

X-C Clinic at GCU

August 11th & 12th from 9a.m.-2 p.m
On the beautiful campus of Georgian Court University

For: Female Students-Athletes Grades 6th thru 9th
Cost: \$50.00, Registration form attached
Contact Information: Coach Kerwin Lanz,
E-mail address: lanzk@georgian.edu or call 732.987.2696

Georgian Court Athletics is excited to present the great sport of cross-country in a casual, non-competitive setting. Each day's schedule will include different activities and discussions that will enable the young runner to enjoy the sport for the rest of their lives. Overall, the clinic will cover training techniques, racing strategies, and the importance of a positive attitude. Discussions led by the CACC 2007 championship cross country team will mark the GCU cross country clinic participants with the competitive edge.

Coaching Staff

Coach Kerwin Lanz, Director: Bringing over 25 years of cross country experience as a competitor and coach, Kerwin Lanz has served eight seasons as head coach at GCU. Emphasizing teamwork as his core principle in coaching, Lanz has been effective in developing GCU's cross country athletes both physically and mentally for success. Lanz's success has earned him CACC Coach of the Year honors six times (2000-2004 & 2006, 07). Despite his competitive edge, Lanz never loses sight of his main goals: discipline, cooperation, self-respect, self-sufficiency, and most of all, enjoyment. Coach Lanz is USATF Certified Level 2 in Endurance.

Kim Galvin: 2008 team captain, Kim Galvin. Kim brings over eleven years of running experience to the cross clinic. She believes that hard work, determination, and a positive attitude are the keys to a successful runner. She will lead discussions and activities in mental preparation, mental wellness, race strategies, and surviving the start of a cross country race.

Respected members of the area Cross Country community will also participate.

- Daily Schedule:**
- ✓ Daily Check-In
 - ✓ Warm-up and stretch
 - ✓ Group Talk/Icebreaker
 - ✓ Distance run of the day
 - ✓ Technique drills

- Clinic Covers:**
- Training techniques
 - Racing strategy
 - How to run hills
 - Pace work
 - End of race sprint

- ✓ Break into groups for running skills
- ✓ Drills
- ✓ Biomechanics
- ✓ Medicine Ball work-out
- ✓ Cool-down and stretching
- ✓ Lunch
- ✓ Wrap-up

- The start of an XC race
- Trail running
- Cross Training
- Proper hydration
- Proper rest
- Injury Prevention
- Nutrition/Healthy Diet

Return the bottom portion of this form to **GCU Athletic Department, 900 Lakewood Ave., Lakewood, NJ 08701 with your payment* made payable to GCU Athletics.**

Detach Here

Keep the top for your records

Georgian Court University Cross Country Running Clinic Aug. 11th and 12th.

Grade in fall 2008: _____

Name: _____

Phone: _____

Complete

Address: _____

Allergies/Medical

Conditions/Medicines: _____

Parent/Guardian: _____

Alternate contact name &

phone: _____

Parental Consent/Participation Waiver

I hereby grant permission for my child to attend the "GCU Cross Country Clinic. I verify that my child has had a physical exam in the past year and is able to participate in the activities related to the camp. I agree to indemnify, hold harmless and defend all camp clinicians and staff from any and all liability for injury to my child, as well as any injury or damage caused by my child. Should medical treatment for my child be necessary, I hereby authorize any physician or trainer selected by camp personnel to order and conduct medical and surgical procedures necessary.

Signature Parent/Guardian: _____

Date: _____

*To pay by credit card please provide the information needed below:

Credit Card: MasterCard or Visa #: _____

Expiration Date: _____ **Amount:** \$ _____