

Registration Form – Cost \$350.00

I hereby enroll my child into the 2011 training camp (8/20/11–8/25/11) subject to the conditions listed below. Enclosed with this registration form in a non-refundable deposit of \$50.00. Final payments are due August 1st. The camp director is appointed to serve in “loco parentis”. Smoking/possession of or use of tobacco/narcotics/liquor or any non-prescription drug on or off camp grounds is strictly forbidden. Athletes may not leave the camp grounds without the permission from the camp director. Camp director will exercise the right to dismiss and send home any athlete that violates the curfew. It is our aim that all athletes go home trained, enlightened and well rested for the upcoming season. Violators of the rules will be dismissed from camp without tuition reimbursement.

I hereby grant permission for my child to join and participate in all activities of Inspiration Running Camp. I verify that my child has had a physical exam in the past year and is able to participate in all activities related to this camp. I agree to indemnify, hold harmless and defend Chris Mancusi, Inspiration Running Camp and/or their agents or employees from any and all liability for injury to my child, as well as any injury or damage caused by my child. Should medical treatment for my child be necessary, I hereby authorize any physician or trainer selected by camp personnel to order and conduct medical procedures. I hereby grant permission for Inspiration Running Camp to use any photography or videotape of related activities for advertising or educational video materials.

Please make all payments in the form of CASH or checks payable to “Chris Mancusi–Inspiration Athletics”

ATHLETE: _____

SCHOOL: _____

E-MAIL: _____

PHONE: _____

PARENT SIGNATURE



For Further Information CONTACT

CHRIS MANCUSI
(917) 837-0594

CoachMancusi@aol.com

Mailing Address

Inspiration Running Camp
C/O Chris Mancusi
132 Demopolis Ave
Staten Island, NY 10308



At the Camp Westmont Site

In the Serene and Beautiful
Lake Region of the North East
Pocono Mountains
North of Scranton PA



JOIN US FOR A FUN-FILLED WEEK OF
SERIOUS TRAINING DESIGNED TO
KICK- START THE
BEST XC SEASON OF YOUR LIFE!

August 20-25, 2011
Cost \$350.00

FREE TRANSPORTATION



WHY INSPIRATION?

ALL runs are done on crushed stone roads

Bunking by teams in their own quarters

A "Camp within a Camp" for Freshmen

Track & Field workouts— We will have HJ mats, hurdles, a LJ ramp and throwing implements

Coaches can hold their own workouts

Partial scholarships available

✓ A visit from Nike Running to conduct gait analysis! ✓

Full-time Nurse on Site



WILL BE ON HAND SELLING PRODUCTS, GIVING OUT PRIZES & SOUVENIRS!



EACH CAMPER RECEIVES:

A STRETCHING ROPE

INSPIRATION RUNNING CAMP T-SHIRT

CAMP WATER BOTTLE

AM

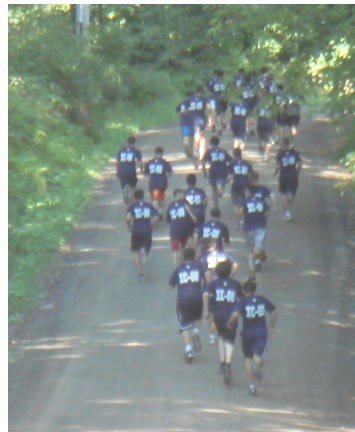
8:00 Morning Run
 9:00 Breakfast
 9:30-12:30 Recreation/Contests
 10:00 Optional Tournaments
 11:30 Freshmen Meeting & Run

PM

12:30 Lunch
 1:00-4:30 Recreation
 2:00 Track & Field Practice
 4:30 Afternoon Workout
 6:00 Dinner

Evening

6:45 Team Meetings with Coaches (Optional)
 7:30 Evening Group Activity
Motivational Movies, Talks
 8:30 Canteen Opens
 10:00 In Bunks



DAILY SCHEDULE

In Addition to the Training Schedule

Other FUN Features Include

Full Sized Indoor Gymnasium
 THREE Outdoor Lighted Basketball Courts
 11 Outdoor Lighted Tennis Courts
 Football, Soccer and Lacrosse Fields
 Brand New Weight Room
 Aerobics Room
 Gymnastics Room
 Full Waterfront/Lake
 (Swimming, Boating, Water-Skiing, Tubing,
 Banana Boat & More)
 Heated Swimming Pool
 And More

SPECIAL GUEST SPEAKERS!

JOHN CERBONE, PHD
CERTIFIED HYPNOTIST



Why a Hypnotist? Did you know that most professional sports teams have a hypnotist on staff or on call to help players stay mentally fit!

Dr. Cerbone has done seminars throughout the country and has appeared on Fox News and on MTV in the show "Hypnotize My Roommate." At Inspiration Running Camp, Dr. Cerbone will discuss positive reinforcement and visualization!

CHARLIE MARSALA **S.I. HALL OF FAMER**

Charlie had a phenomenal H.S. career at New Dorp H.S. while setting S.I. and PSAL records from the 1,000 to 3,200 meters. In college, he was a 2x All-American for Indiana. His career best in the 1500 came at the Santa Monica Classic where he ran 3:37.46, which converts to a 3:54 mile. At the 1992 Olympic Trials, he took 4th missing a qualifying spot on the Olympic team by 6 tenths. In total, he ran the equivalent of **15 SUB 4 MILES!**

