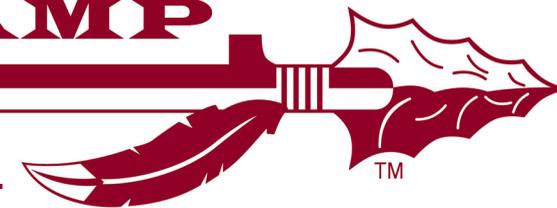


*Florida's Cross
Country Playground!*



SEMINOLE TRAILS RUNNING CAMP



WHAT TO EXPECT & TRAINING ...

All daily runs will be done in the cool shade of the area's parks and forests. Each training session will feature different scenery and trails around the city of Tallahassee. These training sessions will include instruction in various cross country training techniques such as hill running, fartlek, interval running, racing tactics, etc... There will also be instruction in supplemental training methods teaching drills, core and weight training, specific strength and flexibility exercises. **Once again we will be providing treadmill biomechanical video analysis at the Capital City Running store.**

CAMP GOALS ...

- * Emphasize the physiological and psychological aspects of training and competition
- * Offer a thorough knowledge and philosophy of cross country
- * Teach training techniques for cross country competition
- * Provide technique and biomechanical analysis
- * Team building and goal setting for the season

DATE, FEES, HOUSING ...

JULY 9 - 13, 2014

Both Individual & Team Camps

Fees : \$389 for team camper - group of 5 or more with coach free
(Team camp info will be emailed to the coach)
\$429 for individual camper

Cost will cover room, meals, instruction and transportation

Housing & Meals: Seminole Trails will be on campus this year with the FSU Fresh Foods Meal Plan

Camp Limit: This camp is open to any and all entrants but limited to the first 100 applications for team camp and 50 applications for individual camp will be accepted. Sign up early to ensure your spot! The camp is open to girls and boys ages 12-18 yrs.

MEET OUR CAMP STAFF ...



Bob Braman

Florida State

Head Men's XC
Head Track Coach



Karen Harvey

Florida State

Head Women's XC
Asst Track Coach



Pete Ormsby

Webber Intl Univ

Head Cross Country
and Track Coach

Sample Daily Schedule

7:00am	Morning run @ Wakulla Springs Park
8:00	Breakfast
9:00	Fun @ Wakulla Springs
Noon	Lunch
1:00pm	Lecture
3:00	Training Activity
5:00	Dinner
6:00	Guest Lecturer or Learning Session
7:00	Evening activity or Movies
11:00	Lights Out

REGISTER ONLINE ...

WWW.SEMINOLETRAILSCAMP.COM



First 100 to register
get a FREE
Nike \$60 back pack

Contacts: Nick Stenuf

nstenuf@gmail.com

**** Plus several top high school coaches and FSU assistant coaches complete staff will also be listed at seminoles.com**