th and 11th straight Big Ten Conference Championship, 7th-straight NCAA Great Lakes Regional Championship, and capping off the season with a seventh-place finish at the NCAA Championships. Coach Byrne will reside at the camp.



JIM STINTZI

Head Women's Cross Country & Track Coach

In his sixth season as head coach of women's track and cross country, Stintzi has begun to rebuild the Badger women's cross country program, leading the team to a 4th place finish at the NCAA Cross Country Championships in 2006. Stintzi has been named Big Ten Coach of the Year three times and NCAA Regional Coach of the Year twice. He has produced 36 All Americans and 29 Big Ten Champions.

The Staff

Several University of Wisconsin cross country and middle distance runners will serve as camp counselors. They will be joined by additional high-quality athletes from the Midwest as well as successful coaches from the high school and college ranks. The counselor/athlete ratio is kept low (approximately 1:10) to ensure the personal attention that has been the program's trademark over the past 35 years.

Location

The University of Wisconsin is located in Madison, the state's capital. It is a clean, vibrant city situated on rolling hills and amidst five freshwater lakes. Madison is 90 miles west of Milwaukee, 140 miles northwest of Chicago and 265 miles southeast of Minneapolis, and is served by several bus companies and six major airlines including United, Northwest, Delta, American, and Midwest Express. Transportation to and from the airport and bus station can be arranged on check-in and check-out days.

Room & Board

University Housing residence halls provide student-style housing conveniently located on campus near camps. Each air-conditioned room includes twin beds with linens and pillows, microfridges, desks, Internet and cable television connections (via personal laptop) and shared bathroom facilities. Floor lounges include televisions and telephones with free local calls. Laundry and vending machines are located within most halls. Meals provide a variety of youth-friendly and healthy selections, including vegetarian options. Special dietary requests can be addressed with sufficient advance notification. For more information about hall policies and services, visit: www.housing.wisc.edu/summer_conferences/index.html.

Facilities

Campers will have access to the UW track, indoor track, indoor athletic field, and weight room on campus. We will also be using a variety of running trails in the area to demonstrate alternatives to track training. Other facilities on Wisconsin's 900-acre campus include tennis courts, basketball, softball, racquetball courts, fishing, and an indoor pool. A wide variety of recreational activities are also available at the Student Union, including table tennis, and billiards.

Camp Features

Training, technique instructions, and informative lectures are implemented daily. In addition, an athletic trainer will be on staff and available in the dorm throughout the week. Entertainment will include, but will not be limited to, daily athletic tournaments, swimming, and evening movies, as well as time during the day to relax and enjoy the beautiful campus and make friends. A video analysis of your running form, as well as those of champion athletes, will be provided.

Supervision & Conduct

Campers will be supervised at all times to ensure a secure environment. Any misconduct by a camper is grounds for immediate dismissal from the camp without a refund.



Cost

LIVE-IN CAMPERS: \$465 / \$425

Includes tuition, lodging in modern dormitories and meals from Monday dinner through Saturday lunch. Also included is limited group insurance coverage and a camp T-shirt.

GROUP: \$425

Includes same items as above. (Five or more from same school)

DAY CAMPERS: \$250

Includes tuition, lunch and dinner, group insurance, and T-shirt.

NOTE: A \$250 deposit must accompany the application with the balance due by registration day. The deposit is not refundable after July 12 or July 19. Make checks payable to UW Athletic Department and mail to:

Business Office
Camp of Champions
University of Wisconsin
1440 Monroe Street
Madison, WI 53711

Camp Dates

The camp is open to any and all boys and girls entering 8th grade through freshman year in college.

Check-in: Monday, July 19 at 1 p.m.
Monday, July 26 at 1 p.m.

Check-out: Saturday, July 24 from 1–3 p.m.
Saturday, July 31 from 1–3 p.m.

NOTE: Upon receipt of application, campers will be sent medical forms, maps, information on housing, items to bring, and when and where to report.



