



Registration Information

2011 Crusader Cross Country Camp

Saturday, June 18 – Saturday, June 25

While most cross country camps offer only four days of training, please note that this session includes six full days of instruction.

FEES (All-inclusive)

1 – 9 team members -- \$395.00 per camper

10+ team members --- \$370.00 per camper

Coach fees -- \$195 per coach

A team bringing 7 or more members earns one free coach's spot.

There are no additional costs during camp.

A \$195 DEPOSIT PER CAMPER IS DUE AT THE TIME OF REGISTRATION, REGARDLESS OF WHETHER ATTENDING AS AN INDIVIDUAL OR AS A TEAM. ALL FEES ARE DUE BY JUNE 1. NO REFUNDS WILL BE MADE AFTER THIS DATE.

Team members who are attending as part of a team of 10 or more will have their balances adjusted after June 1 or when at least 10 members have submitted registration forms.

Please register early as space is limited.

KINGDOM FITNESS
814 SANDY LANE
RUSTON, LA 71270

KINGDOM FITNESS RUNNING CLUB'S

Crusader Cross Country Camp



Run the Race • Finish the course • Take the prize
Philippians 3:10-15



Coaching Staff

Jimmy Williams -- Camp Director

Coach Williams is the state championship head coach of the perennially strong Cedar Creek HS cross country team. He is also the director, coach, and co-founder of Kingdom Fitness running club and coaches running events for Cedar Creek track. A USAT&F Level I coach, his speciality is tailoring workouts to individual runners.

Jennifer Ham -- Program Director

As a former high school teacher, Jennifer has extensive experience working with young people. She serves as a volunteer cross country coach at Hillcrest Elementary and is a coach and co-founder of Kingdom Fitness. Jennifer specializes in team-building exercises.



CRUSADER CROSS COUNTRY CAMP

What is Kingdom Fitness?

Kingdom Fitness is a faith-based running club based in Ruston, LA. Founded in 2005, it is a fully accredited USA Track and Field (USAT&F) sanctioned club. Its members have won numerous individual awards at both local and state meets and have earned team honors at the Louisiana Elementary and Jr. High State Championships. Individual members have also competed in the USAT&F Jr. Olympic Cross Country National Championships.

Location & Facility

Crusader Cross Country Camp is located at The Gospel Christian Training Center in Ruston, LA. The Gospel is the home of the Choudrant HS Invitational and the Kingdom Fitness Super Saturday Cross Country Meet. Situated on 87 acres of rolling, pine-covered hills, the camp offers multiple professionally designed running trails that will challenge any runner. In 2007, The Gospel was ranked among the top ten cross country courses in Louisiana.

In addition to spectacular trails, the facility features a lake for swimming, watersliding, and canoeing, as well as a large pavilion that offers a shady area for both workouts and recreation. The air conditioned sleeping areas provides open, dorm-style living so that team members can better share the camp experience. The spacious patio/dining hall overlooking the ten-acre lake furnishes a picturesque setting for meals. Complete with covered shooting stations, the riflery and archery buildings provide a perfect area for earning National Riflery Association and National Archery Association awards.

Robert Daulton

Mr. Robert spent 10 years running competitively, completing his career with four years on the track team at Louisiana Tech and is accredited as a USAT&F Level I coach. As a pastor, he believes in the importance of bringing out each young person's full potential in every aspect of their lives. His speciality is in running form and techniques.

Debbie Williams

Debbie has served as a volunteer coach for the Hillcrest Elementary cross country team, Kingdom Fitness, and Ruston Parks and Recreation. Specializing in data and statistics, Debbie works in a support role in a variety of areas.

Other specialists and motivational speakers will be brought in throughout the week to enhance the learning experience for each runner and coach.

Contact Information

For more information and pictures, visit our website at www.thegospelinc.com/kingdomfitness. Contact us at camps@thegospelinc.com or Coach Williams at 318-278-0681.

Additional forms and applications may be downloaded at our website under the Kingdom Fitness tab.

Honoring God through our sports.

Daily Training & Activities

Your days at camp will include the following:

- Long runs on wooded trails
- Plyometrics
- Speedwork
- Form & Technique Training
- Health & Nutrition
- Shoe / Pronation Clinic
- Aquatic / Cross Training
- Stretching
- Teambuilding Exercises
- Goal Setting
- Motivational Speakers
- NRA Riflery
- NAA Archery
- Canoeing
- Capture the Flag
- Ultimate Frisbee
- Swimming & Watersliding
- Campfires
- ...and more!

Daily activities are well planned to provide a balance of cross country training, traditional camp activities, scheduled rest periods, and supervised free time. Four meals a day prepared by our fine cooking staff always highlight the day. Bible sharing times and exciting night activities round out seven fun-filled days and nights of an unforgettable experience.