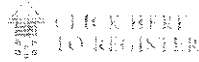


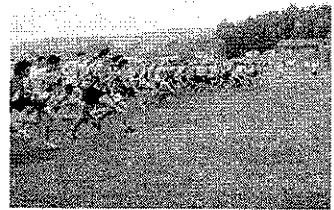
## Cross Country Team Camp 2

**Camp Type:** Athletic  
**Camp Classification:** Track and Field  
**Camp:** Cross Country Team Camp 2  
**Dates:** Jul 28 2013 - Aug 1 2013  
[Registration Link](#)



### Cross Country Team Camp 2

The week will be designed to enhance the team concept of cross country. There will be presentations on training, psychology, diet, goal setting (individual and team), motivational and inspirational lectures. There will be discussions that promote successful team attitudes, preparations for championship seasons and development of a successful program in general for those just starting out.



The area in which your athletes will train will be motivational in itself. You will have ample opportunity for meetings, time for team sessions, and be in an atmosphere of idea sharing. There will be special "coaches only" sessions where coaches can discuss specific problems and general seminars where your questions can be studied in a forum environment.

Your team will be housed together in the residence hall and you will be in charge of all training sessions. You must provide your own transportation. This is one way we can hold down the cost of camp. At the end of the week, we will conduct a two mile cross country race to get those competitive juices flowing, with awards being presented.

Appalachian will offer special cross country team camps. Only teams that bring five or more athletes will be eligible for the camp. This means there must be either five or more male team members and/or five or more female team members. The head coach or assistant coach officially recognized by the school must accompany the athletes. Parents, friends, etc., will not be allowed to bring a team and act as the coach. Also, all the athletes listed for a school unit must attend that school.

### Eligibility

The camps are open to all boys and girls who are rising freshmen in high school to rising seniors in high school. The Cross Country Camps have limited enrollments of 400 athletes in each camp. Due to the popularity and success of these camps we anticipate closing out registrations for this camp by June 4th.

Only teams that bring five or more athletes will be eligible for the camp. This means there must be either five or more male team members and/or five or more female team members. The head coach or assistant coach officially recognized by the school must accompany the athletes. Parents, friends, etc., will not be allowed to bring a team and act as the coach. Also, all the athletes listed for a school unit must attend that school.

### Guidelines for Attending

- 1- Coach must come with team and only teams are eligible. (Individuals cannot form a team).
- 2- There must be five or more athletes per team. (boys and girls are separate teams - this will be strictly enforced)
- 3 - You must provide your own transportation for training sessions.
- 4 - We expect teams to attend all camp activities.
- 5 - Coaches will be responsible for monitoring their athletes at night, and behavior of the team members, and adhering to the Code of Conduct developed for this camp.
- 6 - All coaches attending must be registered on the team application. We will have all male & all female residence halls.
- 7- We will not allow teams to bring athletes that are not on their team.

To reserve your spots complete the application and fax with credit card. You must register specific numbers by sex for participants and coaches. You can adjust numbers registered until June 4th and not forfeit deposit. After June 4th the deposit will be forfeited if numbers change.

### Camp Director



Coach Weaver is in his 30th season as the director of the women's track and cross country program and in his 15th season as the director of both the women's and men's programs at Appalachian State University. Weaver assumed the duties of directing both programs in the fall of 1995.

Weaver took over the full-time coaching duties for the women's program in 1982. Since that time, the program, including cross country, indoor track and outdoor track, has produced an NCAA Division I National Champion in the

1500m twice, nine NCAA Division I all-Americans with 23 all-American performances, 18 NCAA Division I qualifiers, 257 Southern Conference individual champion performances, 718 all-conference performances, 27 conference MVP athletes, 40 conference team championships, 24 conference coach-of-the-year honors, 13 conference freshman of the year honors and two Southeast Region Coach of the Year honors. Since 2003, when the NCAA began competition on a Regional level, the Mountaineers have sent 49 athletes to the regional meet.

