

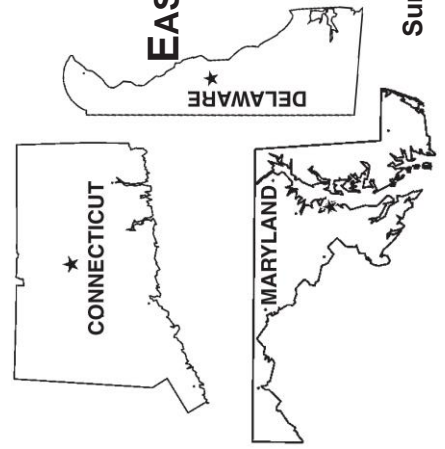
**CAMPERS
COMING FROM:**

EASTERN STATES X C CAMP

Hosted by
Kutztown University
Kutztown, PA 19530

for
BOYS AND GIRLS
In

Grades 7 – 12
Sunday July 28 to Friday August 2



**CAMPERS
COMING FROM:**

CAMP INFORMATION

DATE: July 28- August 2 (6 days/5 nights)
LOCATION: Kutztown University
Kutztown, PA 19530
Easily accessible from Interstate
Rt. 222 and 78

COST: Resident Camper - \$399.00
Includes all meals, camp shirt,
lodging and top level instruction.

Team Discounts: \$385 with
7 to 11 campers from same
school district.
\$370 with 12 or more.

CHECK-IN: Sunday, July 28 1 - 3 p.m.

CHECK-OUT: Friday, August 2 1-3 p.m.

MEALS: First Meal is Sunday Dinner
and last meal is Friday Lunch.

DAILY SCHEDULE

7:00	Breakfast
9:30	Morning Run
11:30	Lunch
1:00	Technique Work
2:30	Swimming & Recreation
4:15	Dinner
6:00	Special Speaker, Films
7:00	Evening Run
10:30	Bed

FACILITIES

- Modern swimming pool
- Chef prepared food
- **Air-Conditioned Suites**
- Basketball, tennis and volleyball courts

Special guest from

James Carney



Jim Carney is one of the top U.S. distance stars. Jim has qualified for the 2004, 2008 & 2012 Olympic Trials in the 5,000m 10,000m and marathon. He finished 9th at the trials marathon '12. Jim has PR's of 13:23 (5,000m) and 27:43 (10,000m) and 2:12 (marathon). Jim will speak to campers about his high school 9:54 (2 miles) to world class athlete.

EASTERN STATES XC CAMP APPLICATION

Form may be duplicated

Application deadline is July 13th postmark

Bring a teammate!

NAME _____ AGE _____ TELEPHONE # (_____) _____

HOME ADDRESS _____ CITY _____ ST _____ ZIP _____

SCHOOL _____ GRADE IN FALL 2013 _____

E-MAIL ADDRESS _____ (All Future Information For Camp Will Be Sent Via E-mail) Please Print Clearly

T-SHIRT SIZE: S M L XL (Please circle one)

PREFERRED ROOMMATE (if Any) _____

Please circle one: A Resident Camper \$399 or B Team Discount
Great team discounts! See above. A minimum deposit of \$100 required with application. Payment in full may be made.

Make checks payable to EASTERN STATES XC Camp and mail to:
Eastern States XC
323 Pennsylvania Ave.
Kutztown, PA. 19530
Call 717-293-1962 with any questions.