

SEMINOLE TRAILS RUNNING CAMP

FINAL INSTRUCTIONS

June 18th-22nd, 2024

Welcome back for another year of Seminole Trails Running Camp! We hope you're all excited for a week of learning from some of the best in the business, and looking forward to exploring some of the amazing training venues we have here in Tallahassee. Go Noles!

- Ian Kellogg, FSU Assistant Distance Coach & Camp Coordinator

- Check in will be at assigned dorms 12:00pm-3:00pm (parking is located behind dorms)
 - Salley Hall, 1006 W. Call St. Tallahassee, FL 32306
 - Degraff Hall, 808 W Tennessee St, Tallahassee, FL 32304
- Bring signed injury and illness acknowledgment waiver to check in (we will have extras upon check in)
- Bring copy of insurance card (if you do not have insurance and we will provide an additional form - contact Ian Kellogg at ik23j@fsu.edu)
- Each camper will need to check in individually, even if they are coming with a team. No group check in.
- Each camper will be provided with a lanyard with their name and key access card upon check in, do not lose your original card as it will result in a fine upon check out.
- You must pay the remaining balance on your account before the start of camp, this can be done through Camp Network or in-person via check.
- The front desks of each dorm are open 24/7 in case of questions or any emergencies. Housing security monitors will be patrolling the halls all evening. Coaches and counselors will also be staying in the dorms and checking each camper is in their room and accounted for.
- There is a mini refrigerator in each room (shared between two campers). Campers may bring a microwave but it must be 700W (no more than that).
- No backpacks will be allowed in Seminole Café while eating, and please do not be picky about who you sit with (we're all family here)! Try to sit quickly as we only have 1 hour to serve and eat!
- We will provide meals, but not snacks.
- Bring extra cash for camp store in the evenings, arcade games at the Fun Station, and bowling. Check out the "What to bring" page to see more recommended items!