

# REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Grade Entering Fall 2020: 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



# TUFF

## RUNNING CAMP

### Training U Farther & Faster



July 5-10  
2020

Hope College  
Holland, Michigan



[www.goaia.org/track/event/tuff](http://www.goaia.org/track/event/tuff)

# 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

### Reaching the world for Jesus Christ

Since 1966, Athletes in Action has been using sports as a platform to help people answer questions of faith and to point them to Jesus. AIA is constantly working to create new ways of reaching out to athletes and sports fans alike. Our goal is to see people's lives changed as they discover God's purpose for their life.

AIA provides chaplains to some of the world's most influential sports teams, and send teams of athletes, coaches, and trainers to serve other athletes and communities around the world.

Countless volunteers, thousands of athletes, and more than 500 staff members comprise AIA's presence in 65 countries, on over 195 U.S. college campuses, and on 35 U.S. professional sports teams.

# CAMP INFORMATION

Date: July 5th - 10th, 2020

Location: Hope College, Holland, Michigan

Who: All 9th - 12th grade cross-country runners

Fees: \$495 if postmarked by June 15  
\$550 after June 15

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

Team Rate: \$475 if five or more teammates register together. (Please send registrations in together).

Online Registration: [www.goaia.org/track/event/tuff](http://www.goaia.org/track/event/tuff)



## Daily Schedule

Morning & Afternoon workouts - Training runs along Lake Michigan, wooded trails, around Hope College and Holland

Clinic Topics - Biomechanics, Nutrition, Sports Psychology, Race Tactics, Training Tips, and more

Social - Cookouts at the beach, competing in the Very Modern Pentathlon, and unique entertainment.

For more information about AIA or TUFF, contact AIA Track and Field at (937) 352-1260 or visit [www.goaia.org/track/event/tuff](http://www.goaia.org/track/event/tuff)



## MICHIGAN TRADITION

Athletes in Action is excited about TUFF Camp's 31st summer! TUFF Michigan covers the latest fundamentals of cross-country running. Hope College is our host, providing excellent facilities, the beautiful surroundings of West Michigan, and great training conditions. Your week will be filled with focused training, cutting-edge information, and lots of fun.

TUFF Michigan features a highly qualified staff of coaches and athletes from around the country. Our experienced staff specializes in working with athletes and training them in 3-D.

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!

## Camp Fees Include

- |                          |                 |
|--------------------------|-----------------|
| -Housing in college dorm | -All meals      |
| -Biomechanical analysis  | -Teamwork       |
| -Christian atmosphere    | -Goal-setting   |
| -Personalized training   | -Camp T-shirt   |
| -Very Modern Pentathlon  | -Camp notebook  |
| -Unique entertainment    | -Special guests |

