

CARRIE TOLLEFSON

08

TRAINING CAMP

JULY 10 - JULY 13, 2008 | SPONSORED BY





Check-in for all campers will be held on Thursday, July 10th from 2:00p.m. – 3:00p.m. at Butler Sports & Fitness Center. Butler Center is located on the south side of campus (#3 on campus map). Signs will be posted.

Check-out for all campers on the last day of camp, July 13th at 2:00p.m. Check-out will follow Carrie Tollefson's Closing Speech and Social at 1:00p.m. at Butler Sports & Fitness Center (#3 on campus map).

- **Reminder** parents and coaches of the campers are invited to the Closing Speech and Social. Run N Fun Store Discount and 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

KAMMIE JACKSON at www.jcksonevents.com: (612)210-2205

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

College of St.Catherine - Saint Paul Campus

2004 Randolph Avenue
St. Paul, Minnesota 55105
(651)690-6000 or
(800)945-4599, Ext. 6000

Getting Here

The College of St. Catherine St. Paul campus is located at 2004 Randolph Avenue in St. Paul, MN. St. Mary Hall(#24) and Butler Center (#3) are located on the southside of campus. Signs will be posted on campus. Go to www.stkate.edu for campus maps.



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 on to 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.

Due to the bridge collapse, I-35W is closed north of Third Street and south of University Avenue/Fourth Street SE. See the [Mn/DOT Web site](#) for detailed detour information.

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. Please use the space below to advise our staff of any health or medical information that is needed regarding 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 c/o Jackson Event Marketing, 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 10:00p.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
-CTTC Highlight DVD
-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.****