

Rollie Geiger – Camp Director



Rollie Geiger — 27-time ACC Coach of the Year.

Coach Geiger is in his 31st year as Head Cross Country Coach at NC State University. In the previous 30 years the Wolfpack Cross Country teams have won 2 National Championships and 34 ACC Championships. Wolfpack Cross Country athletes have won 5 collegiate national individual championships, 56 All-American honors, 20 ACC titles, and 163 All-Conference citations. Coach Geiger, 27-time ACC Coach of the Year, served as the 1988 USA National Coach in the World Cross Country Championships held in Auckland, New Zealand.



Campers on a run in the Pisgah National Forest.

All-American Cross Country Camp Coaches' Quotes

"The location is great, the instruction excellent, and the social activities are a lot of fun. The All-American Cross Country Camp has been a great momentum builder for our cross country season."

– Coach Mike Esposito
Former Coach of Mt. Tabor High School
High Point University, High Point, NC

"My athletes returned from the All-American Cross Country Camp highly motivated and better prepared for the cross-country season."

– Coach Angela Miller
Hunt High School, Wilson, NC

"It's awesome. It's good that it comes about two or three weeks before the start of preseason practice. Kids are bonding, coming together as a team and getting a two-week jump on the season."

– Mike Hollaway
Sanford School, Newark, DE

"The girls and I would like to thank you, your staff and the runners of NC State for making this championship possible. The All-American camp this summer not only was fun for the girls but gave them confidence in their ability, brought the team together, and built the desire needed to obtain the championship."

– Coach Neely, Simpson Academy, Magee, MS

"The All-American Cross Country Camp is one that runners of all abilities benefit from. Our team has attended the past two years and returned with a common goal and the confidence in each other to jump start our season."

– Coach Jeff Dodrill
Northern Nash Sr. High School, Rocky Mount, NC

"The All-American Cross Country Camp gave our team the desire and drive to help win our first sectional title in school history. Coach Geiger provided our team with the inspiration needed to become successful, competitive runners."

– Coach Steve Tyler, West Lafayette, IN

"The All-American experience has shown great results with our team in just two years. Our team has gone from just qualifying for the state meet to contending for the title."

– Coach Allen Burnham, Aiken High School, Aiken, SC

"One of the many things that makes the All-American cross country camp so special is the accessibility that each athlete has to Coach Geiger and his staff. The staff to athlete ratio is excellent and I have been impressed with the individual attention given to each athlete."

– Coach Jeff Thompson
West Forsyth High School, Clemmons, NC

"The All-American Cross Country Camp and staff continually provides an excellent opportunity for quality team building activities that are not only fun, but educational and challenging for the individual as well."

– Coach Andy Cox
Worthington High School, Worthington, OH

BLUE RIDGE MOUNTAINS
Run in the Pisgah National Forest
(Asheville, NC)

adidas
ALL-AMERICAN
CROSS COUNTRY CAMP
www.crosscountrycamp.com

Rollie Geiger's 31st Year
ALL-AMERICAN
CROSS COUNTRY
CAMP
adidas
P.O. Box 37733
Raleigh, NC 27627
www.crosscountrycamp.com

2010 All-American Cross Country Application

A \$100 non-refundable registration fee must be sent with application.

Mail application to: All-American Cross Country Camp,
PO Box 37733, Raleigh, NC 27627
Make checks payable to Raleigh Track Club, LLC
Camp Phone: 919-858-9876

Registration Deadline: July 1 or until camp is full

Name: (First, Middle, Last) _____

Address: Street _____

City _____ State _____ Zip _____

Age _____ Sex M / F High School _____

Parents or Guardian _____

Home phone _____ Business phone _____

Cell phone _____ Email _____

Best Times: 1600 _____ 3200 _____

Emergency Phone No. () _____

Insurance Company _____

Policy Number _____

You **Must** send in, or bring a copy of your insurance card to camp to register. If allergic to bee stings—You **MUST** bring a bee sting kit.

