

LIONS CROSS COUNTRY 2019 CAMP
Dodge Fitness Center
3030 Broadway, MC 1922
New York, NY 10027

2019 LIONS CROSS COUNTRY CAMP



SESSION 1 | SESSION 2
AUG. 5-6 | AUG. 7-8

PEREC.COLUMBIA.EDU/CROSSCOUNTRYCAMP

MEET THE STAFF



DAN IRELAND COACH

Dan Ireland is completing his fifth year as the 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.

Since arriving at Columbia University, Ireland has won 4 Ivy League Coach of the Year awards for the 2018 and 2017 Women's Cross Country team, the 2015 Women's Indoor team, and the 2015 Men's Cross Country team. He led the Lion women to both the 2017 and 2018 Ivy League Cross Country titles and the Lion men to the 2015 Ivy League title. Under Ireland's direction, the Columbia women's cross country team qualified for both the 2017 and 2018 NCAA Cross Country Championships.

Ireland ran for the Georgetown Hoyas from 1988-91, qualifying for NCAAs 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.



MARAYA SLATTER COACH

Coach Slatter is in her third year as an Assistant Men's & Women's Cross Country and Track Coach at Columbia University. In 2017 she helped lead the Columbia women's program to an Ivy League Championship and qualification for the 2017 NCAA Championships where the Lions finished 28th in the country. Prior to Columbia, Coach Slatter has spent time in the same position at Loyola University Chicago and University of North Carolina at Greensboro.

As an athlete, Slatter is a 5 time Conference Champion and earned an All-American award in 2010.



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 men's and 4 women's MAAC Cross Country Championship teams, the 2012 Men's Northeast Region Cross Country Champions, 20 All-Americans, and a school best all time ranking of #2 in the nation during the 2012 cross country season.

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.

DATE & TIME

DATE: **Session 1:** August 5-6
Session 2: August 7-8

TIMES: 9am-3pm each day

COST: \$325 per session
Checks made payable to Lions Track & Field Camps

REGISTRATION INFORMATION

Each Session is limited to 25 campers to ensure individual attention for all athletes. Once a camp reaches capacity, we are unable to add additional campers. Due to high demand, many camps fill prior to the registration deadline and early registration is recommended. Mail registration, deposit, and required forms to listed address. Registrations must be received by June 15th to guarantee the correct T-Shirt size. All campers must have a completed physical within 1 year of the camp. Campers will be e-mailed to confirm registration after it is received.

DEPOSIT & CANCELTION POLICY

A \$100 administration fee will be charged for all cancellations up to one week prior to the session.

CAMP DESCRIPTION

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, what collegiate running typically is like, and more. We ask that everyone be able to comfortably run 5 miles in order to get the most out of Lions Cross Country Camp.

Campers will workout in Central Park one morning and will go for a distance run the other morning. Warm up, cool down, and recovery activities will be used to enhance the workouts. Current and former Columbia coaches and athletes will teach practices to enhance campers' performances in cross country. Each camper will be assigned homework on how to apply what they learn to their high school careers. Campers will be grouped by ability level and coaches will rotate among all campers. A certified athletic trainer will be on staff and available during all camp hours.

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 workout in beautiful 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: perec.columbia.edu/crosscountrycamp

2019 LIONS CROSS COUNTRY CAMP

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Home Phone: _____ E-mail: _____

Grade in Sept. 2019: _____ School: _____ T-shirt size: (Circle One) S M L XL

How did you hear about us? _____

Session 1 Aug. 5-6 **Session 2** Aug. 7-8 Check enclosed for: _____ Make checks payable to Lions Track & Field Camps

We'll hereby request you accept camper's application for enrollment in 2019 Lions Cross Country Camp. In consideration of your acceptance of this application, we'll hereby agree to release, indemnify and hold harmless Columbia University, its agents, trustees, employees, representatives or assigns, including the Department of Intercollegiate Athletics and Physical Education, the coaching and training staff and camp employees, from all claims resulting from any injury sustained by my child while traveling and participating in the camp. We'll further hereby give permission to the coaches, training staff or other medical professionals to provide medical care as deemed necessary to my child in case of injury or illness.

Signature of Parent/Guardian: _____ Date: _____

Medical Insurance Co.: _____ Policy #: _____

In case of emergency, call first: _____ Telephone #: _____

Return completed application & payment to:
Lions Cross Country Camp
3030 Broadway MC 1922, New York, NY 10027

For further information, contact:
Brian Chenoweth at bc2637@columbia.edu or 347-931-0927
perec.columbia.edu/crosscountrycamp