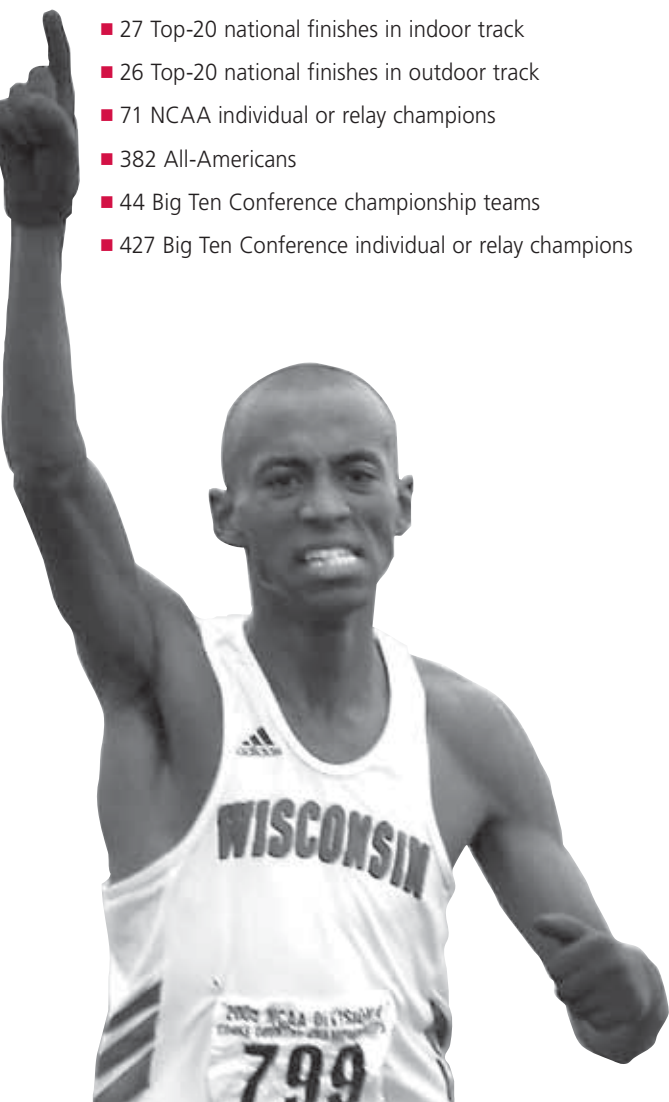
Decades of Success

WISCONSIN CROSS COUNTRY SUCCESS SINCE 1980

- 6 NCAA championship teams
- 5 NCAA individual champions
- 37 NCAA Great Lakes Regional championship teams (2008 Champions)
- 38 Big Ten Conference championship teams (2008 Champions)
- 23 Big Ten Conference individual champions
- 109 All-Americans

WISCONSIN TRACK & FIELD SUCCESS SINCE 1980

- 2007 Indoor NCAA National Champions
- 27 Top-20 national finishes in indoor track
- 26 Top-20 national finishes in outdoor track
- 71 NCAA individual or relay champions
- 382 All-Americans
- 44 Big Ten Conference championship teams
- 427 Big Ten Conference individual or relay champions



Registration

Please Print

Name _____

Address _____

City, State, ZIP _____

Home phone (_____) _____

Parent's cell phone (_____) _____

Parent's name _____

Camper's e-mail _____

Grade (fall 2010) _____ Age _____ Sex: M F

School _____

Roommate preference _____

T-shirt size: YL S M L XL

July 19–24, 2010 July 26–31, 2010

TUITION OPTIONS (please check one):

- \$465** Resident Camper
- \$425** Returning Resident Camper
- \$425** Group (5 or more from same school)
- \$250** Day Camper

A deposit of \$250 must accompany this application. No refunds issued later than seven days prior to the start of camps. **Checks payable to UW Athletic Department and mail to: Business Office, Camp of Champions, University of Wisconsin, 1440 Monroe Street, Madison, WI 53711.** Questions? Call 608-262-4397 (days) or 608-271-7998 (evenings).

Liability Waiver

In consideration of my child's participation in the Camp, I hereby release the University of Wisconsin System Board of Regents, its officers, employees, and agents from any and all liability arising out of any injury or illness my child incurs while participating in camp activities. I understand the rigorous athletic activity in which he/she will be involved. I understand that participation is voluntary and I choose freely to have my child participate.

Health Insurance

Campers are encouraged to have their own health insurance as limited accident insurance is provided by the UW. I understand that the camp provides limited accident insurance, which is primary on the first \$1,000 and excess up to \$7,500.

Health Information

By applying for this camp I agree to complete and return to the Sports Medicine Department the confidential Consent for Medical Administration and Medical Treatment Form and Health History Questionnaire. I understand these forms need to be completed and on file prior to my child's participation in the camp activities. (These forms are on the UWCamps.com Web page and will be mailed to all parents/guardians when applications are received.)

Photographs and Videos

By applying for this camp I understand UW–Madison may take photographs and or videos of camp participants and activities. I agree that the UW shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

Parent or guardian signature

For additional information and updates visit:
www.uwcampus.com

**BE TRAINED BY THE BEST.
BE AT YOUR BEST.
ATTEND THE
"CAMP OF CHAMPIONS!"**

