

Registration Application

Edinboro Distance Village: Mr. Doug Watts
Head Track and Cross Country Office, Edinboro University of Pennsylvania, Edinboro, PA 16444

E-Mail _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: (____) _____
School Name: _____
Age: _____ Grade as of Sept. 14: _____
Optional T-shirt (\$10 extra)
 S M L XL

Male
 Female
Best time/Performance 400M _____
800M _____
1,500M/Mile _____
3,200M - 5,000M _____

Please make checks payable to:
Doug Watts

Parent/Guardian Statement: My child has had a recent physical examination and is physically able to participate in all camp activities. I relieve the directors of Edinboro University of Pennsylvania of any responsibilities should any accident occur. I give consent for the Edinboro trainers and doctors to treat my child in case of illness or injury.

Parent/Guardian Signature _____ Date _____

Check one: Regular - \$299
 Special Team - \$275 (4 or more)
 Paid in full by 6/10/14 \$275
Maximum \$25 deposit must be submitted. Remainder due at registration

EDINBORO UNIVERSITY
CROSS COUNTRY
219 MEADVILLE ST.
EDINBORO, PA 16444

NON-PROFIT
U.S. POSTAGE
PAID
EDINBORO, PA
PERMIT NO. 1

DOUG WATTS' EDINBORO DISTANCE VILLAGE



A Pre-season Endurance Training
Experience for **Men and Women**
Cross Country, Middle
and Long Distance Running

Traditional Week
July 20 - July 25, 2014

Edinboro University
of Pennsylvania

Features of THE EDINBORO DISTANCE VILLAGE

A WIDE VARIETY OF TRAINING SITES:

- Championship level 5,000 - 10,000 meter cross country course on campus
- All-weather surfaced running track
- 236 Meter Indoor Track, air conditioned
- Scenic road courses (20+ different runs)

FREE USE OF THE UNIVERSITY'S FACILITIES:

- Access to Edinboro University's Sports Medicine Department and staff
- A swimming pool & diving tank & Basketball courts
- Twelve tennis courts, baseball and softball fields
- Fish on campus or in Edinboro Lake
- Camp ending coed dance

QUOTES FROM CAMPERS:

"In comparison with other camps, the learning was so personalized that I learned how to handle myself in training and competition much better."

"Most important for me, I learned what training methods were best for my personal situation."

"Camp has given me the knowledge and motivation to improve in running and life..."

"Running camp was so much fun!"

DISTANCE VILLAGE NOTES:

- For over 40 years the DISTANCE VILLAGE CAMP has proven its success in bringing out the best in EVERY Level of runner
- The camp has "graduated" dozens of state champions, innumerable All-State runners and contributed greatly to improvement of runners at all levels.
- Housing will be in the University's modern residence halls - two campers to a room. Women's housing will be in a separate residence hall or hall wing. Meals will be prepared and served in the University's regular dining hall.
- Camp week is definitely a pre-college educational experience.

EXPERIENCED, SUCCESSFUL PERSONNEL GUIDE YOUR TRAINING

The Village will be directed by five-time national cross country "Coach of the Year" Doug Watts. In his 44 years of coaching the Boro prior to retiring in 2013, Watts brought national recognition to his men and women distance runners. Six national cross country team championships are matched by six runner up trophies as well as 34 top ten finishes. Individually, Edinboro runners won four XC national titles, and have produced over 100 All-American under Watts' lead. Sixteen former Edinboro runners have qualified for the Olympic trials. Five have gone on to represent the United States in international competition.

After completing his 1st season as head coach, Rick Hammer joins our camp staff. In his first year the Edinboro men and women finished 9th and 13th. The women won the NCAA II Atlantic Regional. Prior to coming to Edinboro Hammer coached at Lewis University and Manchester College.

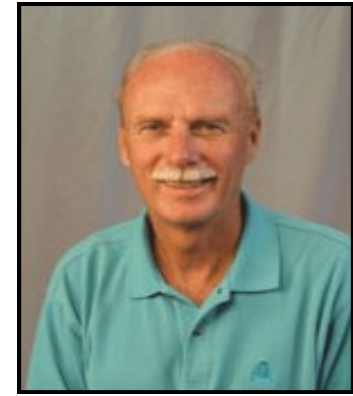
Also joining our staff is Edinboro alum, former DISTANCE VILLAGE camper, and veteran counselor, Jake Krolick. Training under the Edinboro system, Krolick has run 1:05 for the half marathon while assisting Edinboro's cross country and track teams in 2013-14. He also has a year of experience with the ultra successful Adams State University distance program.

Counselors include former national champions, collegiate All-Americans and professional resource people. The camper, living closely together with these exceptional leaders, should be directly influenced by the knowledge, example, and especially the SPIRIT offered by such outstanding runners.

A LEARNING SITUATION

Above all an intellectual approach will be taken to put the 'why' into running as well as the 'how' of the sport.

Lectures and videos will be employed on mechanics, the physiology of endurance, training techniques, and running tactics. Each runner can be given a personal evaluation and suggestions for continued progress in his distance competition. Training runs will be matched to the camper's ability, previous training and experience.



COACH DOUG WATTS

"We guarantee an outstanding week of endurance training carefully designed to help you reach your cross country goals in the fall and provide the background necessary for a successful spring track campaign. Most importantly, we will expose you to the spirit and tradition of running with national-class athletes in hope of enhancing the proper psychological preparation that is necessary for optimum performance.

From past experience we know you will leave camp tired from the miles of training, but injury free, enthusiastic, and wiser from the experience of the Village."

Sincerely ,
Doug Watts
Office: (814) 732-1870
Fax: (814) 732-2190
Home: (814) 734-1384
Cell: (814) 823-1219
Email: edinborodistancevillage@gmail.com

THINGS TO BRING TO THE VILLAGE WITH YOU:

- Running equipment, training shoes, sweat suit, running apparel, etc.
- Swim trunks, casual wear, personal items, recreational equipment
- Towels, soap, pillow, blanket, radio or stereo, and some extra spending money
- Registered campers can expect a detailed informational letter about camp by mid-July