

Indiana Cross-Country

Camp of Champions

(HIGH SCHOOL AND MIDDLE SCHOOL)

**Northview Christian Life Church
Carmel, Indiana**

Four days...

June 27th
(Monday)

June 28th
(Tuesday)

June 29th
(Wednesday)

June 30th
(Thursday)

Sponsored by St. Vincent Sports Medicine, Blue Mile and Chick-fil-A



*St. Vincent
Sports Performance*



Visit us at WWW.IXCCC.ORG

If you have any questions or concerns about the Indiana Cross-Country Camp of Champions, please call or email Eric Kellison or Scott Lidskin

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Our Mission and History...

The fifth annual Indiana Cross-Country Camp of Champions will be held four days in June. The dates this year will be June 27th, 28th, 29th and 30th. The camp times are 9:00 AM – 12:00 Noon. **The camp will be held at Northview Christian Life Church in Carmel. This is the site of the Carmel Semi-State and the Flash Rock Invitational.**

Camp is open to all Junior High and High School boys and girls. Our mission is to provide an opportunity for all runners to gain a better understanding of cross-country in a non-competitive atmosphere. The camp is designed to kick-start summer training. Our focus is on the development of young runners. We will not be running any big miles or hard runs. The camp is designed for those athletes interested in learning what it takes to become a better runner.

Indiana Cross-Country Camp of Champions has had many of the top runners from the state of Indiana attend the camp. These individuals provided valuable insight into running. Additionally, we had numerous collegiate coaches come and speak at camp. Each college coach will be provided with an email list of all camp participants and each participant will receive an email list of all coaches. This facilitated the recruiting process for many athletes. We will once again be inviting college coaches to attend camp and speak to campers.

The following is a list of colleges that sent representatives to our camp:

<u>Division One</u>	<u>Division Two</u>	<u>Division Three</u>	<u>NAIA</u>
Butler	U of Indy	DePauw	Indiana Tech
IUPUI	Grand Valley	Franklin	Indiana Wesleyan
Ohio State	St. Joe's	Hanover	Taylor
Michigan State		Wabash	Grace
Purdue		Oakland City	Goshen
Xavier			Marian

High Schools and Middle Schools Represented At Camp

Bellmont, Belzer, Blufton, Brebeuf, Brownstown, Carmel, Carroll, Cascade, Cathedral, Center Grove, Clinton Central, Columbus East, Columbus North, DeKalb, East Washington, Eastern, Fishers, Fort Wayne Snider, Franklin Central, Franklin Township Middle School, Hamilton Southeastern, Hebron, Henryville, Jefferson, Jimtown, McCutcheon, North Daviess, Northridge, Lawrence Central, Lawrence North, Mount Carmel, Mooresville, New Palestine, Noblesville, Noblesville Middle School, Oak Hill, Roncalli, Seymour, Shakamak, Silver Creek, Union County, Union Middle School, Valparaiso, Warren Central, Westfield, Westfield Middle School, Zionsville High School, Zionsville Middle School

Meet Your Camp Directors...

Eric Kellison, Franklin Central ***(1998 Boy's State Champion Cross Country)***

Eric Kellison has coached the boys' cross-country team at Franklin Central for the past 19 years. He coached the girls' team from 1999-2002. Eric's girls' teams finished in the top ten three of the four years he coached. His boys have finished in the top ten seven of the last eleven years, winning in 1998. Last year the team finished sixth at the state meet. The team was runner-up in 1999, third in 2004 and runner-up in 2006. In the last ten years Coach Kellison has coached more all state runners than any other coach in Indiana. He also coached Aaron Fisher to three consecutive individual state championships. Eric has served as President of the IATCCC. He is the Social Studies Department Chair at Franklin Central and is married with three children.

Scott Lidskin, Westfield **(1998/2005/06/07 Girls' State Champion Cross-Country)**

Scott Lidskin just completed his fifteenth year as the head girls' cross-country coach at Westfield High School. During that time his teams have qualified for the IHSAA state CC meet ten times, winning in 1998, 2005, 2006 and 2007. Additionally Westfield was runner-up in 2004. Scott attended Butler University and competed as their number one runner all four years. He has competed in two USATF national championships. His lifetime PR for 5k is 13:59. Scott teaches English at Westfield and he and his wife have a newborn daughter.