Check the following:

Camp Session	Camp Cost
<input type="checkbox"/> July 11-16	<input type="checkbox"/> Boarding \$495
<input type="checkbox"/> July 18-23	<input type="checkbox"/> Day Camper \$380
<input type="checkbox"/> July 25-30	<input type="checkbox"/> Team – 7 or more campers \$475

Waiver & Release: In consideration of my application being accepted, I, intending to be legally bound, do hereby release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue to me against Christ School, the All-American Camp, Raleigh Track Club, LLC, for any or all damages which may be sustained or suffered by me in connection with my participation in, and/or rising out of my traveling to or returning from said Camp; or the campus of Christ School. Applicant further attests and verifies that he or she is physically fit and has sufficiently trained to participate in all events. Further, applicant attests that his or her health insurance will cover any medical and hospital expenses that he or she incurs; and that he or she has passed a sports participation medical exam within the past year. This camp is neither owned or operated by NC State University. It is under the sole control and supervision of the Raleigh Track Club, LLC.

Medical Permission

I understand that campers may not participate in camp activities without parental authorization signature and proof of medical insurance. I hereby give permission to the physician, nurse, or trainer selected by the All-American Cross Country staff to order x-rays, routine tests and treatment for the health and safety of my child regardless of his/her insurance status. In the event I cannot be reached in an emergency, I hereby give permission to the attending physician to hospitalize, secure proper treatment for, and to order injections and/or anesthesia and/or surgery for my child. I will be responsible for any and all costs of medical attention and treatment. I waive, release, and forever discharge Raleigh Track Club, LLC and the All-American Cross Country Camp, its staff, directors, officers, employees, and the Christ School from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in Camp activities. The Raleigh Track Club, LLC and the All-American Cross Country Camp reserve the right to refuse admission to any student at any time should the Director determine such action is in the best interest of the camp or the student.

Parent/Guardian Signature _____ Date _____

Registration Fee _____ Balance Due _____

ALL-AMERICAN CC CAMP reserves the right without notice to modify, change or revoke the arrangements, regulations, curriculum and instructional materials used in its programs. All-American CC Camp reserves the right to refuse admission to any student at anytime should All-American CC Camp determine such action is in the interests of the school or student. All-American CC Camp assumes no liability for personal injury or for the loss or damage of personal property.

General Information

Great Cross Country teams and runners are built in the summer months of July and August, not in November. The All-American Cross Country Camp has been designed with this philosophy in mind.

Boys and girls from middle school up will enjoy running with and learning from high school and college All-Americans. Additionally, your instructors on a given year may include Olympians, nationally recognized college and high school coaches. Each summer new topics concerning distance running are covered. Each camper will also be videotaped and analyzed for proper running technique.

Camp Schedule (tentative)

7:00 a.m.	Wake Up/Breakfast	1:00 p.m.	Special Guest Lecture
8:30 a.m.	Main Run		
11:00 a.m.	Learn-By-Doing Clinic	3:30 a.m.	Secondary Run
		5:30 a.m.	Dinner
12:00 p.m.	Lunch	7:00 p.m.	Special Activities
		10:30 p.m.	Lights Out

(Recreational activities between sessions)

Deadline:

Application deadline is July 1 or until there is no available space. Due to the popularity of camp and a limited number of beds, get your application in early to ensure space.

CAMP DATES/LOCATION

July 11-16, July 18-23 and July 25-30

Christ School, Asheville, NC

Run in the Blue Ridge Mountains

Check camp website: www.crosscountrycamp.com

Costs:

\$495 boarding \$380 day (meals included)

Special Team Discounts

Bring 7 or more runners for \$475 per athlete

One coach comes free (with assigned duties) with every seven campers, two coaches with 14 runners, etc.

A \$100 non-refundable registration fee must be sent with application by July 1, 2010. Make checks payable to Raleigh Track Club LLC, P.O. Box 37733, Raleigh, NC 27627. Cashed check is proof of enrollment. More material concerning camp will follow. For specific questions, visit our website www.crosscountrycamp.com or phone 919-858-9876.

