



**High Performance Distance Academy  
APPLICATION**  
**Information must be completed for acceptance to camp.**  
**Please PRINT CLEARLY.**



**Mail application and deposit check to: (\$75.00)**

High Performance Distance Academy  
 c/o Runabout Sports  
 801 University City BLVD, Suite one  
 Blacksburg, VA 24060

**Make check out to:** High Performance Distance Academy

Call 540-552-9339 or 540-230-2154 for information.  
 Camp date: July 7<sup>th</sup>-12<sup>th</sup>, 2008 or July 14<sup>th</sup>-19<sup>th</sup>

Last Name \_\_\_\_\_ First \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ School \_\_\_\_\_

Year in School (Fall '08) \_\_\_\_\_ Coach \_\_\_\_\_ PR's: 1600 meters \_\_\_\_\_ 3200 meters \_\_\_\_\_ Avg. Mileage/ week \_\_\_\_\_

Parent/ Guardian Name: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ (O) \_\_\_\_\_ E-mail \_\_\_\_\_

Shirt size: S M L XL (circle shirt size desired) Session I or II: \_\_\_\_\_ Both: \_\_\_\_\_

Roommate Request (We'll try to honor request): \_\_\_\_\_

**MEDICAL INFORMATION**

Emergency Contact NAME \_\_\_\_\_ Phone \_\_\_\_\_

Physician's Name \_\_\_\_\_ Physician's Phone \_\_\_\_\_

Any known medical conditions (ex.: asthma, allergies, diabetes, injuries) \_\_\_\_\_

Date of last tetanus immunization \_\_\_\_\_ Medication camper will bring \_\_\_\_\_

Will camper self administer medication? \_\_\_\_\_



**INSURANCE INFORMATION**

Family Medical Insurance Company \_\_\_\_\_

Policy Holder's Name: \_\_\_\_\_

Policy Number \_\_\_\_\_ Policy Group \_\_\_\_\_



**PARENTAL CONSENT STATEMENT**

We (I) hereby request that you accept the application of \_\_\_\_\_ in the 2008 High Performance Distance Academy during the dates set in this application and in consideration of this application, we (I) hereby release the High Performance Distance Academy and all claims on accounts of any injuries which may be sustained by our (my) child as a result of any such activities. Furthermore, we (I) certify that within the past year my child has had a physical examination and is physically able to participate in sports activities. In the event of illness or injury, we (I) give my consent for medical treatment and permission to hospitalize, secure proper treatment, and order injections, anesthesia, and/or surgery.

I/ We the undersigned hereby acknowledge, understand and accept liability that the High Performance Distance Academy is a privately run sports camp and is not operated by or through Virginia Tech. The camp is neither sponsored, controlled, nor supervised by Virginia Tech, and release the aforementioned corporation from liability. I/ We also understand that Runabout Sports, L.L.C. directs and controls High Performance Distance Academy. James DeMarco is the Academy director for Runabout Sports, L.L.C. Please initial if you understand and agree to: \_\_\_\_\_

I/ We waive, release, and discharge High Performance Distance Academy, James DeMarco, Runabout Sports, L.L.C., Virginia Tech, and the aforementioned staffs, officers, agents, employees, representatives, successors, and assigns from any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during the participation in camp activities or while at camp. Please initial if you understand and agree to: \_\_\_\_\_

Any camper who exhibits unacceptable behavior will be immediately dismissed from camp without a refund. Dismissal will be at the discretion of the camp director.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**For Office Use Only:** Check # \_\_\_\_\_ AMT: \_\_\_\_\_ Date: \_\_\_\_\_  
 Check # \_\_\_\_\_ AMT: \_\_\_\_\_ Date: \_\_\_\_\_



The focus for camp is training and is recommended for motivated runners. All abilities are welcome; the only requirement is the desire to be better. Athletes should prepare for training and have run in the weeks prior to arrival. Besides training, athletes will be instructed by collegiate coaches, health professionals, and top athletes on motivation, nutrition, biomechanics, weights and circuit training, goal setting, injury prevention, & sports psychology.

# High Performance Distance Academy

**Please visit [www.runaboutsports.com](http://www.runaboutsports.com) for more detailed information. Also visit [milestat.com](http://milestat.com) - go to <http://va.milesplit.us/photos/albums/1042>**

## **HOUSING and DINING:**

Campers will be housed in an on-campus residence dorm located close to training facilities. All campers will eat, sleep, and live in the same manner as Tech student-athletes. Everyone will be housed in a Virginia Tech dormitory. Coaches and counselors will be living alongside campers in every dorm and on every floor. On campus dining facilities will feed our campers and are only a short walk from the dorms and athletic fields. Meals are all-you-can-eat and each meal has a large variety of foods to choose from. The VT dining service is the number one college food service in the U.S.

2008 Camp dates: July 7<sup>th</sup>-12<sup>th</sup> or July 14<sup>th</sup>-19<sup>th</sup>

## **Training Week: Session One will be limited to 85 Athletes/ Session II will be limited to 150.**

Training will be based on individual experience. Our goal is a motivating and meaningful camp without injuries or over training. Camp will include two-a-day runs, optional pool workout, circuits, plyometrics and daily strength training. Runs will be over the VT Cross Country course, Jefferson National Forest, surrounding VT trails and the VT Track & Field facility, identical to the track used in the 1996 Olympic Games in Atlanta. There will be free time to rest, play volleyball, ultimate, or just talk to new friends. Plus group activities like river tubing and hikes into the Cascades.

## **Eligibility:**

Girls and boys entering grades 8-12, and also graduated high school seniors. Camp is NOT a VT camp. Middle school age campers can come if they have a good training base. Campers will be grouped according to grade level and consideration to current fitness level.

**Costs: Please add \$10.00 if attending session one.** Session two below.

Athlete - \$445.00 (\$425.00 for 5 or more athletes, \$405.00 for 10 or more!).

Commuter Athlete - \$370.00 (includes breakfast, lunch & dinner)

Coaches - \$380.00

Commuter Coach- \$330.00 (includes breakfast/lunch/dinner)

\*\* Coach FREE with six athletes and assigned camp position.

Note - When sending final payment you do subtract the \$75.00 deposit.

## **Cost includes: Each camp is different**

Instruction, 5 days housing, 3 all-you-can-eat meals daily, medical supervision & insurance, charter bus transportation to training sites, written evaluations on ways to improve, prizes, 24 hour supervision and security, athletic trainer, weight room, VT swimming pool, camp technical shirt, ice cream, nutrition bars, other cool stuff and a great week of training!!!

Other things covered depending on camp - water tubing, Mountain Lake retreat area (canoeing, swimming, games) and state park fees. Camp is held on the beautiful Virginia Tech University (Blacksburg, VA), located in the mountains.

Training takes place between 1900-3000 feet.

**2007 camp presenters (last year example):** Virginia Tech Cross Country Coach Ben Thomas, VMI Coach Paul Spangler, Radford University Coach Phil Latter, Villanova graduate and Big East Cross Country Champion Ann McGranaham (15:45 5K), sports nutritionalist and endurance athlete Christina McIntyre, VT sports psychologist Dr. Gary Bennett, VT exercise physiologist Dr. Jay Williams, Coach James DeMarco and counselors running for various Universities such as Virginia Tech, William and Mary, Clemson and Florida State. We also have several top high school coaches who assist the athletes.