After taking over the men's program in 1995, the Mountaineers have produced two NCAA Division I all-Americans, four NCAA All-American performances, 11 Division I Qualifiers, 203 Southern Conference individual champion performances, 479 all-conference performers, 10 conference MVP's, 25 conference team championships, 11 coach-of-the-year honors, three conference freshman of the year and two Southeast Region Coach of the Year honors. ASU has also sent 42 athletes to Regional competition.

The North Carolina native is married to the former Cynthia Harmon of Lenoir, N.C. and has two sons, Chase (25) and Jay (23).

### **Rates**

Cross Country Team Camps (all teams must stay on campus)  
\$325 per person

#### **Coaches**

5 athletes of the same sex or more - 1 Free Coach  
15 athletes of the same sex or more - 2 Free Coaches  
25 athletes of the same sex or more - 3 Free Coaches

Additional Coaches: \$225

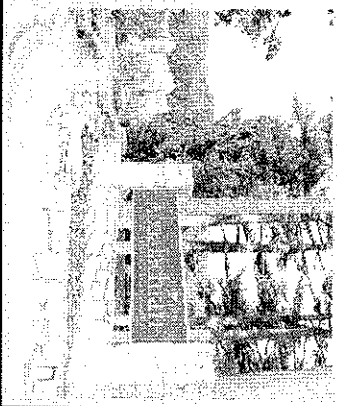
The cost includes: 11 meals, 4 nights lodging, limited accident/illness insurance, camp t-shirt, and other amenities like camp dance, awards, etc. The official registration will be from 3:00 p.m. until 5:00 p.m. on Sunday, July 21 & July 28.

Any team wishing to come in early on Saturday, July 20th or July 27th will need to stay in local hotels and motels. Call the Boone Area Chamber of Commerce at 1-888-264-8094 or [www.visitboonenc.com](http://www.visitboonenc.com).

# Appalachian STATE UNIVERSITY YOUTH PROGRAMS

## Office of Conferences and Institutes

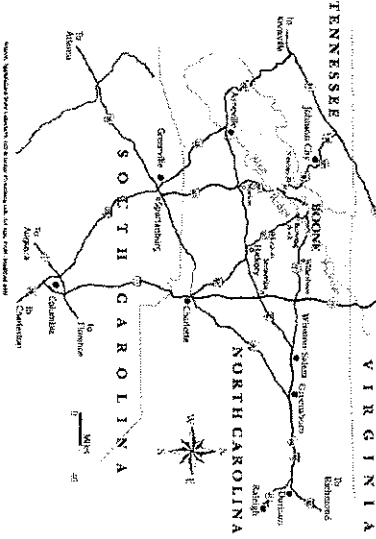
Directions • General Information • Rules & Regulations  
Health & Safety • Communications • Registration Details



### Travel to Boone

The following information is provided to assist you with your travel plans to Appalachian State University in Boone.

- From the northeast via Interstate 81 and Interstate 77: Proceed south on I-77 into North Carolina. Exit onto Highway 421 North and travel approximately 60 miles to Boone.
- From the south via Interstate I-77: Proceed north on I-77 through Charlotte and Statesville. Continue on I-77 North until you reach the I-77/HWY421 interchange. Exit onto Highway 421 North and travel approximately 60 miles to Boone.
- From the west via Interstate 40 (Ashville and/or Hickory areas): In Asheville, take I-40 East to Highway 221 in Marion. Exit onto Highway 221 North and follow to Linville. In Linville, take Highway 105 North to Boone. -OR- When traveling on I-40 in the Hickory area, exit onto Highway 321 North and travel approximately 50 miles to Boone. Follow Highway 321 North to campus. Expect delays on Highway 321.
- From the east via Interstate 40 and Interstate 85: Proceed to Winston-Salem on I-40. Exit onto Highway 421 North in Winston-Salem and travel approximately 86 miles to Boone.
- From the west (Johnson City, TN) Take 321 South through Elizabethton, TN to 19E. Follow 19E through Newland, NC to Linville, NC. Take 105 North to Boone. In Boone, follow Highway 321 N to campus.
- Highway 321 North from Lenoir, NC to Blowing Rock, NC is under construction. Expect delays and adjust your travel time accordingly.



