

RESPONSIBILITIES OF CAMPERS

- Bring a positive attitude
- **Be sure to check** the “to bring” and “not to bring” lists found on the website and other **IMPORTANT INFORMATION NOT IN THIS BROCHURE**
- <http://connect.lcsc.edu/crosscountry>
- All campers must provide proof of health insurance or sign additional liability waiver.

If you are interested in attending as a high school coach or would like to be a counselor, please contact Coach Collins at 208-792-2308 or mcollins@lcsc.edu

Camp participants are limited to students entering 8th-12th grades.

CHECK-IN – will occur between 5 and 6pm at the LCSC Activity Center. Evening activities will begin at 6:30pm. Campers will be camping on the LCSC Campus the first night and we will travel to the Selway River in the afternoon of the second day. If you need transportation to/from the Lewiston Regional Airport, please contact Coach Collins to make arrangements.

COACHES EXPECTED TO BE IN ATTENDANCE

John Doherty - Capitol High School (ID),
Tim Gundy - Asotin High School (WA)
Brian Trefry – Post Falls High School (ID)

MEDICAL STAFF

Tracy Collins - Head Athletic Trainer - LC State
Tausha Patterson - RN - Tampa, Florida

See LCSC website for directions to campus.

<http://www.lcsc.edu>

Key Sponsor:

LEWISTON
ORTHOPAEDICS
Experience You Can Trust

2018

11th Annual Clearwater Running Camp



July 10-14

Lewiston, ID & Selway River

Camp is Limited to 80 Spots

CAMP OUTLINE

- The campers will spend their first day on the Lewis-Clark State campus where they will observe a VO₂max test and participate in a strength regimen and other training.
- The next three days will be spent at the Johnson Bar Campground on the Selway River (100 miles East of Lewiston) where there will be daily training, group/team building activities, games and competitions. Other activities will include swimming and tubing the river as well as our infamous “tossum” tournament, hiking and other camp activities.
- At the end of the week there will be the O'hare Creek 5K Time Trial Challenge. This along with other games during the week will undoubtedly bring out the competitive sides of the campers. However, the main goal of the camp will be to emphasize fun and team building, along with education and training.

Camp Director Profile:

Director: Dr. Mike Collins, Coach - Lewis-Clark State College

Coach Collins received his BS degree from Boise State University, MS in Exercise Physiology from University of Utah and Ph.D. in sport science from University of Idaho. Accomplishments include 18 Consecutive years of LCSC Women's XC ranked in the top 25 of the nation 17 consecutive trips to nationals for Women's cross country team, 15 consecutive years for men's team ranked in the top 25, 15 consecutive years team has been represented at nationals. Frontier conference men's coach of the year ('07, '08, '09, '10, '11, '13, '15, '16, 17), women's coach of the year ('07, '08, '09, '13, '14). Over 197 all-Americans since 1999. Coach Collins is a USATF Level II Coach, professor of Exercise and Sport Science, USA Triathlon National Qualifier ('97, '98, '99, '00, '01, '05, '12), Ironman Triathlon finisher ('05, '09, '12).

COSTS

- Prior to April 21 - \$285 individual, \$260/each for groups submitting 5 or more
- April 22 until June 15 - \$315 individuals, \$280/each for groups
- After June 15 - \$375 individuals (contact camp director to be sure space is still available)
 - \$100 deposit needed to hold spot and must be paid in full by June 10.
 - Camp is limited to 80 campers (**last year's camp had a waiting list**)
 - Returning campers receive a \$50 discount.
 - **REFUND POLICY** – 100% minus deposit if cancelled by May 15, 50% refunded if cancelled by June 15, no refunds after June 15.

See Website for other **IMPORTANT DETAILS** – [Http://connect.lcsc.edu/crosscountry](http://connect.lcsc.edu/crosscountry)