

## CONCEPT

Our goal at these camps is to make you aware of the many different ways and means to help you become a better runner. The camps feature guest coaches from the high school and college ranks who will discuss topics including psychology, diet, tactics, goal setting, weight training, warm-up, cool-down, and many other aspects of Middle Distance/Distance training. The Grades 7-12 Camp covers events from the 800m through Cross Country while the Adult Camp covers events ranging from the track events to the marathon. We also plan to give you as much training as you are capable of handling to have you ready for the start of the 2007 cross country season.

The camps will also allow you to find out first hand how training ideas, racing areas, and general running philosophy differ in other areas of the U.S. and some foreign countries.

## HOUSING AND MEALS

Housing for campers will be in one of the University residence hall facilities. Linens are furnished. Each dorm room accommodates two people (if you have a roommate preference, please indicate on your application). An excellent 10-1 camper-adult ratio will be maintained in the dorms to insure proper supervision at all times. Coaches stay in the dorms throughout the camp.

Cafeterias are located near the residence halls. Campers are entitled to three meals per day, starting with dinner on Sunday night and ending with lunch on Thursday for the Grade 7-12 Camp and starting with breakfast on Friday morning and ending with a Sunday Brunch for the Adult Camp.

## FOR MORE INFORMATION

### CALL

**Rick Witt**

(715) 346-3677 (office)

(715) 341-8538 (home)

(715) 630-8808 (cell)

[rwitt@uwsp.edu](mailto:rwitt@uwsp.edu) (e-mail)

### OR WRITE TO

**Rick Witt, Camp Director**

**Middle Distance/Distance Camps**

**1200 8th Street**

**Plover, WI 54467**

## GENERAL INFORMATION

### GOAL

Our goal is a simple one - To help you become as good a runner as you can.

### COST

The camp fee for one week is \$320. A \$50 non-refundable deposit is required before confirmation is sent. Cost includes all instructional fees, room and board, camp T-shirt, and a video analysis. The Adult Camp fee is \$210 and includes a dri-fit camp shirt.

### DEPOSIT

A \$50 non-refundable deposit must accompany all applications.

### FACILITIES

UW-Stevens Point features excellent camp facilities. Included is the finest indoor track in the Midwest, an eight-lane swimming pool, a warm-water therapeutic pool, indoor and outdoor tennis courts, racquetball courts, a state-of-the-art weight training facility, and a beautiful campus setting that showcases miles of woodchip running trails within 400 yards of the residence halls.

### CONFIRMATION

Upon receipt of the campers deposit, we will mail you a confirmation sheet along with health and insurance forms to fill out and return by date listed on confirmation sheet.

### PERSONAL NEEDS

Campers should bring along workout gear, swimming suit, fan, alarm clock, and casual clothes, as well as an amount of money to spend on souvenirs. Soda and snacks may be purchased on campus during free time.

### LEISURE TIME

Camp does provide time for leisure activities. From swimming, tennis, racquetball, softball, sand volleyball and weight training, to just sitting around and visiting.

### !!!! REGISTER EARLY !!!!

**Enrollment is limited to the first 100 campers. Send your application and deposit in now to guarantee you the best camp possible!**

University of Wisconsin-Stevens Point

# MIDDLE DISTANCE

# AND

# DISTANCE

# RUNNING CAMPS

Sunday, July 13 thru Thursday, July 17

Boys and Girls Grades 7-12

Thursday, July 24 thru Sunday, July 27

Adult Running Camp



*Under the Direction of:*

**RICK WITT**

**UW-STEVENS POINT**

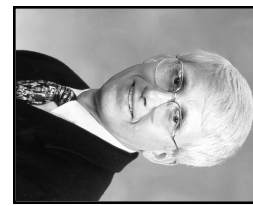
**HEAD MEN'S**

**CROSS COUNTRY/**

**TRACK & FIELD COACH**

# CAMP STAFF

## COACH RICK WITT



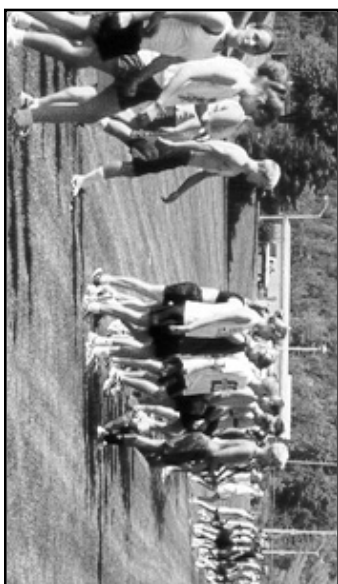
Rick Witt, the 1996 NCAA Division III National Men's Cross Country Coach of the Year and the 1996 and 1997 WIAC Cross Country Coach of the Year, is the man responsible for the success of the UW-Stevens Point men's cross country and track and field programs over the last 29 years.

