



#### WHAT TO BRING

##### Required:

- running shoes (at least two pair)
- workout clothing (shirts, shorts, etc.)
- water bottle
- sheets and blanket (or sleeping bag), pillow, towels
- \$20 room key deposit (refundable)
- running log
- sunscreen
- bathing suit (for workout, not sunning!)
- toiletries
- air freshener & laundry bag (think sweaty clothes!)

##### Strongly recommended:

- fan
- alarm clock
- extension cord (UL approved only!)
- money for Pro Shop

#### RECREATIONAL FACILITIES

- gymnasium
- indoor swimming pool
- tennis courts
- volleyball court
- Pro Shop
- TV room
- snack bar



#### TYPICAL DAILY SCHEDULE

- 7:00am—Breakfast
- 9:00am—Morning Workout
- Noon—Lunch
- 2:00pm—Afternoon Workout
- 5:30pm—Dinner
- 6:30pm—Evening Workout
- 8:00pm—Evening Program
- 9:15pm—Free time
- 10:20pm—Prepare for bed
- 10:30pm—Lights Out



VISIT THE WEBSITE TO DOWNLOAD THE REQUIRED PAPERWORK  
[WWW.NEPCX.COM](http://WWW.NEPCX.COM)

#### FEES

Fees include all meals, lodging, activities, insurance, awards, camp shirt, and camp photo.

- \$625 per RESIDENT runner with completed materials. SPECIAL: \$575 if received before June 1.
- \$475 per DAY runner with completed materials. SPECIAL: \$425 if received before June 1.

#### REGISTRATION, PAYMENTS & DEPOSITS

**Who:** Boys and girls entering grades 8 through 12.

**How:** Mail the following together:

- completed paperwork (download from website - [www.nepxc.com](http://www.nepxc.com))
- camp fee (see above)

Registrations will be accepted as space allows through July 15th. Confirmation will be emailed upon receipt of payment & paperwork.

**NOTE:** Before mailing, fax or e-mail completed paperwork and check to:  
(206) 600-5022 / [tim@nepxc.com](mailto:tim@nepxc.com).

**Refunds:** Full refund before June 1; (Fee-\$200) before July 1; (Fee-\$300) before July 19; no refunds after July 21.

**Where:** Tim Longacre  
New England Prep Cross Country Camp  
346 Maple Ave.  
Cheshire, CT 06410-2403  
ph (203) 651-7078 [tim@nepxc.com](mailto:tim@nepxc.com)  
fax (206) 600-5022 [www.nepxc.com](http://www.nepxc.com)

**Important:** • \$25 returned check fee.  
• Make checks payable to Tim Longacre.



# NEW ENGLAND PREP

SINCE 1985



## CROSS COUNTRY CAMP



**Camp 2012:**  
**August 5-9**

Northfield Mount Hermon School Campus  
Mount Hermon, Massachusetts

**Tim Longacre**  
Director

[www.nepxc.com](http://www.nepxc.com)

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

## CAMP PROGRAM

New England Prep Cross Country Camp is designed for competitive cross country racers entering grades 8 through 12 who want to improve themselves. Training groups and workouts are determined by each runner's ability and needs. The director, lecturers, and counselors provide a total learning experience as well as a training camp. Topics to be covered include:

- Ability Grouping
- Training Theory
- Goal-setting
- Relaxation & Visualization
- Care & Prevention of Injuries
- Proper Running Technique
- Stride Analysis
- Racing Strategy
- Training Games
- Hydro-training
- Cross-training
- Running Beyond High School and College



## CAMP HISTORY

New England Prep Cross Country Camp was created in 1985 by veteran NMH faculty/coaches Pat and Ginny Mooney. The camp was founded with the idea that other high school cross country runners could benefit from the knowledge and experience that helped shape the strong running tradition enjoyed by Northfield Mount Hermon School. While providing an opportunity to train and to learn about distance running in an ideal setting, NEPCX continues today under the direction of Tim Longacre, NMH Class of 1982, a former NMH cross country team captain and one of the first camp counselors for the Mooneys. Tim (USATF certified) has over 16 years coaching experience including middle school, high school and 10 years at the NCAA Division I level.



## CAMP LOCATION

Northfield Mount Hermon School is located on the Connecticut River in Mt. Hermon, Massachusetts, just south of Brattleboro, Vermont, and provides an ideal setting for a cross country camp. At the school's doorsteps are hundreds of miles of wooded, hilly trails perfectly suited for distance running.

## CAMP STAFF

New England Prep Cross Country Camp counselors include active collegiate and post-collegiate runners. Their running experience ranges from league and conference championships to more national and international competitions such as the Foot Locker National High School Championships, the NCAA Championships, the U.S. Olympic Trials, and the World Junior Cross Country Championships. Camp lecturers have included college coaches (from schools such as Providence College, Boston College, and Amherst College) as well as sports psychologists, nutritionists, athletic trainers, and elite athletes. All camp staff are dedicated to providing an exceptional educational experience for all runners.



## CAMP RULES

Attendance is mandatory at all workouts and meals. Smoking and use of illegal drugs and/or alcohol by runners is not permitted. The director reserves the right to send home, at parent's expense, any individual or group who is not willing to further the interest of the camp community; an individual or group sent home on such terms will not receive a refund. Any damage to school or camp property will be at parent's expense. Violation of camp rules will jeopardize future attendance for any individual or school.



## HOUSING & MEALS

All runners are housed in dormitories on campus. The rooms and dining hall provide a beautiful New England setting away from home with adult supervision and a lights out policy.

## HEALTH CARE

The prevention and care of injuries is emphasized. Our Camp Doctor is always on-call and our staff includes a Health Care Supervisor who is available to all runners. The Franklin Medical Center Emergency Room will be used if needed for medical emergencies.



## PRO SHOP

The Pro Shop is well-stocked with water-bottles, camp shirts, shorts, sweatshirts, and hats. In addition, the Pro Shop can treat confirmed cases of the acute sweet-tooth.



## TRANSPORTATION

Parents are responsible for transportation to and from camp. Fee-based transportation to and from Bradley International Airport (1 hr. from camp) can be arranged.

- Check-in: 9:00-9:45am Day 1 (first workout at 10:00am).
- Check-out: 6:30pm Day 5, after the evening meal.