MEET THE STAFF:

DAN IRELAND COACH
Coach Ireland is completing his second year as the Columbia Lion’s Director of Men’s and Women’s Cross Country and Track & Field. He spent the previous 3 years as the Head Cross Country and Track & Field Coach at La Salle University in Philadelphia, PA and the 12 years prior as the Head Men’s Cross Country, Distance, and Middle Distance Coach at Yale University. In his 3 years at La Salle, Ireland coached two NCAA All-Americans, four NCAA Championships participants, 14 individual NCAA Regional Track qualifiers, one IC4A Champion, two ECAC Champions and 19 A-10 Conference Champions. His student-athletes broke 10 school records and produced 108 All-East performances. Since arriving at Columbia University Ireland has won 2 Ivy League Coach of the Year awards for the 2015 Women’s Indoor team and the 2015 Men’s Cross Country team. He led the Lion men to the 2015 Ivy League Cross Country Title and both men’s and women’s teams to 2014 & 2015 IC4A/ECAC titles. Under Ireland’s direction, 13 Lions have qualified for NCAA Championships in the past 2 years. Ireland ran for the Georgetown Hoyas from 1988-91, qualifying for NCAA’s three times in cross country. He won the 1991 Big East 10,000m outdoors and was a two-time All-Big East selection in cross country.

TODD WEISSE COACH
Coach Weisse has been with the Columbia Lions program since 2009. Weisse holds multiple certifications from United States Track & Field. These include a Level 3 certification in the Sprints & Hurdles and a Level 2 certification in Youth Coaching. He also holds a specialty certification in the sprints, hurdles, and relays from the United States Track & Field and Cross Country Coaches Association and an Academy Diploma in the Sprints and Hurdles from the International Association of Athletics Federation. Coach Weisse has guided many of New York City’s top high school athletes. He is also the founder and head coach of the Williamsburg Track Club.

MICHELLE CHEWENS COACH
Coach Chewens is in her fifth year as a Division 1 collegiate coach, and her first at Columbia University. Since arriving, Chewens has aided in Columbia’s 3rd place finish at the 2014 Women’s Ivy Cross Country Championships, the team’s ECAC Cross Country Championships, and runner-up team finish at the 2015 Ivy Indoor Track & Field Championships. As assistant coach at both University of North Carolina at Greensboro and Toledo University, Chewens has contributed to 4 All-Americans and 9 NCAA Preliminary Championships Qualifiers. Additionally, Chewens is a USATF Level 1 Certified Coach. As a student-athlete, Chewens was a four-time letterwinner in both cross country and track at UNC Greensboro, earning Academic All-SoCon honors all four years, and was a part of UNCG’s first SoCon Championship in 2011.

BRIAN CHENOWETH COACH
Coach Chenoweth started as an Assistant Cross Country and Track coach at Columbia University in 2014. In 4 years in the same position at Iona College, Chenoweth aided in 4 All-Americans and 9 NCAA Preliminary Championships Qualifiers. Additionally, Chewens is a USATF Level 1 Certified Coach. As an athlete, Chenoweth was a 5 time All-American, 9 time conference champion in cross country and track, and holds 2 school records at Wartburg College in Waverly, IA. Additionally, Chenoweth has achieved the Endurance Events Specialist Certification from the United States Track & Field and Cross Country Coaches Association.
Lions Cross Country Camp is open to any and all rising 9th-12th grade boys and girls. The goal of the camp is to teach basic training and lifestyle fundamentals to help athletes perform better in cross country, regardless of ability level. These topics will include training theory, stretching techniques, strength training, recovery techniques, nutrition advice, and more.

Campers will workout in Central Park during both mornings and be assigned warm up, cool down, and recovery activities to enhance the workouts. In the afternoons current and former Columbia coaches and athletes will teach practices for enhancing campers performances in cross country. Campers will be assigned homework on how to apply what they learn to their high school careers. The alternate days of this camp will give an accurate representation of how hard workouts and recovery days work together to improve an athlete’s performance in cross country. Campers will be divided by ability level and coaches will rotate among all campers. A certified athletic trainer will be on staff and available at all times.

WHAT TO BRING:
- CLOTHES TO RUN AND BE ACTIVE IN
- RUNNING SHOES
- LUNCH (INSULATED LUNCH BOX OR COOLER)
- ALLERGY MEDICATION/EPIPEN
- WATER BOTTLE

FACILITIES WE USE:
The camp will utilize various facilities within the Dodge Fitness Center for instruction. Campers will also jog to Central Park under coach supervision to complete a workout both days.

In the event of inclement weather, the camp will be held entirely within Dodge Fitness Center. Workouts will be run outside if it is deemed safe by on site medical staff.

DIRECTIONS:
SUBWAY: The Dodge Fitness Center is accessible via the New York City MTA #1 train, which stops at 116th and Broadway, just outside the main gates of Columbia University.

DRIVING - FROM WEST:
Take the West Side Highway (Henry Hudson Parkway) to the 125th Street exit. Turn east onto 125th Street and proceed to Broadway (first light). Turn right onto Broadway and continue south to campus at West 116th Street and Broadway.

FROM EAST:
Take FDR Drive to 125th Street. Follow directions below.

FROM QUEENS AND LONG ISLAND:
Take the Tri-borough Bridge (RFK Bridge) to 125th Street. In both cases, take 125th Street west to Broadway, turn left, and continue to south to campus. Parking is available on local streets and in two private garages on West 122nd Street, just east of Broadway, and on Broadway between 113th and 114th Streets.

ADDRESS:
Lions Cross Country Camp
Dodge Fitness Center, 3030 Broadway, MC 1922
New York, NY 10027

PHONE #: 347.931.0927
EMAIL: BC2637@columbia.edu
WEBSITE ADDRESS: www.dodgefitnesscenter.com/camps

2016 LIONS CROSS COUNTRY CAMP

DEPOSIT & CANCELLATION POLICY
A $150 deposit is required with registration to reserve a camper’s spot. Tuition must be paid in full a week before the start of camp. A $50 fee will be charged for all cancellations up to one week prior to the session.

CAMP DESCRIPTION
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