

### *Camp Staff*

*Jim Seaton*-Head Cross Country/  
Track Coach at A-B College. Coach Seaton has coached the highly successful women's and men's Battler Cross Country Team for the past fourteen years.

*Heather McDaniel*— Cross Country/  
Track Coach at A-B College. Heather is a Graduate of A-B and WVIAC back to back "Runner of the Year" (04',05').

### *What to Bring:*

- Two pairs of Running Shoes
- Running Clothes
- Bathing Suit
- Snacks/Extra Spending Money
- Jacket/Warmer Clothing

### *Directions:*

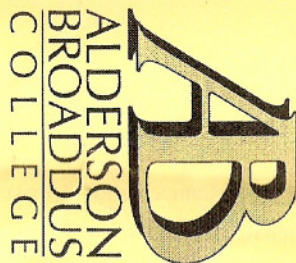
**From Elkins, WV:** Take 33 East to Rt. 32 North to Canaan Valley

**From Thomas/Davis, WV:** Take Rt. 219 from Parsons to north to Davis. Then take Rt. 32 South to Canaan Valley.

**For more information contact**

**Coach Seaton or  
Heather McDaniel  
(304) 457-6279 (work)  
(304) 457-2012 (home)  
mcdanielhe@ab.edu**

Jim Seaton  
Rt. 3 Box 278 B-3  
Phillippi, WV 26416



# *Ninth Annual Alderson-Broaddus Instructional Cross-Country Camp*

*July 19~July 23, 2009*

*Grades 9-12*

*Canaan Valley*

*Resort*



**Mail with a \$50 deposit to:**

Jim Seaton  
Rt. 3, Box 278 B-3  
Philippi, WV 26416

Age \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

es: \_\_\_\_\_

\_\_\_\_\_

ize: \_\_\_\_\_

**Parent's Approval:**  
I give my approval for my child's attendance at the 2009 Alderson-Broadus Cross Country Camp and authorize directors to act according to their best judgment in any emergency requiring medical attention.

**Parental Preference (If possible)**  
\_\_\_\_\_

Parent's Signature  
\_\_\_\_\_

**Arrival:** Campers should arrive between 5:00-5:00 PM on Sunday, July 19th for registration and will depart between 12:00 and 2:00 PM Thursday, July 23rd. Campers will report to the desk area in the main Canaan Valley Lodge. Campers should be prepared for a qualifying run on the evening of Sunday July 19th after check-in. (Eat according to your own pre-race routine.) Parents should provide upon arrival a copy of their health insurance information.

**Program:** Utilizing the latest techniques in Coaching and Training. Each camper will receive instructions in individual training skills and strategies. The camp will take advantage of the challenges presented by the area's natural terrain: hills, trails, woods, etc.

Other clinic topics include 1) nutrition, 2) injury management, 3) college preparation, and 4) this year's emphasis will be on speed work. Campers come prepared to ask questions regarding self-improvement.

**Facilities:** Campers will be able to enjoy the resort's indoor and outdoor pools, tennis courts, weight room, fitness center and other outdoor recreational facilities.

**Meals:** Campers will enjoy a balanced diet of 3 meals a day provided by our camp Chef Matt Quinet and Staff of the Court Restaurant in New Martinsville, WV. Meals will begin with breakfast on Monday the 20th and end with breakfast on Thursday the 23rd.

**Lodging:** Campers will be housed at the Canaan Valley Resort and Conference Center. These are lodge/hotel style air conditioned rooms.

**Directed By:** A-B Cross Country Coaches

Jim Seaton and Heather McDaniel.

**When:** July 19 -July 23, 2009

**Cost:** \$295/camper ~ \$260/team rate

**Purposes:** To provide campers with an opportunity to improve their skills and condition for cross country running.

**Location:** On the grounds of Canaan Valley State Park and Resort. We will also utilize other surrounding outdoor areas.

**Registration:** To reserve your place in the cross country camp, complete the application on the back of this form, detach, and mail with a nonrefundable deposit of \$50.00. Checks should be made payable to A-B Cross Country Camp. The balance will be due on the afternoon of arrival.

**Awards:** We would like to welcome all families to come to the closing ceremony held at 11:00 a.m. on Thursday, July 23rd. Campers will be given T-shirts and medals at the completion of the camp. Ceremony will be held downstairs of the main lodge.