

Foundation Running Camps



www.FoundationXCCamp.com

The RACEWALK Program August 16 thru 21, 2015 at Camp Pontiac, NY

We welcome all RACEWALKERS entering grades 6 –12 to join us for:

- Training that focuses on proper technique, speed and endurance
- Outstanding instruction by some of the nation's best coaches
- Appropriate programs designed for athletes on all levels... from novice to elite
- Video analysis of racewalking mechanics using state-of-the-art technology
- Educational activities that focus on nutrition, proper footwear, injury prevention, competitive psychology and rules of the sport
- Top notch athletic facilities include weight room, aerobics/yoga rooms, cardio and spinning room and multiple indoor complexes
- Evening Activities include DJ Dances, Color War, Talent Show, Karaoke, Ice-Cream Parlor, Air-conditioned Movie Theater, and much more!



Visit us on Facebook!
FoundationXCCamp



Jenna Monahan



GENUINE
**MUSCLE
MILK**[®]



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For pics, videos, registration forms, and more information, please visit our website!

Please go to www.FoundationXCCamp.com to register for our 2015 camps.
Registration is now fully online using Active Networks. No papers to fill out and nothing to mail



2015 Camp Rates

Take advantage of Early Bird Rates! (before March 31st)
Fitness Day Camp ONLY (Bethpage) = \$250.00 (\$225.00 Early Bird)
Sleepaway Camp ONLY = \$649.00 (\$599.00 Early Bird)
Both Great Weeks! = \$749.00 (\$674.00 Early Bird)
(Note: \$150 will automatically be taken off at checkout when registering for both the Day Camp and the Sleepaway Camp)
Refund policy: Refunds requested before July 1 will receive full refund minus \$100 and the processing fee. After July 1, full refund minus \$150 and the processing fee.
There are NO refunds on bus reservations.
Coach Bus To and/or From Sleepaway Camp =
Available from Long Island ONLY.
Any One Way Trip, Add \$75.00
Round Trip, Add \$100.00
NO REFUNDS ON BUS RESERVATIONS

Other Programs at the 2015 Foundation Sleepaway Camp

HS Cross Country Program
Middle School Running and Form Program (6th, 7th & 8th Grade)
Track & Field including:

- Speed and Sprints
- Long & Triple Jumps
- Hurdles
- Throwing Events (Shot, Discus, Javelin, Hammer)
- High Jump
- Racewalking
- Pole Vault

Additional Programs at the Sleepaway: Optional

Leadership Academy (+\$25) Sports Medicine Internship (+\$25)



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FoundationRunningCamp

Register Today at www.FoundationXCCamp.com