

## Featured Speakers

### Kori Stoffregen – Camp Director

Kori Stoffregen is lead instructor for Cross Country Minicamp. Stoffregen's sessions include cross country training methods, journaling, nutrition, gait analysis, cross training, strength, flexibility and injury prevention.

Stoffregen is in his 16th year as DePauw's men's and women's cross country and track and field coach. During that time, the DePauw cross country team has won 15 conference championships and qualified for the NCAA Division III national championships eight times.

Stoffregen earned a master's degree from the University of Northern Iowa and has a USTAF Level 1 certification. He is an instructor in DePauw's kinesiology department.

As a college athlete, Stoffregen earned Division III all-American honors in cross country while attending Wartburg College. In 2008 he was inducted into Wartburg's Athletic Hall of Fame.

### Pat Babington – VO2 Max Testing

Pat Babington will conduct VO2 max tests for interested campers. The VO2 max test is the best indicator of cardiorespiratory endurance. There is an additional \$25 charge for the test. Please indicate on your registration form if you want to be tested.

Babington is chair of the Kinesiology Department at DePauw University. He received a master's degree and Ph.D. in human performance from Indiana University. Babington has tested athletes for 20 years and has an interest in the effect of high intensity interval training on performance.

Babington is an avid runner, and he has run every day for the past 12 years.

### Matt DeLeon and Eric Fruth – Shoe Selection

Matt DeLeon and Eric Fruth will conduct the camp's first session on proper shoe selection. Their session starts at 4 p.m. on Sunday, June 24, and is also open to parents. They will give advice selecting running shoes and will have both training shoes and cross country spikes available for purchase.

Co-owners of the Columbus Running Company, a specialty running shop with three locations in central Ohio, DeLeon and Fruth were four-year letter winners on the DePauw track and cross country teams. As co-captains of the 2001 DePauw cross country squad, the two led the Tigers to the NCAA Division III national championship meet, and Fruth graduated as a two-time all-American in the 5,000m and 10,000m. Today, DeLeon is a competitive marathoner, having raced in Japan, the Netherlands and across the United States. Fruth writes for *Running Times* magazine.

Cross Country Minicamp at DePauw University  
Lilly Physical Education and Recreation Center  
702 S. College Ave.  
P.O. Box 37  
Greencastle, IN 46135-0037

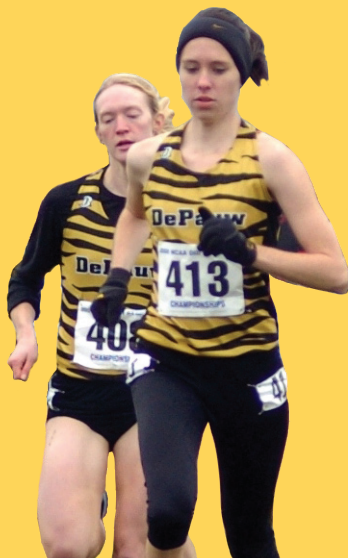


# CROSS COUNTRY MINICAMP

at DePauw University

June 24-26, 2012

For boys and girls grades 8-12



Special camp feature: VO2 Max Testing

## Cross Country Minicamp Details

**Dates:** June 24-26, 2012

**Eligibility:** Boys and girls who will attend high school (grades 8-12) during the fall of 2012 are eligible.

**Location:** DePauw University, Greencastle, Ind.

**Cost:** \$175 for the entire camp; \$25 additional for VO2 Max test. The fee includes room, board, tuition, t-shirt, awards and handouts. A \$50 non-refundable deposit is required with the application and will be applied to the camp fee. Application deadline is June 22.

**Food:** Meals will be provided by the DePauw University Food Service.

**Housing:** All participants will be housed in DePauw's air-conditioned residence halls. Male and female supervision will be provided at all times.

**Registration:** Campers will report between 3-4 p.m. on Sunday, June 24, 2012, to the Lilly Physical Education and Recreation Center. Balance of payment is due at that time.

**Facilities:** Runners will have access to DePauw's outstanding facilities. Students will be given ample opportunities to use the indoor/outdoor tracks, weight room, swimming pool, tennis, racquetball and locker room facilities.

The DePauw Nature Park provides a scenic backdrop for daily runs.



## Camp Format

The Cross Country Minicamp will provide a complete and enjoyable experience. Primary emphasis of the camp is on instruction rather than mileage. Runners will learn about essential aspects of training and racing that contribute to championship performance. Runners will learn by doing and will be active in learning sessions. Moderate workouts, combined with discussions, demonstrations, video analysis and individual consultation will give each person a great chance to have an outstanding 2012 season.

**What should I bring?** Running clothes, two pairs of running shoes, casual clothes, swimsuit, soap, towels, personal articles, sleeping bag, pillow and linens.

**How much money do I need?** Need for spending money is limited. All necessary expenses are included in the camp fee.

**What medical attention is available?** The DePauw University athletic training facility and staff are available. Physicians and hospital are close by in case of an emergency.

**Do I need insurance?** All runners are covered by a group insurance policy provided by the camp.

**What about supervision?** All runners stay on campus and will be supervised by camp counselors. No one is permitted to leave campus without the permission of the camp director.

**For more information, contact:**  
Kori Stoffregen, Cross Country Minicamp Director  
DePauw University, Lilly Center  
P.O. Box 37  
Greencastle, IN 46135-0037  
765-658-4945 (w) • 765-720-3551 (cell)

## What is different about this camp?

- **Cost:** The Cross Country Minicamp is as much as 1/3 the cost of typical summer camps.
- **VO2 max testing:** The camp has an option for you to get this test very inexpensively.
- **Shoe experts on site:** The camp's first session is free for parents to attend!
- **Special guests:** Several outstanding coaches, runners and a professional triathlete will make appearances.
- **Outstanding trails:** Every run will be at the DePauw Nature Park.



## CROSS COUNTRY MINICAMP AT DEPAUW UNIVERSITY

(Duplicate as needed.)

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ E-mail address \_\_\_\_\_  Male  Female

High school \_\_\_\_\_ Grade in school, fall 2012 \_\_\_\_\_

Best cross country time \_\_\_\_\_ Best mile or 1500 time \_\_\_\_\_

T-Shirt size (adult sizes)  S  M  L  XL VO2 max testing (\$25 fee)  Yes  No Running shoe size \_\_\_\_\_

I hereby authorize the director and employees of the Cross Country Minicamp at DePauw University to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the school from any and all liability for injuries and illness while at the school. I will be responsible for any medical and other charges in connection with my son's or daughter's attendance at the camp.

Parent's or guardian's signature \_\_\_\_\_

Make check payable to Kori Stoffregen, director, and mail application with \$50 deposit to: Kori Stoffregen, Cross Country Minicamp Director  
DePauw University, Lilly Center  
P.O. Box 37  
Greencastle, IN 46135

Application deadline is June 22, 2012.