



I/We hereby request that you accept the application of \_\_\_\_\_ for enrollment in the 2011 Augustana Running Camp. In consideration of your acceptance of this application, I/We hereby release all of the Clinic employees and the Clinic Director from all claims on account of any injuries which may be sustained by my/our child while attending the 2011 Augustana Running Camp; and I/We agree to indemnify the 2011 Augustana Running Camp, all its employees, and Clinic Directors for each claim which may hereafter be present by my/our child as a result of any such injuries. I/We also certify that my/our child is medically fit to participate in your program.

\_\_\_\_\_  
Parent or Guardian Signature                      Date

**Camp Highlights:**

- Daily workout and training tips
- Collegiate athletes on staff to interact with campers
- Daily lecture on training, nutrition, and racing
- Steeplechase training
- Mental visualization
- Trip to area state parks for training session
- Pool workout
- Firefly relay
- Evening trip to mall for shopping
- Scavenger hunt
- Proper shoe selection

The 2011 Augustana running camp is designed for all levels and abilities

Augustana College  
*Running Camp*

**Augustana College**  
Sunday – Wednesday | July 24 – 27, 2011

Sponsored by

**POWER**  
SANFORD

Register online at [www.augiecamp.com](http://www.augiecamp.com)



**Tracy Hellman**  
Head Track and  
Cross Country Coach

2011 marks Tracy's 11th season with the Vikings. Hellman has coached a National Champion, 22 All-Americans, and 35 Conference Champions as Head Coach. 28 school records have also been set during his tenure. The 2006, 2007, 2008, 2009 & 2010 NCC/NSIC Coach of the Year, Hellman lead the women's cross country team to 5th place at the 2008 NCAA Cross Country Championships, the highest placing in school history. The men recently placed 6th at the 2010 NCAA Cross Country Championships, the highest men's finish in Hellman's tenure.

- Head Coach, Augustana College, Sioux Falls SD: 2000-Present
- 28 school records set during tenure as Head Coach
- 1st place Men's & Women's Team at 2009 & 2010 NSIC Championships
- Four straight conference championships for Women's Team (2007-10)
- Women's Cross Country 5th place at 2008 NCAA National Championships
- Women's Cross Country 7th place at 2010 NCAA National Championships
- Men's Cross Country 10th place at 2009 NCAA National Championships
- Men's Cross Country 6th place at 2010 NCAA National Championships
- Assistant Coach, Humboldt State University, Arcata, CA 1998-2000
- Coached the Men's Cross Country team to the 1998 NCAA DII National Championships, where they finished 11th



## 2011 Augustana Running Camp

Grades 7-12

### Check-In:

Sunday, July 24  
11 a.m. – Noon Stavig Hall (28th & Menlo)

### Check-out:

Wednesday, July 27  
11 a.m. – Noon Stavig Hall (28th & Menlo)

### Cost:

Any application received prior to July 9 will cost:

- Residential - \$315
- Day - \$215

Any application received after July 9 will cost:

- Residential - \$330
- Day - \$230

### What to Bring:

- Shoes
- Training clothes
- personal toiletry items and bedding (for resident campers)
- Spending cash
- Flashlight (for firefly relay)
- Swimsuit
- Water bottle

### The following are included in the camp:

- Daily workout
- Weight room
- Pool workout
- Camp t-shirt
- Camp photo
- Supplemental training
- Training tips
- Guest lectures
- Augustana track athletes as counselors

### For more information:

- [www.goaugie.com](http://www.goaugie.com)
- Camp Director: Tracy Hellman  
Email: [tracy.hellman@augie.edu](mailto:tracy.hellman@augie.edu)  
(605) 310-8686

## 2011 Augustana Running Camp

To register, please send this form and your check made payable to:  
Augustana Running Camp, 2001 S. Summit, Sioux Falls, SD 57197

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Age: \_\_\_\_\_ Adult t-shirt size: S M L XL XXL  
High School: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Roommate Request: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Please check appropriate box below.

Any application received prior to July 9 will cost:

- Residential - \$315  
 Commuter - \$215

Any application received after July 9 will cost:

- Residential - \$330  
 Commuter - \$230

Amount Enclosed: \$ \_\_\_\_\_

\*A special 10% team discount applies when five or more campers (male or female) register from the same school. Parent or guardian: Please complete the section on the other side of this form. Thank you!