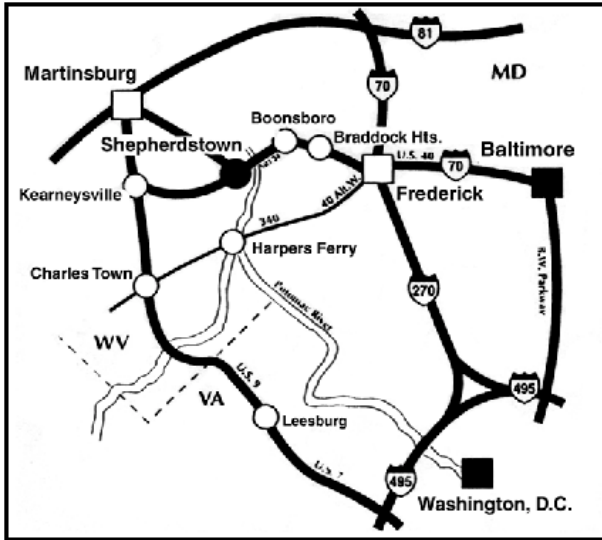


## Camp Location



### Approximate Driving Time to Camp:

Hagerstown, MD	25 min.
Frederick, MD	40 min.
Cumberland, MD	75 min.
Winchester, VA	35 min.
Leesburg, VA	45 min.
Chambersburg, PA	50 min.
Gettysburg, PA	60 min.

### For more information contact:

kfasulo@shepherd.edu  
301-714-0615 (voice mail)  
800-344-5231 x5481

## Instructional Staff

### • Robert "Moe" Morris

- Head coach Shepherd College men's & women's cross country (1999-2002)
- 18 years cross country coaching experience
- Former XC coach at Martinsburg HS (1984-90) and Clear Spring (MD) HS (1992-98)
- 5 WVIAC All-Conference honorees at Shepherd
- 2 NCAA II Coaches Association All-Academic Honorees (2002)

### • John Grim

- Head coach Linganore (MD) HS boys & girls cross country
- 3 MD State Championship titles (1993, 1994, 1995)
- MD State Runner-up (2000)
- Four-time Frederick County (MD) XC Coach of the Year
- Member Frederick County Sports Hall of Fame

### • Nancy Specht

- Head coach Clarke County (VA) HS boys & girls cross country
- 24 years experience as boys and girls head track coach
- VA State Champion XC Team (1999)
- VA State Runner-up XC Team (1998)

### • Kristy Johnson

#### Special Guest Instructor

- Runner-up at 2000 USA Olympic Trials marathon
- Head coach North Hagerstown (MD) HS boys & girls cross country

## Coach Moe Morris's Championship Running Cross Country Camp August 5-9, 2002



## High School Boys and Girls at Shepherd College Home of NCAA II Men's and Women's XC



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## Coach Moe Morris's Championship Running Cross Country Camp August 5-9, 2002

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Emergency #: \_\_\_\_\_  
High School: \_\_\_\_\_  
Grade as of Sept. 2002: \_\_\_\_\_  
T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_  
Amount paid: \_\_\_\_\_

- Please make check payable to:  
Moe Morris
- Please mail application & check to:  
Coach Moe Morris  
Shepherd College  
P.O. Box 3210  
Shepherdstown, WV 25443

Release statement: I verify that my child has been examined by a physician, and I give my approval for their participation in the cross country camp. Furthermore, I full understand that there are risks associated with their involvement in this camp.

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Coach Moe Morris's Championship Running Cross Country Camp

**When:** August 5-9, 2002  
9:00 AM - 1:00 PM  
Monday - Friday

**Where:** Shepherd College  
5K & 8K XC Courses  
C&O Canal  
Sara Cree Pool  
Butcher Athletic Center

**Who:** Boys & Girls in High School  
during 2002-03 year  
(No High School Graduates)

**Cost:** \$90.00 per individual  
  
\$80.00 Early Bird Rate  
before July 26, 2002  
  
\$70.00 Team Rate  
5 or more runners  
from same High School

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## Camp Philosophy

The philosophy behind our camp name (Championship Running) is derived from the quality of staff and instruction that will be presented. All of our coaches and speakers have developed "champion" teams and runners in their careers. Our mission is to instill this desire to "run like a champion" in each of our campers. Most importantly, we want all of the participants to gain some measure of personal satisfaction and self-confidence from our camp... and to have FUN!

### What will be provided:

- Daily varied training sessions based upon ability levels
- Daily instructional sessions
- Experienced, successful staff of instructors
- Motivational guest speakers
- Swimming pool training and injury rehabilitation techniques
- Sports drinks and snacks
- On-site athletic trainer
- Insurance coverage
- FUN!