



# TAMUCC Islander Cross Country Camp

Shawn Flanagan, Head Men's & Women's Cross Country and Track & Field coach, would like to invite you to participate in this year's Cross Country Camp at Texas A&M University in Corpus Christi.

## WHO:

The camp is aimed at middle and high school boys and girls who are interested in training through the summer in order to prepare for the upcoming Cross-Country season. Both experienced and novice runners will benefit. If you are an athlete

wanting to gain that edge over the competition, then it all begins in the summer. Come learn how to get in excellent shape while enjoying the fun and camaraderie of fellow runners from around the

state. If running is your passion then this is where you need to be!



## WHEN:

The camp will begin on Thursday, July 16<sup>th</sup> at 12:00 noon and continue through Sunday, July 20<sup>th</sup> at noon.

## WHERE:

The nation's only Island University, the beautiful and scenic Texas A&M University Corpus Christi campus will serve as host for the running camp. Overnight campers will stay in apartment dorms on campus and campus food service will provide the meals.

## WHAT:

The camp directors and staff will present the latest in running from training techniques, theories, nutrition, hydration, running footwear, training philosophies, analysis of form from video tape, pre racing strategies, and post race evaluating. Campers will work out several times a day.

## COST:

The fee for the camp is **\$300** for overnight and **\$150** for day campers. This fee will include all instruction, a room, meals, commemorative, & T-shirt.

**Group Discount for overnight camper groups of five or more.**

**Note: \$50 late fee if received after 4<sup>th</sup> July 09.**

## STAFF:

**Shawn Flanagan**-Islander Head Cross



Country Coach and Director of Track and Field was an Olympic Trials qualifier in 1980. In 28 years of Division One Coaching he has been named Coach of the

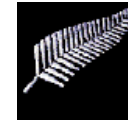
Year by a Conference or a Region 28 times. He has coached Olympians, National Champions, All Americans, and many less talented runners. Improvement in performance has been the hallmark of his athletes.. He has directed the camp for the past 18 years

**Randy Bungard**-Islander Head Track Coach

has coached at Division One level for 21 years with previous stops at Texas, Clemson and Virginia where he was Director of Track and Cross Country. He has coached 96 All Americans, 12 NCAA National Champions and two Olympians. His area of expertise includes the sprints where he has used his knowledge to help distance runners improve their form and speed.

## SENIOR COUNSELORS:

**Liza Hunter-Galvan** -Two time Olympian, Beijing 2008, Athens 2004, is a



world class runner with a 35<sup>th</sup> place Olympic finish last summer. She has also competed in the World

Championships in Helsinki and the Commonwealth Games in Brisbane. She has run 2:29 in the marathon, 33:10 in the 10km, 16:40 in the 5km and 4:44 in the mile. The native New Zealander was an NCAA National Qualifier while running collegiately for Coach Flanagan. She has been working with runners at the camp since it started in 1991.

**Steve Barlow**-is the head Boys and Girls Cross Country and Track Coach at Holmes High School in San Antonio. He has coached numerous runners and teams to the state championship in cross country and track. He ran collegiately for Coach Flanagan where he was a track and cross country national qualifier. He has marks of 8:42 in the steeplechase, 14:07 5km, and 8:40 in the two mile. He still competes mainly in Ultra Distance runs having run the Leadville 100 miler several times. He has been working the camp since it started in 1991. He is from Australia.

**STAFF:**

**Shadrack Songok-** the Islander's three times NCAA Division One National Champion, six times all American and three time Southland Conference Scholar Athlete of the Year has been working the camp since he arrived here in 2004. He holds records of 28:16 for 10km, 13:42 for 5km and 4:01 for the mile. He is from Kenya.

**JR Pulido-**is the Assistant Cross Country coach for the Islanders. He improved from a time 15:58 in the 5km to 14:36 while representing the Islanders. He achieved all conference cross country honors all four years he was in college. He was the 3A State Championship runner up in cross country his senior year. He is from Columbus TX.

**Other Counselors:**

TAMU-CC Islanders Cross Country athletes' serve as the remainder of the counseling staff that work directly with the campers. TAMU-CC Training staff is with the camp to handle any medical issues that might arise. Other guest lecturers cover lectures on nutrition and shoes.

**“We just finished our season and our girl's team won the state championship! We based everything we did on what we learned from your camp this summer. Just wanted to thank you.” Coach Steve McBride, Bishop Lynch HS - Dallas, TX**

# ISLANDER CROSS COUNTRY CAMP



**COME TO THE ISLAND TO BE A  
CHAMPION!**

- ▶ For High School and Jr. High Cross Country and Distance Runners
- ▶ July 16-19, 2009
- ▶ Overnight & Day Campers
- ▶ Expert Staff
- ▶ Outstanding Food & Accommodations
- ▶ Beautiful Training Areas

## The TAMUCC Islander Country Camp Registration:

Name \_\_\_\_\_  
Sex \_\_\_\_\_  
Address \_\_\_\_\_

Check one:  Overnight  Day  
Roommate: \_\_\_\_\_  
T-shirt size: \_\_\_\_\_  
Phone# \_\_\_\_\_  
Emergency# \_\_\_\_\_  
Age  School \_\_\_\_\_  
Parents Name \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
Usual summer training mileage per  
wk \_\_\_\_\_  
Best times in cross country or  
track: \_\_\_\_\_

To register, send this form along with a \$75 deposit to:

TAMUCC-Ath. Dept.#5719  
Cross Country Camp  
6300 Ocean Drive  
Corpus Christi, TX 78412

**Make checks payable to:  
TAMUCC-Cross Country Camp**

For further information call Shawn Flanagan at 361-825-3212, 361-249-4300 or email at [Shawn.Flanagan@tamucc.edu](mailto:Shawn.Flanagan@tamucc.edu)

