

Outliers Running Club Registration Form



Name: _____

Age: _____ Grade entering Fall 2016: _____

Address: _____

Home Phone / Cell Phone: _____

Email Address: _____

Current Best Mile & 5K: _____

Singlet Size XS ___ S ___ M ___ L ___ XL ___

In case of emergency, I understand every attempt will be made to contact parents or guardians. If they cannot be reached, I hereby give permission in the physicians selected by the club director to hospitalize and secure medical treatment for my child. The person enrolling in Outliers Running Camp, his/her parents or legal guardian assume(s) all risk or loss of property or injury to the person, including injuries resulting in death caused by or incidental to dangers associated with running and camp activities. Said individuals agree that there are certain inherent dangers related to running and to camp (sprains, strains, broken bones, vehicle collisions, falls, drowning, heat related injuries, etc.) and therefore, agree to hold the Outliers Running Camp, its director and staff harmless and specifically agree not to make any claim against said camp for any of these injuries which would normally be considered a risk from participating in distance running.

X _____ Date
Signature of Parent/Guardian

Emergency Contact Name: _____

Relationship to Registrant: _____

Address: _____

Home Phone / Cell Phone: _____

Email Address: _____

Medical Insurance Company: _____

Medical Insurance Number: _____

Please list precautions the camp director should be aware of such as allergies, diabetes, recent illness, etc.:

Athletes must bring proof of physical within past 12 months.

Media Release: I hereby grant exclusive permission to Outliers Running Club to use my child's name and image(s) for the purpose of publicity, public relations, editorial, or other advertising purposes without restriction as to frequency or duration.

X _____ Date
Signature of Parent/Guardian

Make check payable to **Outliers Running Club** and send to 150 Hathorn Blvd, Saratoga Springs NY 12866.



// I attribute the huge improvement on all levels (freshman – undefeated, JV, & Varsity – qualified for NXN, and NY Federation Runner-up) simply to the commitment and participation of those runners involved with Outliers. //

~ Coach Rob



Outliers Running Club

Address: 150 Hathorn Blvd, Saratoga Springs NY 12866

Email: realdealmiler@gmail.com

Phone: 518-928-5569

Web: www.facebook.com/outliersgirls

Outliers Running Club

Have fun. Make friends. Get fast!



Summer 2016



www.facebook.com/outliersgirls



Grades 7 - 12

June

Week 1	20	21	22	23	24
Week 2	27	28	29	30	7/1

Week 1

July

Week 3	4	5	6	7	8
Week 4	11	12	13	14	15
Week 5	18	19	20	21	22
Week 6	25	26	27	28	29

Week 2

Week 3

Week 4

Week 5

Grades 3 - 6

August

Week 7	1	2	3	4	5
Week 8	8	9	10	11	12

Time

- We will meet each scheduled morning from 8:00 AM to 10:00 AM

Locations

- Clifton Commons Stage in Clifton Park
- Various parks: Saratoga Spa State Park, Shenentaha Park, Vishers Ferry Nature Preserve, Kinns Road Park

What's Included

- Outliers Running Singlet
- Training Log
- Racing Strategy
- Comprehensive Distance Training
- Core/Strength Training
- Special VIP Guest Speakers
- Competitive Opportunities (races, time trials, contests)

Who is Eligible to Join

- Any one entering 3rd through 12th grade in the Fall.

Required Equipment

- Running shoes (preferably new if you participated in spring track)
- Running attire (weather conditions appropriate)
- Water bottle
- Running watch

Cost Information

- Grades 7 - 12
Eight Weeks (Mon through Fri, begins 6/20) = \$375
- Grades 3 - 6
Five Weeks (Mon, Weds, Fri; begins 6/27) = \$225

Note: Sibling Rate is \$150 per sibling for all grade levels.

Communication

- We will be using the Remind service to communicate schedule, info, and more. It's free and easy.
- Send **@outlier** to #81010 (as a text message) to sign up.

remind



Robert Cloutier has been the Head Coach for Girls Track & Field and Cross Country at Shenendehowa for 9 years. During that time he has coached over 80 All-Americans, 4 State Champions (3,000m, 4x800m), 6 National Runner-ups (4xMile, DMR, 4x800m), and numerous Section 2 Record holders. Several of those relays are among the fastest in US history. His XC team has qualified for NXN 2x, finishing 8th in 2009, 18th in 2014.

His runners have moved on to successful collegiate careers at prestigious schools such as UConn, Columbia, Wake Forest, Cornell, Villanova, Boston College, and Binghamton.

As an athlete Cloutier competed for the university of Tennessee, where the Vols won 2 NCAA Championships. In high school at Shen he was state champion 4 times, and All-American 4 times, and National Champion twice.

Career bests include: Mile - 4:04, 1,000m - 2:26, 5,000 14:32.

Rob has a USATF Level 1 and Level 2 Coaching Certification.



Keith Jordan has served as an assistant for the Girls Track & Field and Cross Country teams for 4 years and has led teams and individuals to numerous school records and state performances including a Federation runner-up in the 4x400m (Section 2 #2 All-time).

Keith still holds his high school's record in the pentathlon.

His 2 daughters competed for Shen and now for UConn (Danielle) & Boston College (Kristen). Prior to Shen Keith coaches at the Brown School in Schenectady and 2 years earlier at Millis HS. He has extensive experience building Physical Education programs especially grades 4-8.



Lance Jordan has served as the Boys Head Coach for Cross Country and an assistant for Track & Field. In his 3rd year he has already led the boys to a Sectional XC title and 2 state championships in the 4x800m. Prior to Shen Lance worked at Granville as Physical Education Instructor and Cross Country/Track Coach.

During his tenure he guided athletes to individual XC sectional titles, state qualifications, and NXN births. Jordan received a bachelor's degree from SUNY-Cortland where he competed as a member of the Men's Track & Field Team.