

## Staff

### Mike Brych:

- SUNY Cortland '01
- Head Men's and Women's Cross Country Coach at Utica College
- Health and Physical Education Teacher at New Hartford High School
- Certified Athletic Trainer

### Katie Luker:

- Siena College '06
- Asst. Men's and Women's Cross Country Coach at Utica College
- 2x All MAAC Conference Runner
- Aim High Running Camp Counselor for the past 6 summers

## Camp Facts



### COST- \$100 includes:

- T-shirt
- Water Bottle
- Pizza Party on Friday



**PHILOSOPHY:** To help young runners learn more about their sport while having fun!



**ELIGIBILITY:** Boys & Girls in grades 7-12. All running abilities welcome.



**CONTACT INFO:** For any questions please contact the Utica College Cross Country Office at:  
315-223-2533  
kluker@utica.edu



Utica College Athletics  
Attn: Mike Brych, Cross Country Coach  
1600 Burrstone Rd.  
Utica, NY 13501



## UTICA COLLEGE RUNNING CLINIC

**JULY 14-18, 2008**

**9:00am-1:00pm**



**A camp for 7th-12th grade  
Boys & Girls  
New and Experienced  
runners welcome!**

# UCXC FUN FACTS



## Daily Schedule\*

**9:00-9:30- Prepare for Run**

**9:30-11:00- Workout**

**11:15-11:30- Post run stretch/strides, snack, and agility drills**

**11:30-12:45- Running Lecture**

**1:00pm- Pick-up**

**\*rough idea of the day's events**

**Running Lectures will include:**

**Nutrition**

**Sneakers**

**Running Injuries**

**Goal Setting**

**Pizza Party (Friday only)**

Every runner will be divided up into groups according to their running ability. Coaches and Utica College XC Runners will lead the running groups. Athletic Trainers will be on hand to assist campers.

## Registration:

### UCXC Running Clinic\*

<input type="checkbox"/>	Early Registration (Before July 1st)	\$100.00
<input type="checkbox"/>	Late Registration (After July 1st)	\$125.00

**MAKE CHECKS PAYABLE TO: UTICA COLLEGE CROSS COUNTRY**

Shirt Size:      S          M          L          XL

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (    ) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Name of Parent or Guardian \_\_\_\_\_

Relationship to child \_\_\_\_\_

Emergency Contact number \_\_\_\_\_

Insurance Company & ID No. \_\_\_\_\_

**Note:** Please advise of any special Health Conditions (attach separate sheet). The applicant is in good health.

Signature of parent or guardian \_\_\_\_\_

**Mail Registration to:**  
**Utica College Athletics**  
**Attn: Mike Brych, Head Cross Country Coach**  
**1600 Burrstone Rd.**  
**Utica, NY 13501**

**\*Special group rates are available. Please inquire within.**



The Fall of 2007 was Utica College's 2nd ever Varsity Cross Country Season!



We are a DIII team that is a member of the Empire 8 Conference. We compete against teams like Ithaca, Nazareth, Hobart, William Smith, and Hartwick.



At the Hobart Invitational we took home 1st Place Overall Male runner and our Men's team won the Invitational for the second year in a row!



Our girls team placed 3rd place at our first home meet held at Proctor Park! They are a young team looking to get stronger every year!



For more information on UCXC please visit our website:  
<http://www.utica.edu/ucpioneers/ccountry/>