

TRACK & FIELD SESSION

Many summer camps focus solely on XC. At Inspiration Running Camp, we have a “camp within a camp” to get the pre-season track & field season off to a flying start! Enjoy a fun week with your XC friends while getting in a season-changing week of training.



We will have our track & field athletes go through a 5 day, pre-season training cycle.

We will have hurdles, high jump mats, a shot put/discus circle, a long jump ramp and a full array of equipment that will be used for our plyometric workouts. In addition, there is a full weight lifting gym that will be utilized by our athletes.

SPECIAL EMPHASIS WILL BE PLACED ON:

- * Video analysis
- * Event specific technique drills
- * Proper weight training
- * Developing your core



For Further Information

CONTACT

CHRIS MANCUSI, Director
CoachMancusi@aol.com

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RunNDive@aol.com

Mailing Address

Inspiration Running Camp
C/O Chris Mancusi
132 Demopolis Ave
Staten Island, NY 10308



FOR XC/TRACK ATHLETES
At the Camp Westmont Site

In the Serene and Beautiful
North East Pocono Mountains



**JOIN US FOR A FUN-FILLED WEEK OF
SERIOUS TRAINING DESIGNED TO
KICK-START THE BEST
XC/TRACK & FIELD SEASON OF YOUR LIFE!**

August 24-29, 2015
Cost \$400.00

**FREE TRANSPORTATION
FROM ALL 5 BOROUGHES & NJ**



WWW.INSPIRATIONATHLETICS.COM

WHY INSPIRATION?

ALL runs are done on crushed stone roads

Bunking by teams in their own quarters

Special Instruction for Freshmen

A "Camp Within a Camp" for Track & Field workouts— We will have HJ mats, hurdles, a LJ ramp and throwing implements

Coaches can hold their own workouts

Partial scholarships available

Full-time Nurse on Site

Join our Facebook page—
HUNDREDS of pictures posted daily!
"INSPIRATION RUNNING CAMP"

**WILL BE ON HAND SELLING PRODUCTS,
GIVING OUT PRIZES & SOUVENIRS!**



EACH CAMPER RECEIVES:

INSPIRATION RUNNING CAMP T-SHIRT

CAMP WATER BOTTLE



DAILY SCHEDULE

AM

8:00 Morning Run
9:00 Breakfast
9:30-12:30 Recreation/Contests
10:00 Optional Tournaments
11:30 Freshmen Meeting & Run

PM

12:30 Lunch
1:30-2:00 Camp Activities
2:00-4:30 Waterfront Open/Recreation
2:00 Track & Field Practice
4:00 Afternoon Workout
6:30 Dinner

Evening

6:45 Team Meetings with Coaches (Optional)
7:30 Evening Group Activity
Motivational Movies, Talks
8:30 Canteen Opens
10:00 In Bunks

In Addition to the Training Schedule

Other FUN Features Include

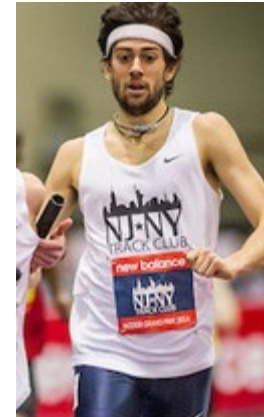
Full Sized Indoor Gymnasium
THREE Outdoor Lighted Basketball Courts
Football, Soccer and Lacrosse Fields
Brand New Weight Room
Aerobics & Gymnastics Room
Full Waterfront/Lake
(Swimming, Boating, Water-Skiing, Tubing,
Banana Boat & More)
Heated Swimming Pool



SPECIAL GUEST SPEAKERS!

KYLE MERBER

AMERICAN COLLEGIATE RECORD HOLDER



We're excited to have Kyle attend IRC in 2015 as he brings some impressive credentials. In H.S., Kyle ran for Half Hallows Hills West out in L.I. He was a 1x National Champion 3x NY State Federation Champion, and won the H.S. Boys Mile at the Millrose Games during his senior year. In college, he blossomed at Columbia University while winning 10 Ivy League Titles and set the American Collegiate Record in the 1500 meters. Today, Kyle runs for Hoka One One and the NJ*NY Track Club. He races in some of the most prestigious races in the world including the Wanamaker Mile at the Millrose Games. We're excited to have Kyle at camp this year. His PR's: 800 (1:47), 1500 (3:35), Mile (3:54)

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SHAWN WILLIAMS, PHD CHIROPRACTOR



Dr. Williams is currently an Assistant Professor at CUNY York College. He has done numerous seminars for the PSAL & athletic community as a whole. His seminar at IRC will be focused on "Performance Enhancement and Injury Prevention." Athletes will find his discussions to be exciting & informative. Dr. Williams is a Tottenville H.S. graduate. His lecture at last year's camp was a big hit!

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