

About the camp:

Heidelberg alums Dan Graber, Dan Simpson and Greg Zumberger are looking to pass on their success to future star distance runners. Due to the limited attention given to distance running publicly it is essential to be ambassadors and pass on knowledge and success to future athletes for the betterment of our sport. We express a desire to create a setting where the philosophies that have helped take our teams to the next level may be shared with younger runners of all abilities and backgrounds. In addition, we want campers to leave with more knowledge of the sport and a passion to be the best runner and person they can be.

Camp Highlights:

- Group runs once / day
- Camp Notebook
- Lectures from other top distance runners and coaches
- Camp Shirts
- Informative and Motivational Lectures
- Games and team building exercises every afternoon
- Access to athletic training room
- Great training facilities at Independence State Park and Defiance Athletic Fields

Sponsored By:



Coaching Accolades

Dan Graber will begin his 2nd year as assistant coach at Centre College in Danville, KY this fall. This past year he helped lead Centre to the NCAA DIII South Regional title and their 4th appearance in the past 5 years at the NCAA DIII National Meet. As an athlete at Heidelberg, Dan was a 2 time Academic All-American, a 3 time member of the Academic All-OAC

Dan Simpson is about to begin his 2nd year as assistant coach at Defiance College. He assisted the Lady Jaguar's of Augusta State University (Georgia) during the 2008 Outdoor Track and Field season. A 2007 graduate of Heidelberg, Simpson helped lead the Student Princes to back-to-back NCAA Div. III Cross Country Championship appearances, finishing in the top three individually at the Ohio Athletic Conference Cross Country Championships during that span ('06 & '07). Simpson left Heidelberg as the school's record holder in the 5k and has been a camp counselor at Camp Fitch (Erie, PA) since 2003.

Greg Zumberger recently completed a one year stint at his alma mater Heidelberg University, where he led them to a 19th place finish at the NCAA DIII National Championships in the University's third consecutive trip. He also coached 4 All-OAC performers in cross country including Devin Butcher, individual champ, 3 All-Region runners, and 6 All-OAC performers in track which included Jordan Karnes, OAC steeplechase champion. Previously, he spent three years as an assistant coach at Fort Loramie HS coaching multiple state qualifiers in cross country and track. While at the collegiate level he was 5 time All-OAC, 4 time All-Ohio, 2 time All-Region, and National Qualifier in the Steeplechase.

Northwest Ohio Distance Running Camp

hosted by Defiance College



"The will to win means nothing if you haven't the will to prepare."

*Juma Ikangaa, 1989 NYC
Marathon winner*

Camp Information

When:

June 28th – July 1st

Registration for camp is 6-8p.m. Sunday June 28th at McReynolds Hall, located at 701 N. Clinton St. Defiance, OH. The camp ends 6p.m. Wednesday July 1st and campers can be picked up at McReynolds.

*Note: Commuters will not need to register Sunday night, simply arrive shortly before 9:00 am, Monday.

Where:

Defiance College, Defiance, OH

Who is the camp for?

The camp is for runners of all abilities in grades 7-12 during the next school year (2009-10).

What does the fee include?

Dorm rooms, camp shirt, meals, snacks, camp notes, lectures on development, nutrition, motivation, and information on running at the collegiate level.

How do I know that you received my registration?

We will email you with confirmation when you provide an email address on the registration form.

More Information:

defianceathletics.com, dcharriers.com and o-crush.net will have more information including tentative schedules.

To register:

Send your complete registration form to:

Northwest Ohio Distance Running Camp
Assistant Cross Country Coach
Defiance College Athletics
701 N. Clinton Street
Defiance, OH 43512

Costs

Registration Information

Resident

Individual Camper \$200

* Includes room, 3 meals a day, and everything the camp has to offer.

Commuter

Individual Camper \$150

* Includes lunch and dinner each day. It will be assumed commuters have had breakfast before arriving at camp.

* Commuters will check in at 9:00 am and depart at 9:00 pm from McReynolds Hall daily.

* Also, commuters will not need to come to registration on Sunday night. Please arrive promptly daily so we are able to pack as much fun as possible into each day.

* Address to:

For help finding the registration and departure site (McReynolds Hall) use the campus map, found here: http://www.defiance.edu/pages/info_campus_map.html



Registration Form

Northwest Ohio Distance Camp

Name _____

Address _____

City _____

State _____ Zip _____

Phone Number _____

Grade (Going into) _____

Age _____ Gender _____

High School _____

Coach _____

Years of Running _____

Top Mileage _____

Current Mileage _____

Resident/Commuter _____

T-Shirt Size (XS,S,M,L,XL) _____

Emergency Contact # _____

E-Mail (for confirmation) _____

Make check payable to:

Greg Zumberger

Waiver: *I hereby state that I am physically able to participate in the sport of distance running. I waive any rights I may have against Defiance College, all camp staff, volunteers, and sponsors for any injuries incurred while participating in the camp.*

Athlete's Signature

Date