

Warhawk

Track and Field CLINIC

July 29th



2011



About the Clinic

The Warhawk Track and Field Clinic is an instructional experience designed to provide specific training techniques and conditioning methods in the athlete's particular event area. Emphasis is placed upon improving each individual's skill level and knowledge of their respective event through quality small-group instruction, both in the classroom and on the track or on the field.

Vital topics related to the sport of track and field such as weight training, nutrition and psychological aspects of training and competition will be presented during the clinic. Our staff understands that each individual represents a wide variety of skill, talent and experience, and we are prepared to accommodate those needs.

The Warhawk Track and Field Clinic will provide an enjoyable experience by combining fun with technical development and an improved understanding of the sport of track and field.

Clinic Staff

A qualified staff of high school and collegiate coaches as well as college athletes will help each participant learn and develop the skills needed to have fun and experience success in the sport of track and field. Our staff is made up of individuals who have achieved a high level of success as athletes and/or coaches. With their experience, our staff can create the most productive and exciting learning environment.

Mike Johnson

Head Men's Track & Field Coach



Josh Ireland

Head Women's Track & Field Coach

Dave Hahn

Assistant Track & Field Coach



Dennis Rue

Assistant Track & Field Coach

Adam Dunn

Assistant Track & Field Coach



Warhawk TRACK & FIELD CLINIC 2011

General Information

What to Bring

Campers need to have appropriate dress for activities: t-shirt, shorts, socks, running shoes and spikes. Pole vault camp participants will need to bring their own poles and throwers will need to bring their own implements.

Clinic Fee

\$100.00

INSURANCE

Each camper will be covered by a limited accident insurance policy. The insurance includes primary coverage up to \$7,500 and \$300 maximum dental insurance. Insurance does not cover pre-existing injuries and is for accidents only. The cost of insurance is included in the registration fee.

Camp Eligibility

This camp is open to male and female student-athletes entering grades 9-12 in the fall of 2011.

Schedule

Friday, July 29th

- 8:00-9:00am: Check In
- 9:00 – 11:30am Event Session
- 11:30-1:00pm Lunch Break
- 1:00pm – 3:30pm Event Session
- 3:30pm-4:00 Break
- 4:00-5:30pm Event Session
- 5:30-6:00pm Check Out

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Warhawk Track and Field Clinic • July 29, 2011 8AM-6PM

Name _____ School _____

Address _____ City _____ State _____ Zip _____

Day/Cell Phone _____ Home Phone _____

Gender: M F Grade (Fall '11) _____ Date of Birth _____ Email _____

Special needs/comments _____

How did you hear about this clinic: Attended Previously Advertising Website School Other

Please Check All That Apply:

Throws: Shot Discus Jumps: Long Triple High Pole Vault

Sprints: 100 200 400 100/110 Hurdles 300/400 Hurdles

Camp Fee: \$100.00 Camp T-Shirt (Adult Sizes): S M L XL XXL

\$ _____ Amount enclosed. Make check payable to UW-Whitewater or pay by MasterCard or Visa.

Card Number _____ Exp. Date _____ Cardholder Name _____

REGISTER ONLINE: <http://camps.uww.edu>

REGISTER BY MAIL: Warhawk Track and Field, UW-Whitewater, Roseman Building Room 2005, 800 West Main St., Whitewater, WI 53190

REGISTER BY FAX: 262-472-5241 QUESTIONS: cesevents@uww.edu or 1-800-622-0350

REGISTER BY PHONE (using MasterCard or Visa): 262-472-3165 or 1-800-622-0350 (Mondays-Fridays, 7:45 a.m.-4:15 p.m.)

I understand that the University may take photographs and/or video of event participants and activities. I agree that the University of Wisconsin-Whitewater shall be the owner of and may use such photographs and/or videos relating to the promotion of future events. I relinquish all rights that I may claim in relation to use of said photographs and/or videos.

Signature of Parent or Guardian _____ Date _____