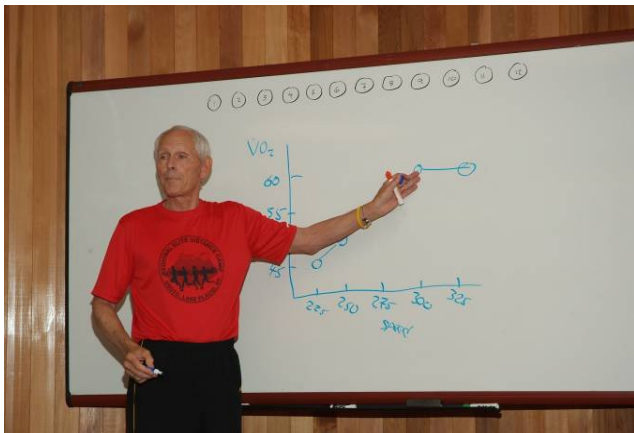


Eastern Regional Elite Distance Camp, LLC



Dr. Jack Daniels discussing Threshold training

You have been chosen to participate in the Eastern Regional Elite Distance Camp because of your high finishes in Sectional, and/or Regional competition. In addition, recommendations from your Sectional or State Coordinators, who know you, have been sought to verify your interest, and desire to be coached, in developing your running career.

Since the Eastern Regional Elite Distance Camp is highly selective, and limited in its number of participants, your prompt compliance with the application process is critical in securing your place in the camp. In addition, a number of athletes will be encouraged to apply to camp who have a strong desire to improve, but who may not yet have achieved the elite status [the emerging elite athlete], but will in the near future with the camp experience behind them. The camp will be on a first-come basis and is limited by the number of beds we have available.

It is the goal, and the commitment, of the Eastern Regional Elite Distance Camp to create a greater interest in higher-level training for the elite, or soon to be elite, junior male and female runners (those less than 20 years of age) in the Northeast region of the United States. To this end, the Eastern Regional Elite Distance Camp, held at the U.S. Olympic Training Center in Lake Placid in the High Peaks Region of the Adirondack Mountains, was established.

The concept behind this Eastern Regional Elite Distance Camp is to develop elite male and female runners of this region through their early high-school years, and beyond, as a primary, early-Olympic developmental program for young distance runners.

Training at higher altitudes in the High Peaks Region of the Adirondack Mountains with its 46 peaks over 4000 feet and at the Mt. Van Hoevenberg Recreation Area

offer the most ideal training venues in the Northeast United States for endurance training. Also, training at Henry's Woods and John Brown's farm are ideal sites to train.

Having the Eastern Regional Elite Distance Camp at Lake Placid's U.S. Olympic Training Center allows us to train in the nearby mountainous area, The High Peaks, and at the same time to use the facility itself for further training and learning; in addition, we will be able to study the biomechanics of each athlete via videotape analysis. We will room and board at the Olympic Training Center with two to three athletes per room with private bath and shower. We have access to Sports Medicine and trainers.

The camp will have an athlete-to-coach ratio of 4:1, with many regional, as well as national-level coaches participating. In addition, several nationally known clinicians will conduct lectures and seminars on various training methods, physiology of endurance training, injury prevention and treatment, as well as leading discussions on various aspects of the lifestyles of the emerging elite athlete.

Since the first camp in April of 1991, over 5500 athletes from the Eastern Seaboard of the United States have come away with a greater confidence and a keener sense of their training: They have had one of the peak experiences of their lives. But, the greatest insight gained, from each runner, has been the greater appreciation of self and others; the camp offers a unique opportunity to get to know yourself and other elite athletes in a friendly, non-competitive environment through the experiences of a week-long training camp. One of the most important benefits of the Eastern Regional Elite Distance Camp is that athletes develop life-long friendships with other athletes from other schools, other sections of the state, and or country, and they also develop long-lasting friendships with the many nationally recognized clinicians and high school and college coaches. Also, athletes always meet "friends" at local, regional, state and national competitions and enjoy competition that much more.

At this training camp, athletes depend on each other as they run each day, or climb through the High Peaks Area: Team work is the key to success of the camp, to the athlete, and to the dream of IMPROVEMENT.

The camp week involves 25 clinic hours, 30-50 running miles and 35 hiking-climbing miles...more or less.

The **INCLUSIVE DATES** of the 2011 Eastern Regional Elite Distance Camps are **April 7-14, 2012**; Summer **CAMP I: July 14-20, 2012**; Summer **CAMP II: July 25-31, 2012**.

