

**CARRIE TOLLEFSON**

**2017**

**TRAINING CAMP**

**GET AFTER IT!**

## **Check-in**

Thursday, July 6th from 2:00p.m. – 3:00p.m. at  
Butler Sports & Fitness Center  
Butler Center is located on the south side of campus. Signs will be posted.

## **Check-out**

Sunday, July 9th at 2:00p.m.  
Check-out will follow Carrie Tollefson's Closing Speech and Social at 1:00p.m.  
at Butler Sports & Fitness Center.

Parents and Coaches of campers are invited to the Closing Speech and Social.  
Run N Fun Store Discount Coupons and the CTTC Highlight DVD will be  
available.

## **Cancellation/Refunds**

Cancellations will be charged a \$75 fee.  
Team refunds will be issued at CTTC Check-in.

## **Camp Contact Information**

**(EMERGENCY USE ONLY)**

**CARRIE TOLLEFSON TRAINING CAMP: (612) 806-6954**  
**ST. CATHERINE CAMPUS SECURITY: (651) 690-8888**

# St. Catherine University - Saint Paul Campus

2004 Randolph Avenue  
St. Paul, MN 55105

(651) 690-6000 or  
(800) 945-4599  
x6000

[www.stkate.edu](http://www.stkate.edu)



## I-35E

Take I-35E to exit on Randolph Ave. (west). Proceed west to the intersection of Fairview Ave./Randolph Ave, stay on Randolph Ave. Turn left onto the campus grounds at Gate 3.

## I-35W

Take I-35W to exit on I-94 eastbound to Cretin/Vandalia exit. Turn right (south) on Cretin Ave. to Randolph Ave. On Randolph, turn left (east) to Cleveland Ave. intersection. Stay on Randolph Ave. Enter the campus grounds at Gate 3.

## East I-94 (from Minneapolis):

Take I-94 east to Cretin/Vandalia exit. Turn right (south) on Cretin to Randolph Ave. At Randolph Ave. turn left (east), proceed to Cleveland Ave. intersection. Stay on Randolph Ave. Enter the campus grounds at Gate 3.

## West I-94 (from St. Paul):

Take I-94 west to Snelling Avenue (US 51) exit. Turn left (south) on Snelling Avenue to Randolph Ave. Turn right (west) on Randolph. Proceed west to Fairview /Randolph intersection, stay on Randolph. Enter the campus grounds at Gate 3.

## Finding Butler Sports & Fitness Center and St. Mary Hall:

Enter Gate 3 off of Randolph Avenue.



**CTTC RULES AND REGULATION FORM**

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Vj g'twgu'cpf 'tgi wv'kqpu'ctg'hqt 'yj g'eqpxgpkpeg'cpf 'uchgv' 'qh'cm'ij g'twppgtu'0  
Rngcug'tgcf 'yj go 'ectghwm'0'

"

