Answer each below—Circle Y for “yes” and N for “no”

Y / N  Have you ever experienced an epileptic seizure or been informed that you might have epilepsy?

Y / N  Have you ever been treated for diabetes?

Y / N  Have you ever been told you have a heart murmur?

Y / N  Have you been “knocked out” or experienced a concussion in the past 3 years? Give dates ______.

Y / N  Do you wear contact lenses? If yes, do you wear them during athletic participation? Y / N

Y / N  Have you had a fracture during the past 2 years? Indicate area and dates ______.

Y / N  Have you experienced a severe pain, dislocation or other orthopedic problem? Indicate area, problem and dates:

Y / N  Have you had any surgery during the past year? Indicate area and dates ______.

Y / N  Have you ever been advised by a medical doctor not to participate in sports? Why? ______.

Y / N  Are you currently on any medications? Please list:

Y / N  Are you allergic to any medication? Please list:

Y / N  Do you experience any problems with menstruation? Please indicate:

Y / N  Have you had a Tetanus shot? When? ______.

Y / N  Have you had a fracture during the past 2 years? Indicate area and dates ______.

Y / N  Have you experienced a severe pain, dislocation or other orthopedic problem? Indicate area, problem and dates:

Y / N  Have you had any surgery during the past year? Indicate area and dates ______.

Y / N  Have you ever been advised by a medical doctor not to participate in sports? Why? ______.

Y / N  Are you currently on any medications? Please list:

Y / N  Are you allergic to any medication? Please list:

Y / N  Do you experience any problems with menstruation? Please indicate:

Y / N  Have you had a Tetanus shot? When? ______.

Y / N  Have you ever experienced an epileptic seizure or been informed that you might have epilepsy?

Y / N  Have you ever been treated for diabetes?

Y / N  Have you ever been told you have a heart murmur?

Y / N  Have you been “knocked out” or experienced a concussion in the past 3 years? Give dates ______.

Y / N  Do you wear contact lenses? If yes, do you wear them during athletic participation? Y / N

Y / N  Have you had a fracture during the past 2 years? Indicate area and dates ______.

Y / N  Have you experienced a severe pain, dislocation or other orthopedic problem? Indicate area, problem and dates:

Y / N  Have you had any surgery during the past year? Indicate area and dates ______.

Y / N  Have you ever been advised by a medical doctor not to participate in sports? Why? ______.

Y / N  Are you currently on any medications? Please list:

Y / N  Are you allergic to any medication? Please list:

Y / N  Do you experience any problems with menstruation? Please indicate:

Y / N  Have you had a Tetanus shot? When? ______.

CAMP STAFF

LAURA NARDELLI
Co-Camp Director/
Colgate Women’s Coach

Nardelli is in her 6th year with the Colgate Women’s Cross Country and Track & Field teams. In Nardelli’s 6 seasons, she has produced 18 Patriot League Champions, 58 All-Patriot League Athletes, 3 All-East Athletes, and 2 provisional national qualifiers. In 2000 she was named Patriot League Indoor Track Men’s Coach of the year. Prior to coming to Colgate, Nardelli was head coach at West Virginia University, where she coached 68 ECAC All-Conference Athletes, four NCAA All-Americans, and two Olympic Trials semi-finalists.

BERNARD EMPIE
Co-Camp Director/
Colgate Women’s Assistant

Empie is in his fourth year with the Colgate program. In addition to his coaching duties, Empie is the head recruiting coordinator. In just four short years, he has recruited the best pool of Raider athletes in the history of the women’s cross country/track & field programs. His athletes have produced 58 school records, 16 Patriot League Champions, 35 All-Conference Athletes, 44 ECAC/IC4A Qualifiers, 3 All-East Athletes, two Provisional National Qualifiers, and 6 Junior National Qualifiers.

COACHING STAFF

The remainder of the staff will be comprised of experienced coaches/professionals from colleges, high schools, and the running community throughout central New York and the Northeast. Additional counselors will be some of the areas top collegiate runners.
PROGRAM PHILOSOPHY
Colgate University Distance Performance Camp is designed exclusively for young women/girls entering grades 7—12 to meet the unique development of the female distance runner. Unlike other “group by ability” camps, our camp will group participants by age…thus allowing for training/discussions to be developmentally appropriate.

CAMP TOPICS
- Training Theory
- Goal Setting
- Racing Strategy & Tactics
- Cross Training
- Mental Preparation
- Care & Prevention of Injuries

WATER RUNNING
- Nutrition
- Weight Training
- Stretching
- Drills & Core Strength

RESIDENTIAL CAMPER
The residential camper fee includes professional instruction, all meals, lodging, and a camp T-shirt, and water bottle.

COMMUTERS
The commuter fee includes professional instruction, all meals, and a camp T-shirt.

CAMP RULES
Attendance is mandatory at all camp functions. Smoking and use of drugs and/or alcohol are strictly forbidden. Violations of any of the above rules can result in immediate dismissal from camp at the parent’s expense. An individual sent home in violation of these rules will not receive a refund.

TENTATIVE DAILY SCHEDULE
July 30
3:00pm Camp Check-In
4:00pm Finding the “Right Fit”
4:45pm Nuts and Bolts of being Recruited
5:30pm Dinner
7:30pm Coaches Panel - Informal session with current college coaches across Div. I, II, III and junior college discussing topics including expectations, time commitment, travel schedules, and many more.

July 31
7:30am Breakfast
9:00am Resume Workshop I
10:00am Student-Athlete Panel - Informal session with current student-athletes discussing topics to include time commitment, balancing athletics and academics, social outlets and many more.
12:00pm Lunch
1:00pm Resume Workshop II
3:00pm Finding the “Right Fit”
4:00pm Nuts and Bolts of being Recruited
5:30pm Dinner
7:30pm Coaches Panel - Informal session with current college coaches across Div. I, II, III and junior college discussing topics including expectations, time commitment, travel schedules, and many more.

WHAT TO BRING
- Running shoes (at least two pairs)
- Workout clothing (shirts, shorts, etc.)
- Bathing suit (for pool work-outs)
- Sheets and blanket or sleeping bag, and pillow
- Running log

- $20 room key deposit (refundable)
- Toiletries
- Laundry bag
- Sunscreen

ALSO RECOMMENDED
- Alarm clock
- Fan
- Money for the Pro Shop