The Application Fee is all inclusive: Room and Board Fees are completely covered by the application fee; the only other expense will be spending money for shopping in the village of Lake Placid, or sight seeing at the Olympic venues if the athlete so chooses.

The **PERSONAL INFORMATION FORM [on-line registration]** and **FEE of [\$550.00 for the April 8-day camp] and/or \$515 for the summer, 7-day camp**, must be returned to the camp director prior to deadline date. **NO LATE APPLICATIONS WILL BE ACCEPTED.** Each invited athlete has a reserved slot in the camp: the camp can not over subscribe its numbers.

Make Checks out to: Eastern Regional Elite Distance Camp, and **Mail your application to the following address:**

C/O Rick Guido, Camp Director;
6 Timber Lane, Fairport, New York, 14450;
(585) 425-3116.

Contact me at rguido2@rochester.rr.com

or review the camp website:

www.easternregionalelitedistancecamp.com



The **Eastern Regional Elite Distance Camp**, Under the auspices of the United States Olympic Committee, and the U.S. Olympic Training Center, has numerous camps through out the calendar year at the U.S. Olympic Training Center, 196 Old Military Road, Lake Placid, New York 12946



You will study:

TEAM WORK...

GROUP LEADERSHIP & INDIVIDUAL FOCUS...

SCIENCE OF VARIOUS TRAINING METHODS...

PHYSIOLOGICAL MEASURING & PSYCHOLOGICAL TESTING OF THE ENDURANCE ATHLETE...

STUDY OF BIOMECHANICS & VIDEOTAPE ANALYSIS OF EACH ATHLETE...

EXAMINATION OF ENDURANCE ATHLETES' NUTRITIONAL REQUIREMENTS...

COMPARISON OF DIFFERENT ENERGY SYSTEMS & THE EFFECT TRAINING HAS ON PERFORMANCE...

INJURY PREVENTION & RECOVERY...

WRITING JOURNALS AND RUNNING LOGS...

VARIOUS CROSS TRAINING METHODS WILL BE TAUGHT AND UTILIZED AT CAMP...

SPEED TRAINING AND PYLOMETRIC TRAINING, WILL BE INTEGRATED INTO CAMP WORKOUTS...

MAKING FRIENDS FROM DIFFERENT SCHOOLS AROUND NEW YORK STATE, AND THE USA...

PERSONAL INFORMATION

Beginning with the April 2011 camp, camp registration has been on-line. Athletes must complete the camp on-line registration by logging onto www.easternregionalelitedistancecamp.com and then sending camp fees within seven-calendar days for the registration to be completed. [If the check is not received within seven-calendar days, the registration will be voided.] Mail checks to Rick Guido, camp director, 6 Timber Lane, Fairport, New York 14450. Checks must be made out to: Eastern Regional Elite Distance Camp

EASTERN REGIONAL ELITE DISTANCE CAMPS:

April 7-14, 2012

[camp I] **July 14-20, 2012** or [camp II] **July 25-31,**

TRAINING FEATURES THE EASTERN REGIONAL ELITE DISTANCE CAMPS OFFERS AT THE U.S.A.

OLYMPIC TRAINING CENTER:

Three-workout rooms complete with cardio-equipment machines...elliptical, stair stepper, treadmill and stationary bicycles

Multi-use Gymnasium

Olympic Weight Room

Sports Medicine Clinic ...

Medical and Athletic injury treatment

Alter G [alter gravity] Treadmill

Compression suits [recovery treatment]

Plunge Pool [recovery treatment]

Whirlpools [recovery treatment]

Treadmill / Vo2Max Testing

In addition to next door's Upstate Medical Hospital

Other Features of the Eastern Regional Elite Distance Camp at the US Olympic Training Center:

Complete Athlete Laundry Facility

Daily Maid Service

Multiple Study Rooms

Game Rooms

Two Computer Rooms

Best of all, the World-Class Cafeteria [open 14 hours daily--all you can eat]

United States Olympic Committee
and USA Track & Field's

**Eastern
Regional Elite
Distance
Training Camp LLC**

for High School Male and Female Athletes



U.S. Olympic Training Center
196 Old Military Road
Lake Placid, New York 12946

Phone Number: (518) 523-2600



Camp Director: Rick Guido's email:
rguido2@rochester.rr.com / Camp Website:
www.easternregionalelitedistancecamp.com