

## Camp Staff

### Joe Stephens, Camp Director

Joe Stephens comes to Bethel after seven years at Colorado State and the University of Wyoming. During that stint, he coached four Top-35 Division I cross country teams. He's now completed his fourth year as Bethel's Head Cross Country Coach. During his time at BU, Stephens has coached five athletes to the NCAA Division III National Championships and three to All-American honors. Bethel's men finished second in 2018 and third in 2015 at the prestigious Minnesota Roy Griak Invite. Both the men's and women's team improved their Championship finishes under Stephens' lead. With the men placing 5th in 2017 and 4th in 2018 at the MIAC meet. The women have notched two 8th place finishes at the NCAA Region meet in the last two seasons. These performances are largely due to the BU XC intentional culture of athletic and personal excellence, and a doubling of roster sizes over the past four years.



### Missy Rock

Missy Rock, an assistant cross country coach at Bethel, is a legend among distance runners. Rock, formerly Missy Buttry, is the most decorated cross country athlete in NCAA Division III women's history after winning three consecutive cross country championships and 11 individual track and field national titles. A member of the USA world cross country team in 2004 and 2005, Rock won the bronze medal at the 2005 World Cross Country Championships and finished eighth in the 2004 Olympic trials in the 5,000-meter race.

### Matt Berens

A two-time All-American, Matt Berens finished among the Top 10 at the NCAA Division III National Cross Country Meet and first place at the University of Minnesota's Roy Griak Invitational twice. The three-year captain owns Bethel's second-fastest time in program history with a mark of 24:32.

### Anna Hage

Anna ended her freshman year with a 22:17 6k which placed her number seven on the Bethel All-Time list. Additionally she qualified for and competed at the NCAA Division III National Cross Country Championships.



Bethel University  
Cross Country Camp  
3900 Bethel Drive  
St. Paul, Minnesota 55112-6999

# BETHEL ROYALS

CROSS COUNTRY



## CROSS COUNTRY SUMMER YOUTH CAMP

July 21-25, 2019



Ezekiel Lellinga

## Camp Details

This individual skills camp is designed for runners entering grades 9–12 for the 2019–2020 school year who want to develop their running skills through small and large group activities. These camps will be taught by Joe Stephens and Missy Rock. In addition, several of Bethel’s past and present cross country runners will serve as camp counselors. The counselor/athlete ratio will be kept as low as possible (approximately 1:10) to ensure the personal attention needed for a great camp experience. All students entering grades 9–12 for the 2019–2020 school year are accepted. Younger or older students may be accepted upon approval.

## Registration and Costs

### Fees:

- \$350 for overnight campers: \$100 non-refundable deposit is required with registration
- \$250 for commuters: \$100 non-refundable deposit is required with registration

Registration forms will be accepted in the order they are received until camp limit is reached.

Cost includes expert coaching, insurance, t-shirt, and lunch each day. Campers should bring a water bottle, a good pair of running shoes and running attire suitable for the weather (loose fitting, comfortable). All campers must bring a signed parent waiver and medical form with them to camp check-in. Please print off these forms and make sure they’re filled out upon arrival. (Download at [bethelroyals.com](http://bethelroyals.com))

## About the Facility

Bethel University is located in Arden Hills, a northern suburb of St. Paul. The campus borders Lake Valentine and has miles of on-campus running trails as well as many miles of trails nearby. Facilities also include a 50,000-square-foot field house in case of inclement weather, a training room, a weight room, air-conditioned classrooms, plus a beautiful new dining center where plenty of nutritious food will be served.



## Refund and Cancellation

If you need to cancel your registration, please note our refund policies:

- 90 days before camp: Full refund minus \$10 processing fee
- 14-90 days before camp: Deposit held, unless someone on the waiting list can fill your spot resulting in a \$10 processing fee
- 1-14 days before camp: Deposit held
- After camp begins: No refunds, with a possible exception due to injury
- If you are injured at our camp, and our athletic trainer has determined that you cannot continue with the camp, you will receive a refund based on the amount of time you were able to participate in the camp. Once you begin camp there will be no refunds for any reason other than injury.

For any further questions, please contact Joe Stephens at [j-stephens@bethel.edu](mailto:j-stephens@bethel.edu) or 612.749.4289.

# REGISTRATION

## Bethel University Cross Country Camp

**REGISTER ONLINE:**  
[bethelroyals.com](http://bethelroyals.com)  
Click on “Sports Camps”

Or return this form with a \$100 deposit to:  
Bethel University  
**Cross Country Summer Youth Camp**  
3900 Bethel Drive, St. Paul, MN 55112

- I will attend the Bethel University Cross Country Summer Youth Camp from July 21–25.

Camper’s Name \_\_\_\_\_  
Please print

Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_  
Street

\_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip

Email \_\_\_\_\_

Age \_\_\_\_\_ Grade Entering \_\_\_\_\_

T-shirt size (adult sizes):

S      M      L      XL

## Parental Consent

I certify that my child has been examined by a physician and found to be in good health and able to compete in all camp activities without restriction. Furthermore, I authorize the directors of the Bethel University Cross Country Summer Youth Camp to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the Bethel University Cross Country Summer Youth Camp and their employees from all claims resulting from injury my child may sustain while attending camp.

\_\_\_\_\_  
Parent/Guardian Signature