Beginning his 31st season at UWSP, Witt is nationally-recognized as one of the premier middle distance and distance coaches. Success at both the team and individual level in conference, regional and national competition has become commonplace under Witt. The UWSP track and field team has enjoyed outstanding success at NCAA championships and is perennially a top 10 national contender, including third place finishes in 2001 and 2002.

The UWSP Cross Country team has enjoyed similar success and has averaged a fifth place national finish over the past eight years, including an all-time best second place performance in 2003. The success of both the track and field and cross country programs has elevated the UWSP program to its present status as one of the elite in the nation.

Individually, the Pointers have produced National Champions at 800m, 1500m, 5000m, and 10000m, including UWSP's first NCAA Division I All-American in Arnie Schraeder, who finished 11th at the 1986 NCAA I Cross Country Championships. During his 26 seasons, Witt has developed 16 National Champions and over 120 All-Americans in the Middle Distance and Distance events.

In addition to his WIAC and National Coach of the Year honors, Witt was also the WSUC Cross Country Coach of the Year in 1983 and '91 and the Track & Field Coach of the Year in 1978, '79, '83, '84, '86, '95, '96, and '97. He was also the U.S. Track Coaches Association Regional Coach of the Year in 1995, '96, '98, '99 and 2002.



## BRETT WITT

### CARTHAGE COLLEGE HEAD MEN'S CROSS COUNTRY/ TRACK AND FIELD COACH

Witt, a track and field mid-distance runner, was an eight-time NCAA Division III All-American and a five-time WIAC champion at UWSP. He was also named a Track Coaches Association Scholar All-American and received his master's degree in human performance and sport studies from the University of Tennessee in 1999. Coach Witt is widely recognized as one of the country's premier young middle distance/distance coaches.

## MATT HAYES

### MILLIKIN UNIVERSITY (IL) HEAD CROSS COUNTRY/ ASSST. TRACK AND FIELD COACH

Hayes, a former track and field and cross country standout at UWSP, was a five-time All-American and a six-time WIAC Champion in track and field. He was also a three-time WIAC All-Conference performer in cross country.

Hayes is in his second year as the head coach at Millikin University after five years coaching track and field and cross country at Lynchburg College (Va.) and one year at Methodist College (N.C.) Hayes was selected the Old Dominion Athletic Conference cross country Coach of the Year in 2003.

## COUNSELORS

In addition to the camp coaching staff, high school coaches and outstanding collegiate runners, including numerous All-Americans, will work with the campers in an excellent 10:1 ratio.

## TYPICAL CAMP DAY SCHEDULE

The following is a typical camp day schedule. The schedule is flexible and varies every day, but follows the same basic routine.

7:00-7:45	Morning Run
7:45-8:45	Breakfast
9:00-11:00	Group Instruction (class room & participation)
11:00-1:00	Lunch & Free time
1:00-2:00	Afternoon recreational activity
2:00-3:00	Instruction time in classroom
3:00-4:30	Afternoon Workout
4:45-6:00	Dinner
6:30-7:30	Guest Speaker
7:30-9:00	Free Time (Swimming pool available)
9:00-10:30	Relax in residence hall (movies, dance, etc)
10:30	Lights Out

# 2008 UW-STEVENSON POINT MIDDLE DISTANCE/DISTANCE RUNNING CAMP APPLICATION FORM

Make check payable to: UW-Stevens Point Running Camp  
and Mail to: UWSP Running Camp, 1200 8th Street, Plover, WI 54467

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
 SCHOOL ATTENDING \_\_\_\_\_ COACH \_\_\_\_\_  
 YEAR IN SCHOOL (Fall, 2008) \_\_\_\_\_  
 YOUTH CAMP \_\_\_\_\_ ADULT CAMP \_\_\_\_\_ AGE \_\_\_\_\_ SEX: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
 ADULT T-SHIRT SIZE (circle one): S M L XL PARKING PERMIT NEEDED \_\_\_\_\_  
 ROOMMATE PREFERENCE \_\_\_\_\_  
 ENCLOSED \$ \_\_\_\_\_ \$50 PRE-REGISTRATION (balance due on arrival) TOTAL CAMP FEE \$ \_\_\_\_\_

CONFIRMATION TO FOLLOW  
 TOTAL WEEK: \$320  
 TOTAL ADULT FEE: \$210  
 Account #707181

<b>FOR OFFICE USE ONLY</b>	AMOUNT DUE \$ _____
	DATE RCVD _____
	CHECK # _____