Things to Know About Camp

Housing and Meals

Campers will be able to experience campus life on one of the most beautiful and traditional southern campuses, the Christ School. Campers will be served three meals a day (all you can eat) and share a dorm room.

Transportation

Arrangements can be made to be picked up at Asheville Airport or bus station. A small fee will be charged. If you have any questions, call 919-858-9876.

Running

Runners are grouped according to fitness level and experience. The distance of runs and tempo of runs are also grouped according to fitness level.

Recreation

Full fun schedule of recreational activities include:

- ice cream social
- motivational/movie
- talent show
- game night
- dance—D.J. with light show

Facilities

- tennis courts
- weight room
- TV and lounge
- miles and miles of soft running trails
- soccer fields
- grassy fields
- auditorium
- student center—snack bar, pool tables, ping pong tables, foosball

Camp Topics

- sports psychology
- cross training
- injury prevention
- proper running technique
- race tactics
- goal setting
- nutrition
- academic preparation for college

All-American Cross Country Camp Staff and Former Guest Speakers

Abdul Alzindani
All-American
Foot Locker National
Champion
US National Team

Al Barnes
All-American

Megan Coombs
All-American

Jackie Coscia Brooks
ACC Champion
US National Team

Ian Dobson
NCAA Champion
2008 Olympian

Chris Dugan
All-American
US National Team

Francine Dumas
All-American

Mike Esposito
Head Cross Country Coach
High Point University

Betty Springs Geiger
All-American
NCAA National Champion
USA National Champion

Bob Henes
All-American
US National Team

Laurie Gomez Henes
All-American
NCAA Champion and
US World Championship
team member

David Honea
All-American

Pat Joyce
All-American
US National Team

Julie Lucas
All-American

John Martinez
All-American

Dan Middleman
All-American
Olympian

Christy Nichols
All-American
US National Team

Chad Pearson
All-American
US National Team

Chan Pons
All-American
US National Team

Corby Pons
All-American

Kristin Price
NCAA National
Champion
All-American

Emily Pritt
All-American

Ellen Reynolds
All-American
Physical Therapist

Tony Riley
All-American

Connie Jo Robinson
All-American
Foot Locker National
Champion

Brendan Rodgers
All-American

Katie Sabino
All-American

Chris Seaton
All-American

Andy Smith
All-American

Janet Smith
All-American
Foot Locker National
Champion
US National Champion

Bob Swoop
Sports Psychologist

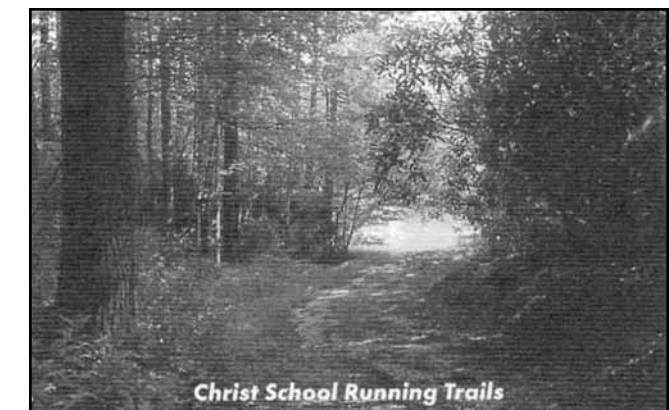
Dr. Suzie Tuffey
All-American
NCAA Champion and
Sports Psychologist

George Watts
Cross Country Coach
University of Tennessee

Todd Williams
All-American
Olympian

Chris Lear
Author – *Running
with the Buffalos*

Bobby Mack
All-American



Christ School Running Trails

 **SPECIAL OFFER** 

adidas is the proud sponsor of the 2010 All-American Cross Country Camp. **adidas** will have a special one-time offer for each registered camper to purchase a pair of **adidas** spikes at **50% discount**. All registered campers will receive additional information about how to purchase the spikes once they have registered.