

DIRECTORS

JOE COMPAGNI

Monmouth University

Head Track & Field and Cross Country Coach

Joe Compagni is in his sixth season as the head coach of men's and women's Cross Country and Track & Field at Monmouth University. His hard work has paid great dividends, with over 270 school records set during that time. This year, the women's cross country team won the championship of the 12-team NCAA Division I Northeast Conference (NEC), while the men finished third at the prestigious IC4A Championships.

On the track, both the men and women continue to establish themselves as the top overall program in the NEC and a strong force among Division I schools in the East. Last spring, Monmouth's women won their first NEC Outdoor Track and Field title and Compagni was selected Coach of the Year for the 4th year in a row.

MEL ULLMEYER

Shore Regional High School

Head Track & Field and Cross Country Coach

In his fifth year helping direct the Monmouth University Running Camp, Ullmeyer brings a wealth of expertise. A 1979 Monmouth College graduate with personal bests of 1:50 for the 800 Meters and 4:07 for the mile, Ullmeyer is still one of the state's leading masters road racers.

Ullmeyer coaches Cross Country and Indoor and Outdoor Track & Field at Shore Regional High School. He is also one of the most well known youth coaches in the Shore area, and, in 1998 he coached the Shore AC midget girls to a national championship in cross country.

SPECIAL FEATURES

- Camp will benefit both experienced and inexperienced runners.
- Runners will be evaluated and divided into groups based on fitness level.
- Special guest lecturers each day. Previous speakers included Jim Schlentz, coach of Olympian Kate Fonshell; Podiatrist Greg Bordiuk; and many others.
- Free T-shirt and prizes for campers.
- Topics covered will include: setting up a training program; race strategies; nutrition; stretching; mental preparation; running form; drills; injury prevention; and many others.
- Snacks and drinks will be provided.

LOCATION & FACILITIES

Monmouth University's beautiful 147-acre campus in West Long Branch. The camp will utilize the institution's track and field facilities.

THINGS TO BRING...

All campers should bring the following items to participate in all activities:

- Running Shoes
- Water bottle
- Wear Running Clothes
- Sweatshirt and Pants for afterward

COST

\$85.00 per camp includes daily running instruction and a camp T-shirt.

DISCOUNTS

\$75.00 per child when four or more students from the same school enroll before the July 30 deadline.

DEPOSIT

A non-refundable deposit of \$40.00 for the week must accompany your application to secure a place at camp. Applications are due by July 30, 2001.

Please Make Checks Payable To:
Monmouth University Running Camp

Send Deposit & Application To:
MONMOUTH UNIVERSITY RUNNING CAMP
Director Joe Compagni
400 Cedar Avenue
West Long Branch, NJ 07764

DOCTOR'S PHYSICAL

Forms will be sent upon receipt of your application. They must be completed by a physician and returned before the start of camp. Please register for camp early so that we may get these forms to you in advance.

DIRECTIONS

From the Garden State Parkway - Exit 105. Take Route 36 to Route 71. Turn right onto Route 71, continuing as Route 71 forks into Cedar Avenue (stay left). Take Cedar Avenue and turn right at the next light, which is Larchwood Avenue. Entrance to the University is on your left. Follow the road until you come to the William T. Boylan Gymnasium.

Meet at the track and field facility located behind Boylan Gym.

FOR ADDITIONAL INFORMATION

For more information contact:
Joe Compagni (732) 571-3676

Mel Ullmeyer (732) 870-0485

MONMOUTH UNIVERSITY SUMMER RUNNING CAMP

APPLICATION FORM

August 6-10 5:30-8:00 p.m.

Ages 10-18

(entering grades 5 to 12)

FOR OFFICE USE ONLY

Amount _____

Date _____

Reply _____

Amt. Due _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Emergency Phone: _____

Parent/Guardian: _____

School Name: _____

Age: _____

Grade You'll Enter This Fall: _____

Circle T-Shirt Size (Adult):

S M L XL

Please send additional brochures to my friends

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

I hereby authorize the directors and employees of Monmouth University's Summer Running Camp to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release all camp employees from any and all liability from injuries and illness while at camp.

Parent's or Guardian's Signature

Joe Compagni
Monmouth University
Athletics Department
Cedar Avenue
West Long Branch, NJ 07764

MONMOUTH UNIVERSITY



SUMMER RUNNING CAMP

BOYS AND GIRLS

Ages 10-18

AUGUST 6-10

5:30 p.m. to 8:00 p.m.

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Head Coach, Monmouth University
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Shore Regional High School Coach
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