

• CARRIE TOLLEFSON •

2020

• TRAINING CAMP •

GET AFTER IT!

## **Check-in**

Thursday, July 9th 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 12th 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 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**

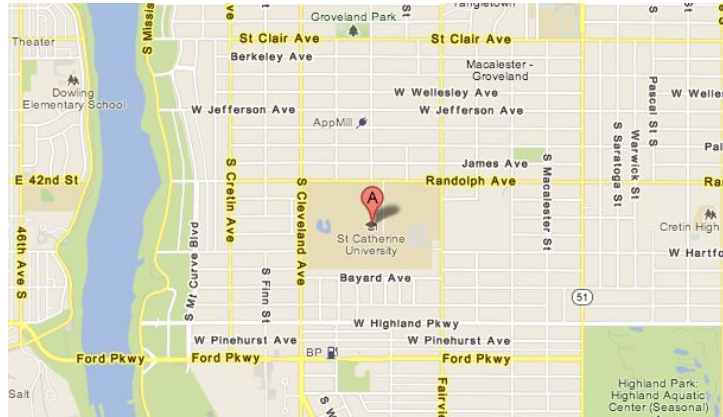
**ST. CATHERINE CAMPUS SECURITY: (651) 690-8888**

# 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.

## **HEALTH & INSURANCE INFORMATION**

### **Section I: to be completed by Parent/Guardian**

Name of Camper: \_\_\_\_\_ Sex: M F Birth Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Home Phone # \_\_\_\_\_ Work # \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Insurance Address: \_\_\_\_\_

Insurance Phone #: \_\_\_\_\_

Policy Subscriber's Name: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Phone #: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone#: \_\_\_\_\_

If your child needs prescription medication during camp, parents must send a permission letter with physician's instructions for use and dosage of medication. **Upon check-in, please take time to advise our medical staff how to treat your child.**

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Diet Restrictions: \_\_\_\_\_

Other: \_\_\_\_\_

**\*Both an Athletic Trainer and Physician will be on staff during camp!**

### **Section II: to be completed by Parent/Guardian**

I, the undersigned, certify that my child is in good health and may participate in all camp activities. I hereby give permission to the staff of the camp to seek and provide appropriate medical attention for my child for the duration of the camp. I understand that the camp only provides for excess medical insurance, and I am responsible for all medical costs that may be incurred. I understand that the risk of physical injuries does exist in Track and Cross Country and camp activities. I waive and release the College of Saint Catherine, Carrie Tollefson Training Camp, Carrie Tollefson Marketing LLC, and the staff, employees, officers, and representatives from all liability and claims that may arise as a result of injuries sustained during camp.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## **CTTC RULES AND REGULATION FORM**

Camper's Name: \_\_\_\_\_

The rules and regulations are for the convenience and safety of all the runners.  
Please read them carefully.

1. To leave the camp property, you need to obtain permission from the director and be accompanied by a counselor. Failure to comply may result in all persons involved being sent home at parent's expense.
2. All runners must report to and participate in their scheduled activities. If ill, a runner should contact their counselor and be seen by the Athletic Trainer or Camp Physician.
3. If you have a problem, see a counselor. If you wish the camp director to become involved, ask your counselor to arrange a meeting.
4. Designated dorm floors are off-limits to members of the opposite sex. Failure to comply may result in all persons involved being sent home at parent's expense.
5. Smoking, chewing tobacco, drugs, or alcohol is not allowed at camp. Failure to comply will result in all persons involved being reported to police & sent home at parent's expense.
6. Behavior or pranks, which destroy camp property or hurt the feelings of others, is not allowed. If you are not sure, ask your counselor.
7. Camp quiet hours begin at 10:00 p.m. At this time all runners must be in their living quarters. Lights out at 11:00 p.m. Please cooperate by being considerate of all those who live at camp.

### **CAMPER'S AGREEMENT**

I have read all of these rules and regulations and will obey them while at CTTC. I understand that failure to comply with these policies may result in expulsion from camp. The parent will assume the cost and means of transportation.

\_\_\_\_\_  
CAMPER'S SIGNATURE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

# 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
  - etc.....
- ☐ camera
- ☐ notebook
- ☐ questions for staff & speakers
- ☐ **FAN – NO AC!**

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



### **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.\*\***