Appalachian State University is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The university does not discriminate in its admissions programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, sex, marital status, age, disability, veteran status, or sexual orientation. The university actively prohibits sexual harassment, sexual assault, and employment of weapons of any type and has developed on campus. This includes your vehicle. Anyone found in possession of weapons will be prosecuted under state law. Chapter 529 (H106) General Statute 14-206.2

A notice of this public disclosure was posted at a cost of \$46.



### General guidelines for attending an Appalachian youth program.

- You are expected to be at all program sessions.
- Curfews are designed for your health, safety and well being.
- Campus quiet hours will be assigned and enforced by counselors or staff.
- Always be considerate of other programs in adjacent halls and on campus.
- Always adhere to the rules and the code of conduct developed for your program. Additional rules will be covered during orientation.
- Participants may not leave the University campus unless supervised by program personnel.



## APPALACHIAN STATE YOUTH PROGRAMS

We are extremely pleased you have decided to join us in Boone, North Carolina.

Specific program details can be found in program literature or web page, and in confirmation materials that were sent.

- Registration times, location, check out time
- Code of conduct
- Beginning and ending meals
- Balance due on the invoice/receipt
- Special section for committees
- Indemnity/medical release form

### Residence Hall Rules

- Supervision of the halls will be by coaches, advisors, and/or program staff.
- Only participants, staff and parents may enter the residence halls.
- Never throw things from your window.
- Lock your room and take your key with you anytime you leave your room.
- Leave all valuables at home. The University and its employees do not assume responsibility for lost, damaged or missing personal items left behind.
- Do not move beds or furniture from one room to another.
- Use bulletin boards for messages. Please do not use tape, etc., on the walls.
- Close your blinds each evening for privacy.
- Never wash cleats or shoes in showers or sinks.
- Close your blinds each evening for privacy.
- All halls are locked 24 hours a day. Never prop a door open.
- Candles or open flames are not permitted.
- Do not tamper with the alarms, extinguishers or other security devices.
- Never abuse the elevators or overload them.
- If a fire alarm sounds you must evacuate the building using the stairs.
- Stay calm and meet with your floor counselor for a head count in the parking lot adjacent to your hall.
- All room trash must be taken to the dumpsters near your dorm at the end of the program.
- Your room will be inspected for cleanliness and damages before you depart on the last day of the program. Damages may result in a letter to your school principal and/or parents requesting payment.
- There is no room key deposit, but if you should misplace or lose your key, a rekeying fee of up to \$45 will be assessed.

### Registration Day/Check-In

- Please allow at least two hours to register, receive room assignment and check-in to your residence hall.
- With most programs a code of conduct statement must be signed by the participant and parent/guardian before the program begins. This release for treatment and indemnity statement must also be presented at registration in order to participate in your program. These statements will be collected and filed by the program personnel. At this time, any and all medical conditions pertinent to your health and safety must be shared with the program director and trainers.
- With most programs roommate assignments will be made at registration with two participants per room. Participants wanting to room together should come through registration at the same time. We cannot take roommate requests in advance.
- You will be issued a housing form at registration once you have paid all your program fees.
- A conference assistant will then help you get comfortable in your "home away from home" by issuing your room key, helping you with the housing form and answering other questions you may have.

## Late arrivals (after the published registration times) should do the following:

1. Go to your registration site where a program schedule, campus map and instructions will be posted on the outside door of the building is secured.
2. If possible, call Appalachian police at (828) 262-2150, and tell them the program you are attending, where you are located and the nature of your problem (car problems, traffic, etc.).

