

## ✓ Train with the Best

You will learn a step-by-step approach used by Adams State's National Championship Cross Country teams. The ASC programs have produced 38 national cross country team Championships, more than any other college in the country.

## ✓ For Whom?

Anyone interested in learning. You will participate in groups by your ability and mileage level. Specific learning sessions will be held and a curriculum guide will be provided. Both boys and girls, junior high through high school, will benefit. The camp is for all athletes who want to improve. Coaches are welcome and encouraged to attend. Those coaches with 15 or more campers will be charged \$100 while those with between seven and 14 campers will be charged \$200. Coaches attending with less than seven campers will pay

## ✓ Last Year

2010's cross country camp was one of the most successful in ASC history. Of the participating teams, many had top finishes at their state championships. Join us in making 2011 a success.



The ASC Cross Country/Distance Camp, now in it's 22nd year is nationally-renowned for quality instruction.

## ✓ Camp Staff

The camp director is 29-time National Coach of the Year Damon Martin, the Head Men's and Women's Cross Country and Track & Field Coach. He has coached athletes to 813 All-America honors, 83 individual and seven relay national titles, 25 team titles and was a qualifier in the Olympic Trials at 5,000 m.

Instructors and guest speakers will include Adams State assistant coaches, varsity athletes, other national renowned coaches and other elite runners such as 2-time World Marathon Championship Competitor & 2008 Olympic Alternate Zoila Gomez.

### For more information

Call Coach Martin at: 719-587-7266 (w) or by email at [ddmartin@adams.edu](mailto:ddmartin@adams.edu).

## ✓ Features

- EXCELLENT COACHING
- FREE T-SHIRT
- MANY LEARNING SESSIONS  
(Nutrition, Weights, Plyometrics)
- OUTDOOR ACTIVITIES
- QUESTION AND ANSWER
- SWIMMING AND RECREATION
- T-SHIRT SWAP (BRING SHIRT)
- GOAL SETTING
- MOTIVATIONAL PRESENTATIONS
- TRIP TO GREAT SAND DUNES NATIONAL PARK



## High Altitude Camp Registration

Name \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_ T-Shirt Size (Circle One): S M L XL

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Best Mile Time \_\_\_\_\_ Best 2-Mile Time \_\_\_\_\_ Other Times \_\_\_\_\_ Top Mileage/Wk. \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ School Name \_\_\_\_\_

Circle One: Resident \$475 Group \$450 (7-14 campers) Group \$425 (15 or more) Commuter \$200

Coaches w/group (15 or more campers) \$100 Coaches w/group (7-14 campers) \$200 Coaches w/o group \$350

Please enclose a \$100 nonrefundable deposit to register as a camp participant. Your camp fee will include camp classes, all meals (residents only), lunch and dinner (Commuters), activities, transportation, and a T-Shirt. The remaining balance will be due upon arrival. Please make check payable to High Altitude Camp/Damon Martin. Please address to:

High Altitude Camp  
Damon Martin  
Plachy Hall, Adams State College  
Alamosa, CO 81102



Insurance and Medical Packet information can be found on the Summer Camp section of ASC's Official Athletics Website [www.ascgrizzlies.com](http://www.ascgrizzlies.com)

# ASC Cross Country: The Tradition



4x All-American & Central Region Runner of the Year Kristen McGlynn



10x All-American Ryan McNiff and 2x All-American Brandon Birdsong



## Cost

<b>Distance Camp:</b>	\$475 Resident
	\$450 Group Rate* (7-14)
	\$425 Group Rate (15 or more)
	\$200 Commuter

\* Price per individual with groups of campers from the same school.



## Important Facts

**ARRIVAL:** Registration will be on Sunday, July 24 from 4-7 p.m. Commuters may also register Monday from 7-8 a.m. Dinner will not be served on Sunday.

**DEPARTURE:** Campers will be free to depart between 11 a.m.–Noon on Friday, July 29.

### WHAT TO BRING?

- Please Bring a physical form to registration.
- A list of items needed for camp participation will be sent (via email or mail) to each registered camper.

**COMMUTERS:** You are responsible for your own transportation and breakfast each day. Lunch and dinner will be provided. Breakfast may be purchased at ASC for a fee.

Adams State College has won 38 national cross country titles, more than any other collegiate program



In 2010, Adams State won its 19th national men's cross country championship, an all-collegiate national record

**ADAMS STATE COLLEGE**

**PRESENTS THE 22ND ANNUAL  
HIGH ALTITUDE CROSS COUNTRY/  
DISTANCE CAMP**

**DISTANCE CAMP**

**July 24-29, 2011**  
Elevation: 7,544

**Alamosa, Colorado**