

# HIGH PERFORMANCE DISTANCE ACADEMY

**RUNNING CAMP @ VIRGINIA TECH**

**MONDAY-SATURDAY, JULY 9-14<sup>TH</sup> 2018**

## About HPDA

HPDA is a week long, training-focused camp for high school-aged runners of all ability levels, held on Virginia Tech's beautiful campus in the mountains of Southwest Virginia. While at camp, athletes will run with collegiate distance runners on some of the best running venues Blacksburg has to offer, including the Virginia Tech Cross Country Course and the Jefferson National Forest. Beyond training, campers are instructed by experienced coaches, health professionals, and elite athletes on crucial topics like nutrition, injury prevention, biomechanics, race strategy, goal setting, weight and circuit training, sports psychology, and more. For more info, please visit [CROSSCOUNTRYRUNNINGCAMP.COM](http://CROSSCOUNTRYRUNNINGCAMP.COM)

## Eligibility

Girls and boys entering grades 8-12, and graduated high school seniors may attend. Middle schoolers are also welcome provided they have a good training base. Campers will be grouped on training runs according to age and current fitness level. HPDA is not a Virginia Tech camp.

## Housing & Dining

Campers will be housed in a Virginia Tech residence hall just like VT student-athletes, typically in two-person rooms with male and female campers occupying separate floors of the dorm. Meals will take place just a short walk away at D2, one of Virginia Tech's all-you-can-eat dining halls with an excellent variety of foods to choose from. Virginia Tech's dining halls have been consistently considered among the best in the country, and were ranked #1 in the nation in 2015 by three separate publications.

## Training at HPDA

Training is based on individual fitness—our goal is for you to leave camp healthy, motivated, and ready to tackle your best cross country season yet. The week will include two-a-day runs along with circuit exercises, plyometrics, and daily strength training to help diversify your training regimen. For those seeking lower mileage, yoga sessions and/or pool workouts can replace the morning run. The week will take us all over the New River Valley—in previous years campers have cruised the trails of the Jefferson National Forest, run to the top of Mountain Lake, tubed the new River, hiked the Cascades, swam Claytor Lake, and toured Virginia Tech's beautiful all-grass cross country course. Between training runs and educational sessions, campers have plenty of free time to rest, play games, or just hang out with new friends.

## Counselors

Our past counselors have included conference champions, NCAA All-Americans, and sub-4 milers. All have competed at the collegiate level for many great universities including Virginia Tech, Georgetown, Stanford, University of Virginia, William and Mary, Wake Forest, Clemson, High Point, Florida State, and many more. In addition to our counselors, we also have several experienced high school coaches assisting the athletes.

## Cost of Attendance

	<b>Athletes</b>	<b>Coaches</b>
—		
<b>Overnight</b>	\$510	\$460
<b>Overnight</b> (Air Conditioned)	\$560	\$510
<b>Commuter</b> (Includes Meals)	\$460	\$385

Cost includes instruction, 5 nights housing, 3 meals daily (dinner on Monday through breakfast on Saturday), medical supervision and insurance, 24 hour supervision and security, nightly athletic trainer, weight room, VT swimming pool, technical camp shirt, ice cream and pizza party, charter bus transportation to running venues, written evaluations from individual counselor for improvement, prizes, other cool stuff, and an incredible week of training, education, and fun!

**Team discount:** \$10 off per athlete with 5 or more athletes from the same school, \$20 off per athlete with 10 or more.

**Coaches attend free** when bringing 6 or more athletes and with assigned camp duties.

**A non-refundable \$75 deposit** is required to reserve a spot at HPDA. The remaining balance is due upon receipt of the camp packet in July. If notification is given **no later than 6/25** (two weeks prior to check-in), final payment is refundable (not including \$75 deposit). HPDA is limited to 200 athletes.

Checks can be made out to **High Performance Distance Academy**. Card payments are only possible when registering online ([www.crosscountryrunningcamp.com](http://www.crosscountryrunningcamp.com)). Please mail completed applications with deposit to:

**HPDA**  
c/o RunAbout Sports 540.552.9339  
1470 South Main St, #100 Mon-Sat, 10am-8pm  
Blacksburg, VA 24060 Sunday, 12pm-7pm

## Past Presenters

<b>Ben Thomas</b>	Virginia Tech Head Distance Coach
<b>Paul Spangler</b>	University of Florida Head Track Coach
<b>Mike Esposito</b>	High Point University Head Track Coach
<b>Pete Watson</b>	University of Virginia Distance Coach
<b>Brad Hunt</b>	Wake Forest Distance Coach
<b>Mary Jayne Reeves</b>	Two-Time NCAA 1500m Champion
<b>Ann McGranahan</b>	Big East Cross Country Champion
<b>Phil Latter</b>	Writer for Running Times, Dyestat
<b>Dr. Gary Bennett</b>	Virginia Tech Sports Psychologist
<b>Dr. Jay Williams</b>	Virginia Tech Exercise Physiologist
<b>Kathleen Poole</b>	Radford University Nutrition Professor
<b>James DeMarco</b>	Blacksburg HS Distance Coach

A finalized events schedule and speakers list will be included with the camp packet in July.

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## REGISTRATION FORM (PLEASE PRINT CLEARLY)

**HPDA**

LAST NAME		FIRST NAME	
HIGH SCHOOL		AGE	GENDER (CIRCLE) M   F
ADDRESS		CITY / STATE / ZIP	
LAST NAME (GUARDIAN)		FIRST NAME (GUARDIAN)	
EMAIL		PHONE	
SHIRT SIZE (CIRCLE)	YOUTH L   S   M   L   XL	ROOMMATE REQUEST	
1600 OR 3200 PR		AVG. WEEKLY MILEAGE	

## MEDICAL INFORMATION

EMERGENCY CONTACT	PHONE
PHYSICIAN NAME	PHONE
KNOWN MEDICAL CONDITIONS	
DATE OF LAST TETANUS IMMUNIZATION	
MEDICATIONS CAMPER WILL BRING	
WILL CAMPER SELF-ADMINISTER MEDS?	

We (I) hereby request that you accept the application of \_\_\_\_\_ in the 2018 High Performance Distance Academy (HPDA) during the dates set in this application and in consideration of this application, we (I) hereby release HPDA and all claims on accounts of any injuries which may be sustained by our (my) child as a result of any such activities. Furthermore, we (I) certify that within the past year my child has had a physical examination and is physically able to participate in sports activities. In the event of illness or injury, we (I) give my consent for medical treatment and permission to hospitalize, secure proper treatment, and order injections, anesthesia, and/or surgery.

We (I) the undersigned hereby acknowledge, understand and accept liability that HPDA is a privately run sports camp and is not operated by or through Virginia Tech. The camp is neither sponsored, controlled, nor supervised by Virginia Tech, and release the aforementioned corporation from liability. We (I) also understand that Runabout Sports, LLC directs and controls HPDA. James DeMarco is the Academy director for Runabout Sports, LLC. Please initial if you understand and agree to: \_\_\_\_\_

We (I) waive, release, and discharge HPDA, James DeMarco, Runabout Sports, LLC, Virginia Tech, and the aforementioned staffs, officers, agents, employees, representatives, successors, and assigns from any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during the participation in camp activities or while at camp. Please initial if you understand and agree to: \_\_\_\_\_

Any camper who exhibits unacceptable behavior will be immediately dismissed from camp without a refund. Dismissal will be at the discretion of the camp director.

PARENT / GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

OFFICE USE ONLY	CHECK#	AMT. \$	EMPLOYEE	DATE
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