## Communications

Emergency numbers will be available in pre-camp information or at registration. Cell phones are permitted on campus. The Appalachian police may be called 24 hours a day. (828) 262-2150.

## Injuries/illnesses at your program

All sports programs are staffed with student athletic trainers who are available to treat minor injuries and illnesses. If diagnosed, more serious accidents will be referred to the Watauga Medical Center in Boone. All participants are covered by a limited accident and illness insurance policy, which may lessen expenses should an accident or illness occur. Program insurance information is available upon request.

## Automobiles/vans/buses

If you drive to Boone and need to park your vehicle during your program, a parking permit will be issued during registration. Parking spaces are at a premium again this summer and parking any place other than your assigned lot will result in ticketing and/or towing. Peripheral parking lots will be utilized in extreme cases with shuttle service (Appalachian) provided. Some walking to your residence hall should be expected.

Resident participants will be required to turn in car keys on the first day of the program. Any participant driving during the program without the permission of the program director will be dismissed from the program with no refund.

## Day students and commuters

Day students commuting to the program may not transport other participants at anytime. Permission must be in writing from the parents to the program director if a commuter student will be given a ride home after the last session each day.

The program begins during the registration process. Please plan on staying until the evening session has concluded. If the first meal is not included in your meal plan, you may purchase it and other meals during your program in the cafeteria with cash. Upon arrival each day, check in with the head counselor or camp director and be sure to check out after the last session has ended each day.

## Consideration for others

Harassment—unwelcome or unsolicited speech or conduct—based upon race, color, religion, creed, sex, national origin, age, sexual orientation, or disability is a form of discrimination in violation of federal and state law and/or Appalachian State policy and will not be tolerated. During the summer months, the University hosts a variety of other programs. Consideration for others must be observed in the residence hall at instructional sites, the cafeteria, etc.

## Smoking Policy

For chapters & coaches of youth groups, Smoking is prohibited within 50 feet of any University facility.

## Hazing

Any form of hazing is strictly prohibited and is considered a Class 2 misdemeanor. The term "hazing" shall mean any conduct or

method of initiation on any person, which willfully or recklessly endangers the physical or mental health of any person for the purpose of initiation or inclusion. Such conduct shall include, but is not limited to, whipping, beating, branding, forced calisthenics, certain aphorism, exposure to the weather, forced consumption of food, liquor, beverage, drug or other substance or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any student on which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

## Immediate dismissal policy

Illegal drugs, tobacco, fireworks, firearms, weapons and alcohol of any kind are not permitted at the Appalachian summer camps, clinics and conferences. Anyone found in possession of such items will immediately be dismissed from program with no refund. Inappropriate behavior/unwanted/distracting gestures/language or violation of the University's harassment/hazing policy may result in dismissal. Parents/guardians will be notified and expected to provide transportation home immediately.

## Mail

Incoming mail should be addressed:

Student's Name  
Program Name  
Office of Conferences & Institutes  
ASU Box 32042  
Appalachian State University  
Boone, NC 28608-2042

## Checklist: What to Bring

- Bed linens: single sheets, pillow, blanket, towels, and wash cloths)
- Phone (optional)
- Toiletries
- Shoes for your program
- Specialty items for your sport or program
- T-shirts
- Bathing suit (may not apply to all programs)
- Athletic socks
- Laundry bag
- A small fan (residence hall rooms are not air conditioned)
- Spending money (optional) for snacks, soft drinks, pizza, etc.
- Sweet shirt and sweat pants are recommended for our cool evenings.
- Leave valuables, jewelry, etc., at home. Appalachian is not responsible for lost or stolen items.

## For further information, contact:

Office of Conferences and Institutes  
ASU Box 32042  
Appalachian State University  
Boone, NC 28608-2042  
(828) 262-3045  
FAX: (828) 262-4992

GO TO OUR WEBSITE FOR INFORMATION ON ALL APPALACHIAN CAMPS & PROGRAMS:  
[www.appstate.edu/summer](http://www.appstate.edu/summer)

