

Registration Form — Cost \$375.00

I hereby enroll my child into the 2011 training camp (8/25/12–8/30/12) subject to the conditions listed below. Enclosed with this registration form in a non-refundable deposit of \$50.00. Final payments are due August 1st. The camp director is appointed to serve in “loco parentis”. Smoking/possession of or use of tobacco/narcotics/liquor or any non-prescription drug on or off camp grounds is strictly forbidden. Athletes may not leave the camp grounds without the permission from the camp director. Camp director will exercise the right to dismiss and send home any athlete that violates the curfew. It is our aim that all athletes go home trained, enlightened and well rested for the upcoming season. Violators of the rules will be dismissed from camp without tuition reimbursement.

I hereby grant permission for my child to join and participate in all activities of Inspiration Running Camp. I verify that my child has had a physical exam in the past year and is able to participate in all activities related to this camp. I agree to indemnify, hold harmless and defend Chris Mancusi, Inspiration Running Camp and/or their agents or employees from any and all liability for injury to my child, as well as any injury or damage caused by my child. Should medical treatment for my child be necessary, I hereby authorize any physician or trainer selected by camp personnel to order and conduct medical procedures. I hereby grant permission for Inspiration Running Camp to use any photography or videotape of related activities for advertising or educational video materials.

Please make all payments in the form of CASH or checks payable to “*Inspiration Athletics*” (Payment can be made on-line but registration form **MUST** be mailed with receipt)
www.inspirationathletics.com

ATHLETE: _____
SCHOOL: _____
E-MAIL: _____
PHONE: _____

PARENT SIGNATURE



For Further Information

CONTACT

CHRIS MANCUSI, Director
(917) 837-0594
CoachMancusi@aol.com

CLAUDIA MCLOUGHLIN, Asst. Director
(646) 286-4097
RunNDive@aol.com

Mailing Address

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



At the Camp Westmont Site

In the Serene and Beautiful
Lake Region of the North East
Pocono Mountains



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

**August 25-30, 2012
Cost \$375.00**

FREE TRANSPORTATION



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 (See website)

Coaches can hold their own workouts

Partial scholarships available

✓ A visit from Nike Running to conduct gait analysis! ✓

Full-time Nurse on Site



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
4:30 Afternoon Workout
6:00 Dinner

Evening

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

In Addition to the Training Schedule

Other FUN Features Include

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



SPECIAL GUEST SPEAKERS!

JOE NEWTON LEGENDARY COACH



There is no question that Coach Newton is a legend in the sport as he is the "Winningest Coach" in H.S. sports history while leading his York team to 27 Illinois State XC titles. In 2008, a full length documentary was made called "The Long Green Line" which focused on his team's success. He has also written four books. In 1988, he was made an assistant manager for the U.S. Marathon runners at the Olympics in Seoul—a first for a H.S. Coach. Athletes will find Coach Newton's visit most inspiring.

TOM FLEMING

2x NYC MARATHON CHAMP



Tom has a storied running career in the marathon. He won the NYC Marathon two times (1973 and 1975) and finished second in Boston twice (1973 and 1974) as well. In 1977, at the "unofficial" World Marathon Champs in Fukuoka, Japan, Tom finished in 5th place. At one time, Tom held the American records in the 15 mile, 20 mile, 25k, 30k and 50k distances. He has broken 2:20 in the marathon 27 times and has a best of 2:12.05.

SHAWN WILLIAMS, PHD CHIROPRACTOR



Dr. Williams is currently an Assistant Professor at CUNY York College. He has done numerous seminars for the PSAL and 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 and informative. His lecture at last year's camp was a big hit!

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