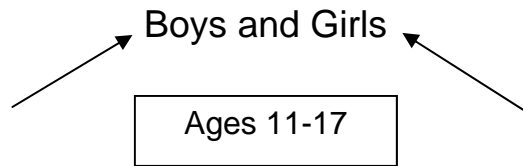


Campers will enjoy the beautiful trails and paths of the Bard College Campus while training under the guidance of an excellent coaching staff.

Campus facilities that will be used during the camp include the Stevenson Gymnasium and Fitness Center, Bertelsmann Campus Center, Kline Commons Dining Hall, and miles of scenic cross country trails.



Bard College
Cross Country Camp
2009



Registration Fee: \$200

Includes:
daily instruction, coaching,
lunch, educational sessions,
refreshments and t-shirts.

For registration information contact:
Kristen Hall
Director of Athletics
Bard College
845-758-7528
hall@bard.edu

Coming to our camp will make you a better, stronger, more confident runner!



July 27– 31

Monday thru Friday

8:30 a.m. - 3:30 p.m.

www.bard.athletics/camps

A camp for young runners of all abilities, the participants will be involved in a variety of physical and intellectual activities.

A daily training run will be combined with educational sessions involving a wide range of topics, including:

- Training Philosophy & Methods
- Nutrition
- Stretching
- Race Day Preparation

The philosophy of the Camp Directors is to provide a comprehensive foundation on which the runners can safely and successfully participate in the sport of cross country. The camp accommodates runners from beginners to those with elite experience.



TYPICAL DAILY SCHEDULE

8:30 a.m.	Campers Arrive
8:45-9:00 a.m.	Stretch and Warm-Up
9:00-10:00 a.m.	Morning Run
10:00-10:15 a.m.	Break and Snack
10:20-11:00 a.m.	Workshop Session
11:00 a.m.-12:00 p.m.	Supervised Free Time/Swimming
12:00-1:00 p.m.	Lunch
1:00-1:30 p.m.	Video Workshop
1:30-2:00 p.m.	Teaching Station
2:00-3:15 p.m.	Afternoon Workout
3:15-3:30 p.m.	Stretch and Cool Down
3:30 p.m.	Pick Up Campers

Run For Excellence

CAMP DIRECTORS

Fred Pavlich, Co-Director

Coach Pavlich, the Head Men's and Women's Cross Country and Track & Field Coach at Bard College, has built his programs to become top teams in conference championships. Prior to Bard, Coach Pavlich was the Boy's and Girl's Cross Country and Track Coach at New Paltz High School where his teams were dominant New York powers. His cross country teams were undefeated in over five years in dual meets and captured six straight league championships. Coach Pavlich has received several awards as the MHAL Coach of the Year, Poughkeepsie Journal Cross Country Coach of the Year and the HVMAC, HVWAC and NEAC Coach of the Year.

Pam White, Co-Director

Previously the Cross Country Coach at Rhinebeck High School, Coach White was instrumental in bringing growth and success to boys and girls programs. The squads have been highly competitive in the MHAL League Championships as well as the Section IX Championships. Coach White was selected as Coach of the Year in the MHAL and also by the Poughkeepsie Journal. She has had numerous runners named to All-County and All-State Teams. In her spare time, Coach White enjoys competing in many local running races. Additionally, she has also run in over one dozen marathons. White is also the Red Hook High School Girls Varsity Basketball Coach.

BARD COLLEGE CROSS COUNTRY CAMP

REGISTRATION FORM 2009

Please print

Name: _____ Male: _____ Female: _____

Birth Date: _____ Age at Camp: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Parents' E-mail: _____

Phone #s (Please indicate who will be at each number):

Daytime: () _____

Evening: () _____

Cell: () _____

Parents' / Guardians' Name(s) _____

T-Shirt Size (Please circle one size)

Youth: S M L Adult: S M L XL

Please include a deposit of \$50 with your completed registration form, make checks payable to
Bard College Cross Country Camp and mail to:

Bard College Cross Country Camp

P.O. Box 5000

Department of Athletics

Annandale, New York 12504

For further information, contact Kristen Hall, Director of Athletics

Phone: 845-758-7528 E-mail: hall@bard.edu

Additional Comments: _____

Use back of form for additional comments, if necessary.