

Registration Form

Please use ink pen and print.

Name: _____

Address: _____

Phone: _____

Emergency Phone: _____

E-mail: _____

Date of Birth: _____

Grade Entering Fall 2012: 9 10 11 12

Adult T-shirt Size: S M L XL

Best Times/Event: _____

High School: _____

Roommate Preference: _____

Make Checks Payable to:



Send Registration and Deposit to:

Athletes in Action

Att: Tim Ellis

1609 Carrol Court

Lebanon, OH 45036

(937) 352-1260 or (513) 934-2280

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 Athletes in Action, Hope College, all camp staff, volunteers, and sponsors for any injuries incurred while participating in this camp.

Athlete's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____



TUFF Camps-Tim Ellis
651 Taylor Drive
Xenia, OH 45385

ATHLETES IN ACTION TUFF



TRAINING U FARTHER & FASTER RUNNING CAMP

July 16-21, 2012
Hope College
Holland, Michigan

asics
sound mind. sound body
www.aiatrack.org

Camp Purpose

PHYSICAL, MENTAL, SPIRITUAL

TUFF Camps were started in 1990 with the purpose of exposing high school athletes to the broad spectrum of training necessary to maximize their performance.

Training in 3-D is what TUFF Camps are all about. The camp staff are committed to helping each participant grow in three areas that affect an athlete's performance: the physical, the mental, and the spiritual.

Athletes in Action

REACH THE WORLD FOR JESUS (CHRIST)

Since 1966, Athletes in Action has been a global pioneer, innovator, and servant leader in sport ministry. AIA seeks to help the world's athletes, coaches, fans and all those impacted by sport grow athletically, mentally and spiritually. AIA provides chaplains to some of the world's most influential sports teams, and sends teams of athletes and coaches around the world to serve other athletes and communities.

Countless volunteers, thousands of athletes and more than 500 staff members comprise AIA's presence in 85 countries, on nearly 125 U.S. college campuses, and on 35 U.S. professional sports teams.



For more information about
AIA or TUFF, contact:
AIA Track and Field
(937)352-1260
tim.ellis@athletesinaction.org
www.aiatrack.org

Michigan Tradition

Athletes in Action is excited about TUFF Camp's 23rd summer! TUFF Michigan covers the latest fundamentals of cross-country running. Hope College will serve as our host, providing excellent facilities, the beautiful surroundings of West Michigan, and great training conditions. Your week will be filled with focused training, great information, and lots of fun.

TUFF Michigan features a highly qualified staff of coaches and athletes from around the country. Our staff has over 100 years of combined experience and specializes in working with athletes and training them in 3-D.

Daily Schedule

Morning and afternoon workouts designed to prepare you for your cross-country season with runs along Lake Michigan, on wooded trails, and around Hope College. TUFF features clinics on biomechanics, nutrition, sports psychology, goal setting, and training tips from some of the country's best coaches, athletes, and experts! Along with workouts and clinics, you will enjoy cookouts at the beach, unique entertainment, and competing in the Very Modern Pentathlon!

Over the years TUFF Camp has helped hundreds of athletes reach their goals of being All-State and All-Conference by showing them how to train physically, mentally, and spiritually. Come and join this elite group this summer!



Camp Information

Date: July 16-21, 2012

Location: Hope College, Holland, Michigan

Who: All 9th-12th Grade
Cross-Country Runners

Fees: \$475 if postmarked by June 15 \$495
after June 15

Deposit: A \$50 non-refundable deposit must
accompany your registration. Balance of
fees are due on or prior to check in.

Team Rate: \$425 if five or more athletes from the
same school register together. (Please
send registrations in together.)

Online Registration:

<https://my.athletesinaction.org/TUFF-CAMP>

Camp Fees Include

- Housing in College Dorm
- All Meals
- Biomechanical Analysis
- Teamwork
- Christian Atmosphere
- Goal Setting
- Personalized Training
- Camp Picture
- Camp Notebook
- Camp T-shirt
- Unique Entertainment
- Special Guests