



Cross Country Team Camp 1

Camp Type: Athletic

Camp Classification: Track and Field

Camp: Cross Country Team Camp 1

Dates: Jul 20 2014 - Jul 24 2014

[Registration Link](#)



Cross Country Team Camp 1

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.

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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 31st 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)
\$330 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: \$200

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 19th or July 26th 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.

Registration

Please complete our [online registration form](#) whether paying by credit card or check.

To pay by check, complete the [online form](#) and mail in with your payment. Please note spaces are filled on a first-come, first-served basis. The program may fill before we receive your payment. We suggest registering now with a credit card using our secure server.

If you decide to cancel your registration, a \$50 cancellation fee will be withheld from the refund. No refunds will be issued for no-shows.

For program information, contact the Head Coach John Weaver, by e-mail weaverjt@appstate.edu or call 828-262-3074.

For registration information on Cross Country Camps, contact the Office of Conference & Camp Services by e-mail at eldrethmr@appstate.edu.

According to NCAA rules and regulations all camps and clinics are open to any and all entrants regardless of skill level (limited only by number, age, grade level and/or gender).