Matt Sweetman – Franklin Central **(Top Five Girl's State Cross Country 2008 & 2009 & 2010)**

Matt Sweetman has been with the girl's program at Franklin Central for the last three seasons. The girls have enjoyed three fabulous seasons back to back to back. Matt coached at Kitley Intermediate, a 5th and 6th grade school in Franklin Township. He consistently fielded teams of 250+ runners, producing recent middle school standouts as Jason Crist, Andrice Martin, and Carolyn Talhelm. Coach Sweetman has used his own success from being a member of the 1998 State Championship cross country team at Franklin Central, competing in track and cross country at Indiana University, and winning the 2006 Indianapolis Marathon, to inspire and encourage youngsters to take up distance running. Matt is a 6th grade math teacher and is married.

LOCATION:

All three camp dates will meet at Northview Christian Life Church
5535 East 131st Street
Carmel, IN 46033

COST:

\$30 for one day or \$75 for unlimited days if you register before **June 4th**. Registration after June 4th, including on-site registration, will cost \$35 for one day or \$85 for two, three or four event days. Returning campers will be charged \$25 for one day or \$70 for unlimited – to take advantage of this you must have attended in the past and send in your registration prior to June 4th.

WHAT'S INCLUDED:

Athletes will be provided with a t-shirt, dinner, group run, guest speaker & lecture notes.

CAMP RACE:

This year we will continue to have our camp race on the last day (June 30th). We will provide each runner with a finishing time. Our goal is to have a separate race for the middle school and high school runners. The race will give all runners a gauge of their fitness level heading into July.

OTHER IMPORTANT INFORMATION:

Middle School and High School runners will meet at the same time but have different instructions. Middle School Campers and High School Campers will divide-up opening remarks. There will be a separate camp race for each group.

H.S. CAMP STRUCTURE: (Monday-Wednesday)

8:30 – 9:00 am – Registration
9:00 – 9:15 am – Opening Remarks/Days Plans
9:15 – 10:45 am – Workouts, Stretching, Drills
11:00 – 12:00 Noon – Food – Speakers

H.S. CAMP STRUCTURE: (Thursday)

8:30 – 9:00 am – Registration
9:00 – 9:15 am – Opening Remarks
9:15 – 9:30 am – Warm-up/Stretching
9:30 – 11:00 am – Camp Race – 5k
11:00 – 12:00 Noon – College Coaches - Food

Day	Workout Schedule	Topic
Monday:	Long Training Day	General Training Philosophy
Tuesday:	Workout Day	How to approach hard workouts
Wednesday:	Pre-Race Light Run	Blue Mile Shoe Store – Shoe Discussion
Thursday:	Race Day	College Coaches Round Table

M.S. CAMP STRUCTURE: (Monday - Wednesday)

8:30 – 9:00 am – Registration
9:00 – 9:15 am – Opening Remarks
9:15 – 10:45 pm – Run, Group Activity
10:45 – 12:00 Noon – Food Fun Fellowship

M.S. CAMP STRUCTURE: (Last Thursday)

8:30 – 9:00 am – Registration
9:00 – 9:15 am – Opening Remarks
9:15 – 10:30 am – Warm-up/Stretch/Race
10:45 – 12:00 noon – Food Fun and Fellowship

Each day middle school campers will have a variety of activities including ultimate Frisbee, high school guest speakers, short intervals and a camp race. Each day will conclude with food, fellowship and fun!

For further information/directions to our camp sites, please visit our website www.ixccc.org

REGISTRATION FORM

Name _____

Address _____ City _____ Zip _____

Phone _____ Grade _____ T-Shirt Size _____

Date(s) Attending (*please circle all that apply*): June 27th June 28th June 29th June 30th

School currently attending: _____

Email Address: _____

The cost will be \$30 pre-registration/\$35 day-of for one day due by June 4th

The cost will be \$75 pre-registration/\$85 day-of for two, three or four days due by June 4th

Returning Participants: \$25 pre-registration for one day or \$70 for more than one – must be pre-registered and have attended in the past.

Total Amount Enclosed: \$ _____

Please make check payable to “Indiana Cross-Country Camp of Champions”

I hereby give written permission for attendance to the Indiana Cross-Country Camp of Champions. All risks attendant to participation in the Camp, including but not limited to bodily injury, are assumed by me or his/her Parent or Legal Guardian as indicated by the signature hereto. In case of injury or medical emergency, I hereby authorize the staff of the Indiana Cross-Country Camp of Champions to act for me to undertake appropriate medical steps toward the welfare of my child in any emergency requiring medical attention and I hereby waive and release the Camp from any and all liability for any injury or illness incurred while at Camp.

Signature of parent or guardian

Please mail camp registration to:

Eric Kellison
Indiana Cross-Country Camp of Champions
6457 Bramford Court
Indianapolis, IN 46256