

## ***Steve Scott - Guest Coach***



**Steve Scott**  
**Cross Country Coach**

*Steve Scott is a 3 time Olympian and one of the greatest milers in American history.*

*Steve was the silver medalist in the 1,500 meter race at the inaugural IAAF World*

*Outdoor Championships at Helsinki in 1983. He previously held the American outdoor mile record for more than 26 years and also is the former American indoor record holder in the same event. Track & Field News ranked Scott #1 in the U.S. on 10 occasions, and 11 times during his career he was ranked in the top ten in the world by T&FN.*

*Steve ran 136 sub-4:00 miles in his career, more than any other runner in history.*

**July 12-16, 2009**

*Southwestern University  
Georgetown, TX*



**July 12-16, 2009**

Francie Larrieu Smiths XC Camp  
Southwestern University  
PO Box 770  
Georgetown, TX 78627

Phone: 512-818-0565  
Fax: 512-863-1393  
E-mail: [info@franciesxccamp.com](mailto:info@franciesxccamp.com)

***Tel: 512-818-0565***

# Francie Larrieu Smith's XC Camp July 12-16, 2009

Francie Larrieu Smith is putting on this camp with guest coach/Olympian Steve Scott to prepare athletes ages 12 to 18 for Cross Country running. The combined Olympic, competitive and coaching experience will pull together decades of advanced training and racing to spring athletes into their 2009 Cross Country season.



Southwestern University, Georgetown, TX

The camp is set on the Southwestern University campus in Historic Georgetown, Texas.

Campers will enjoy running in and around the historic neighborhoods and through the Georgetown Parks trail system.

Southwestern University Campus was the previous location of the Texas UIL State Cross Country Course from 1977-1995.

## July 12-16, 2009

Francie Larrieu Smith's XC Camp  
Southwestern University  
PO Box 770  
Georgetown, TX 78627

Phone: 512-818-0565  
Fax: 512-863-1393  
E-mail: info@franciesxccamp.com

## Run and Learn

- 2 daily workouts
- Gait Analysis
- Informative Lectures / Seminars
  - Training Plans 101
  - Strength Training
  - Nutrition 101
  - Injury care and prevention
  - Equipment Lowdown
  - Exercise Physiology 101
  - Biomechanics 101
- Overnight Stay/Day Camp Options
- Experienced Coaches/Mentors
- Athletic Trainer Access

## Francie Larrieu Smith

Francie Larrieu Smith is a five time Olympian with a best finish of 5th place in the 10k in Seoul, South Korea (1988). She was the flag bearer for the U.S. Olympic Team in Barcelona, Spain (1992). Most recently, USA Junior Women's Cross Country Coach 2009 at World Cross Country Championships, Amman, Jordan.

During the course of her 30 year athletic career, Francie established 36 United States records and 12 world bests in distances ranging from 1000 meters to 10,000 meters. She was selected by Runner's World magazine as, "The Most Versatile Runner of the Quarter Century." Francie is a member of the Road Runners Club of America Hall of Fame, The Texas Women's Hall of Fame, and the National Track and Field Hall of Fame.



Francie Larrieu Smith,  
Cross Country Coach,  
Southwestern University

## Registration Form

Sign up for:	Sun-Thurs	Price
<input type="checkbox"/> Overnight Camper	All Day	\$395.00
<input type="checkbox"/> Day Camper (meals included)	7am-9pm	\$275.00
Subtotal:		_____
Tax:		_____
Total:		_____

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

## Make Checks out to:

### Francie Larrieu Smith's XC Camp

- Credit Card Registration available online only, [www.franciesxccamp.com](http://www.franciesxccamp.com).
- Register early space is limited
- Include Assumption of Risk form / Athlete Information form with your registration, forms are downloadable from the camp website, [www.franciesxccamp.com](http://www.franciesxccamp.com).