

Foundation Running Camps



www.FoundationXCCamp.com

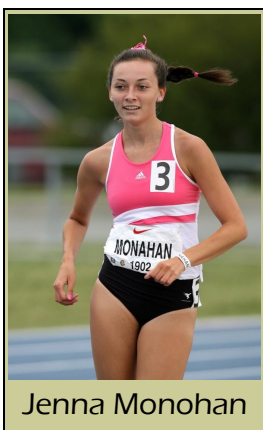
The RACEWALK Program August 12 thru 17, 2012 at Camp Pontiac, NY

We welcome all RACEWALKERS entering grades 7 –12 to join us for:

- Training that focuses on proper technique, speed and endurance
- Outstanding instruction by some of the nation's best coaches
- Appropriate programs designed for athletes on all levels... from novice to elite
- Video analysis of racewalking mechanics using state-of-the-art technology
- Educational activities that focus on nutrition, proper footwear, injury prevention, competitive psychology and rules of the sport
- Top notch athletic facilities include weight room, aerobics/yoga rooms, cardio and spinning room and multiple indoor complexes
- Evening Activities include DJ Dances, Color War, Talent Show, Karaoke, Ice-Cream Parlor, Air-conditioned Movie Theater, and much more!



Visit us on Facebook!
FoundationXCCamp



Jenna Monohan



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For pics, videos, registration forms, and more information, please visit our website!

[Registration for Sleepaway Camp!](#)

RACEWALK PROGRAM



August 12-17, 2012 at Camp Pontiac

Name Last	First	Entering Grade	M / F	Gender
Street Address	Town	State	Zip	Home Phone
Date of Birth	School	Coach	Best 1500m Racewalk	
Email address (Print clearly!)				

Scan the code
for more
information!



Registration fee: \$525.00 (\$495.00 BEFORE April 1st)

Make check payable to: **Foundation Cross Country**
and mail to: **19 Oxford Place, Rockville Centre, NY 11570**

Camp information and Forms will be mailed to you after receipt of registration.