

# GOLDEN BEAR CROSS COUNTRY REGISTRATION

Non-Profit Org.  
U.S. Postage  
P A I D  
Permit No. 35  
Kutztown, PA

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

AGE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

SEX \_\_\_\_\_

GRADE \_\_\_\_\_

T-SHIRT *(Circle one)* S M L XL

RESIDENT \_\_\_\_\_ DAY \_\_\_\_\_ CAMPER  
*(check one)*

HIGH SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

ROOMMATE \_\_\_\_\_  
*(If you have a preference)*

EMAIL ADDRESS \_\_\_\_\_

GROUP NAME *(if applicable)*

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

GOLDEN BEAR CROSS COUNTRY CAMP  
Keystone Hall  
Kutztown University  
Kutztown, PA 19530

Kutztown University reserves the right to dismiss  
any camper for behavior deemed inappropriate  
or detrimental to group or individual safety.



NCAA National Championship Appearances:  
2000, 2001, 2004, 2005, 2006

 **2009** 

## CROSS COUNTRY CAMP

*Sunday, July 26*

*Thursday, July 30*

CAMP DIRECTOR

*Ray Hoffman*

*Kutztown, PA 19530*

*(610) 683-1334*

*hoffman@kutztown.edu*

*Grades 7-12*

Kutztown University is a member of the  
Pennsylvania State System of Higher Education

## RAY HOFFMAN

### Camp Director Kutztown University

Ray Hoffman enters his 12th year as the head men's and women's cross country coach at Kutztown University. Under Hoffman's guidance, the women's program has qualified for five NCAA Championships. The women's team has finished in the NCAA East Region top ten in each of his eight seasons, while the men's team has recorded seven-straight top-10 regional efforts. Hoffman's runners have earned numerous All-America, all-region and all-conference honors. In 2000 and 2006, he was named the PSAC Women's Cross Country Coach of the Year, and has led his team to five NCAA appearances.

## Sean Robinson

### Morris Hills High School NJ

Year in count Coach Robinson has produced some of the top teams and individuals not only in the New Jersey running scene but on the National level as well.

## Donnie Mickey

### C Milton Wright High School MD

Coach Mickey's team as won the 2007 & 2008 Maryland Class 4 State Cross Country Titles.

## Buz Male

### Albemarle High School VA

Coach Male has coached 3 Kinney (Footlocker) Finalists in Cross Country. Coach Male's 2008 boy's cross country team took home runner-up honors at the Virginia State High School Cross Country Championships

## Jim Carney

### U.S. World Cross Country Team Member

Jim has qualified for the 2004 and 2008 Olympic Trials in the 5,000m abd 10,000m. Jim has run PR's of 13:23 (5,000m) and 27:43 (10,000m). Jim represented the U.S. in the 2008 World Cross Counrty Championships and is currently sponsored by New Balance and the Red Rose Distance Project.

## STAFF

### Vic Golat

Motivational Speaker that will get the juices flowing and ready for competition.

### Jan Hoffman (East Stroudsburg University)

Four-time Cross Country and Track & Field All-American. 1996 top American Division II miler. PSAC Cross Country Champion.

### Gayland Aston (Bucks County Running Company)

*Will Speak on running equipment and attire.*

"This camp provides a positive and educational cross country experience for all levels of distance runners, ranging from the first year athlete to the elite competitor."

*-Sean Robinson, Head Coach, Morris Hills H.S.*

## GOLDEN BEAR OFFERINGS

- \* Comprehensive training sessions which will include:
  - boys and girls steeplechase session
  - grouping by abilities
  - cross training
  - trail running
- \* Classroom lectures on current running issues:
  - injury prevention
  - establishing goals
  - visualizing success
  - proven training techniques
  - massage therapy

## OUTSTANDING FACILITIES

- \* 400 meter all weather track
- \* 200 meter indoor all surface track
- \* National certified cross country course
- \* Miles of safe country roads

## RECREATIONAL FACILITIES

- \* Tennis courts
- \* Indoor and outdoor basketball courts
- \* Game room (video arcade)
- \* Fitness and free weight facilities

## CAMP COST

**\$340.00** OVERNIGHT

*includes five days instruction, t-shirt, breakfast, lunch, and dinner, training log and lodging.*

**\$290.00** COMMUTER

*includes five days instruction, t-shirt, lunch, and dinner and training log.\*\*\**

A \$50.00 DEPOSIT MUST ACCOMPANY YOUR APPLICATION IN ORDER TO INSURE YOUR RESERVATION. DEPOSIT IS NON-REFUNDABLE.

### TEAM FEES AVAILABLE

\$310.00 per athlete with a group of three or more

Please notify the director if you have any special needs that must be met in order to attend this camp.

MAKE ALL CHECKS PAYABLE TO:  
Kutztown University  
Cross Country

SEND APPLICATION AND CHECK TO:  
Ray Hoffman  
Keystone Hall  
Kutztown University  
Kutztown, PA 19530  
PHONE: (610) 683-1334  
EMAIL: hoffman@kutztown.edu