- 30 Vq'ngcxg'yj g'eco r 'r tqr gtv' . "{ qw'pggf 'v'qdvc'p'r gto ku'kqp'htqo 'yj g'f'k'gevt'cpf 'dg' ceeqo r cpl'gf 'd' { 'c'eqwpugmt'0'hc'kwt'g'v'eqo r n' 'o c' { 't'guwn'lp'cm'r gtuqpu'kpxq'rgf 'd'gkpi " ugpv'j qo g'cv'r ctg'p'w'u'g'zr gpug'0'
- 40 Cmt'wppgtu'o wuv'tgr qtv'v'q'cpf 'r ct'v'ekr cv'g'lp'yj gk't'uej gf wrgf 'ce'v'x'k'kgu'0'ki'km 'c'twppgt " uj qwf 'eqp'cev'yj gk't'eqwpugmt'cpf 'dg'uggp'd' { 'yj g'c'yj r'g'v'e 'vt'cl'p'gt'qt'Eco r 'Rj { u'lek'p'0'
- 50 ki' { qw'j' cxg'c'r tqd'rgo . 'ugg'c'eqwpugmt'0'ki' { qw'y kuj 'yj g'eco r 'f'k'gevt'v'q'd'geqo g" kpxq'rgf . 'cum' { qwt'eqwpugmt'v'q'cttcpi g'c'o ggv'kpi 0'
- 60 F guki pcv'gf 'f qto 'h'q'qtu'ctg'q'h'rk'o ku'v'q'o go dgtu'qh'yj g'qr r qu'kg'ugz'0'hc'kwt'g'v'eqo r n' " o c' { 't'guwn'lp'cm'r gtuqpu'kpxq'rgf 'd'gkpi 'ugpv'j qo g'cv'r ctg'p'w'u'g'zr gpug'0'
- 70 Uo qn'kpi . 'ej gy kpi 'v'qd'cee'q . 'f twi u . 'qt'c'reqj qn'ku'p'qv'cm'qy gf 'cv'eco r 0'hc'kwt'g'v'eqo r n' " y kn't'guwn'lp'cm'r gtuqpu'kpxq'rgf 'd'gkpi 'tgr qt'v'gf 'v'q'r q'rk'eg' ( 'ugpv'j qo g'cv'r ctg'p'w'u'g'zr gpug'0'
- 80 Dg'j cxl'qt'qt'r t'cp'mu . 'y j lej 'f gut'q' { 'eco r 'r tqr gtv' 'qt'j' wtv'yj g'h'g'rk'pi u'qh'q'yj gtu . 'ku'p'qv' cm'qy gf 0'ki' { qw'ct'g'p'qv'w'wt'g . 'cum' { qwt'eqwpugmt'0'
- 90 Eco r 's'w'kgv'j qwtu'd'gi k'p'cv'32-22'r 0' 0'c'v'yj ku'v'ko g'cmt'wppgtu'o wuv'd'g'lp'yj gk't'rk'k'pi " s'wct'vgtu'0'ni j w'q'w'cv'33-22'r 0' 0'r'ngcug'eqqr gtc'v'g'd' { 'd'gkpi 'eqpuk' gtc'v'g'qh'cm'ij qug'y j q" rk'x'g'cv'eco r 0'

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**CAMPER'S AGREEMENT**

Kj cxg'tgcf 'cm'qh'yj gug'twgu'cpf 'tgi wv'kqpu'cpf 'y kn'ldg' { 'yj go 'y j kg'cv'E'V'VE'0'K' w'pf gtu'w'cpf 'yj cv'hc'kwt'g'v'eqo r n' { 'y kj 'yj gug'r q'rk'kgu'o c' { 't'guwn'lp'g'zr w'uk'qp'htqo " eco r 0'Vj g'r ctg'p'v'y kn'cu'wo g'yj g'equ'v'cpf "o g'cpu'qh'v't'cpur qt'v'k'qp'0'

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Eco RGT'U'UK P CVWTG      RCTGP VII WCTF KCP "UK P CVWTG"      F CVG"

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# THINGS TO BRING TO CTTC!

**Health & Insurance Information**

**Waiver of Liability Statement**

**Permission Letter with Physician's Instructions for Medication**

**CTTC Rules and Regulation Form**

## **BEDDING**

Provided:

- ✓ Sheets
- ✓ Blanket
- ✓ Pillows

## **RUNNING GEAR**

(enough for two workouts per day)

- shorts & shirts
- socks (lots of them!!!!)
- running shoes (no need for spikes)
- watch
- sunglasses

## **CASUAL CLOTHES**

- shorts
- tees
- casual shoes
- jacket/sweatshirts
- jeans/sweatpants
- pj's

## **SHOWER ITEM**

- towel & washcloth
- shampoo & conditioner
- bar of soap
- personal hygiene items
- toothbrush & paste

## **SWIM GEAR**

- suit
- flip flops
- beach towel
- sunscreen & bug spray

## **MISCELLANEOUS**

- favorite VHS or DVD
  - G, PG, or PG 13 only
- spending money
  - snacks
  - campus store & student ct
  - CTTC Highlight DVD
  - etc.....
- camera
- notebook
- questions for staff & speakers
- FAN - NO AC!**

**\*\*There will be no laundry facilities, so pack accordingly.\*\***

**CARRIE TOLLEFSON**

**2017**

**TRAINING CAMP**

**SAMPLE SCHEDULE**

8 am - Morning Run/Stretch/Drills

9 am - Breakfast

10 am - Interactive Lecture/Skill

12 pm - Lunch/Rest

1:30 pm - Pool/Recreation

3 pm - Lecture/Afternoon Run/Training Specifics

5 pm - Free Time

6 pm - Dinner

7 pm - Guest Speaker

8 pm - Evening Activities

10 pm - Back to Dorm

11 pm - Lights out!

**\*\*Sample schedule subject to change.\*\***