

The UW-La Crosse Track & Field clinics offer a co-ed learning opportunity. The experience is based on the improvement of technique, training methods and in-depth knowledge of the event(s). A nationally recognized staff of clinicians offer years of coaching experience to sharpen skill sets. From fundamentals to biomechanics, weight room to nutrition, our staff will help athletes understand how to be the best they can be.

These clinics are open to all high school students. Coaches are also welcome.

WAIVER: Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. By signing this form I agree to hold harmless and indemnify UW-La Crosse, their officers, agents, and employees from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be performed by a physician on my dependent if I cannot be reached in the event of an emergency.

Parent's/Guardian Signature

Date

Please complete other side of form before submitting.

# UW-L EAGLE ATHLETICS

19 NCAA Division III Sports

**600** Student-Athletes

**62** National Championships

**365** Conference Championships

**194** Individual National Champions

2,317 All-America Honors

69 CoSIDA Academic All-Americans

3.187 Cumulative GPA in 2012-13

200 Community Service Hours Per Team



WWW.UWLCAMPS.COM
OR
CAMPS OFFICE AT 608.785.8193
athleticcamps@uwlax.edu



**UW-La Crosse Athletics** 

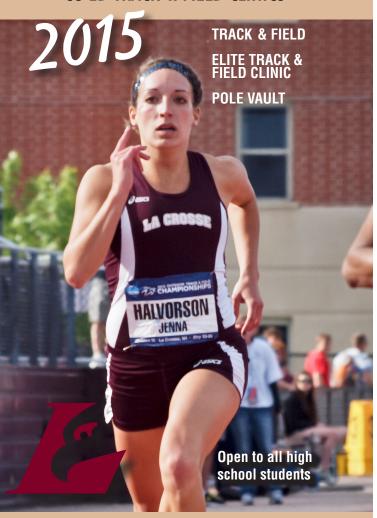


UW-La Crosse is an affirmative action and equal opportunity employer and is in compliance with Title IX and section 504. Advise us at the time of registration if you desire special accommodations. Requests will be kept confidential.

## UNIVERSITY OF WISCONSIN-LA CROSSE

## **INTERCOLLEGIATE ATHLETICS**

**CO-ED TRACK & FIELD CLINICS** 



SUNDAYS - MARCH 1, 8, 22

WWW.UWLCAMPS.COM

**BUILDING CHAMPIONS.** 

In Sport. In School. In Life.

# **UW-L TRACK & FIELD CLINICS**

#### MITCHELL HALL FIELDHOUSE ON THE UW-L CAMPUS

#### TRACK & FIELD CLINIC MARCH 1, 2015

This is a developmental clinic to help you become a better athlete or coach and is designed to teach progressions, offer constructive criticism and give you the assistance in workout development for all track and field events (except pole vault).

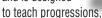
Session 1: 9 a.m.-Noon Lunch: Noon-1 p.m. Session 2: 1-4 p.m.

#### Registration Fees:

\$50 received before Feb. 20 \$75 received after Feb 20

#### **POLE VAULT CLINIC** MARCH 8, 2015

This is a developmental clinic to help you become a better vaulter or coach and is designed



offer constructive criticism and give you the assistance in workout development.

Clinic runs 9 a.m.-4 p.m. with lunch provided.

#### Registration Fees:

\$50 received before Feb. 27 \$75 received after Feb. 27

#### **ELITE TRACK & FIELD CLINIC\*** MARCH 22, 2015

This high level clinic is specifically designed for elite high school athletes looking to compete at the highest level possible, and receive detailed and specific instruction.

- Limited to first 8 campers in each area
- Camper to instructor ratio of 2:1
- Customized feedback on technique to each athlete

Other topics covered include:

- Video review
- Sport psychology
- Strength training
- Goal setting
- Rules
- Warm-up/Cool-
- Strategy nutrition
- down strategies

An atmosphere of growth and development is the goal with each participant. This clinic includes instruction in:

- Sprints/Hurdles
- High Jump/Long Jump/Triple Jump
- Shot Put/Discus
- Pole Vault

Session 1: 9 a.m.-Noon Lunch: Noon-1 p.m. Session 2: 1-4 p.m.

#### Registration Fees:

\$100 received before March 13 \$125 received between March 14-20 Registation is NOT available day of clinic

\*This clinic does not include distance events. Participants will only be able to select ONE event/ aroup.



#### REGISTRATION PROCEDURES

To secure a spot in the clinic, please complete the enclosed registration form, and return with payment to the address provided on the form. You can also register online at www. uwlcamps.com. The cost for the clinic and registration deadlines are listed in the clinic description.

Fees include all instruction, t-shirt and lunch. No refunds will be provided, unless participant can provide written doctors excuse.

#### Check-in is 8-9 a.m. at the Mitchell Hall Fieldhouse on the UW-La Crosse campus.

Registration confirmation will be sent via email only, so please provide a valid email address on the registration form.

# WHAT TO BRING/WEAR

- Indoor workout clothes
- Lock for your locker
- Pole vault poles
- Indoor Shots and Discus
- Training shoes & event shoes (1/4 inch pyramid spikes will be allowed, no spikes in high jump shoes)



# **CAMP STAFF**

Josh Buchholtz Head Men's Track & Field Coach

Head Men's & Women's Cross Country Coach Derek Stanley

Assistant Track & Field Coach

Phil Whitesitt Associate Men's Track & Field Head Coach

Doug Geiwitz Men's & Women's Pole Vault Coach Shane Illstrup **Assistant Coach** Nick Kohl **Assistant Coach** 

Katie Wagner Assistant Woman's Track & Field Coach

\*UW-L student-athletes, both male and female, will also be serving as clinicians to ensure the highest quality individual instruction.

## **Registration form:** Please print clearly 2015 TRACK & FIELD CLINICS

	Participant's Full Name		Adult T-shirt size (circle o			cle one):		
	Current Grade Age	M F Gender	S	M	L	XL	XXL	
	Parent's/Guardian Name							
	Address							
	City/State/Zip							
	Cell Phone Work Phone							
	Email — necessary for confirmation and camp communication							
	Special needs for participant(s)							
Ī	Camp Sessions Attending (Check		ply):					
	Track & Field* Sunday, March 1 \$50 received before Feb. 20; \$75 received after Feb. 20							
	Pole Vault Sunday, March 8 \$50 received before Feb. 27; \$75 received after Feb. 27							
	Elite Track & Field* Sunday,	March 22						
	\$100 received before March 13 Registation is NOT available da	Field* Sunday, March 22 d before March 13; \$125 received between March 14-20 s NOT available day of clinic						
	*I wish to participate in: (Check only or	ne event)						
	High Jump Sho		H			/!l-	hla -4	
	Long Jump		P			ic onl		
	Amount End	closed: \$_			-			
	Check enclosed, made payable to UW-La Crosse							
	Detach completed form and send with payment to:							
		UW-La Crosse Athletic Camps & Clinics 132 Mitchell Hall						
	132 Mitchell Ha 1725 State, St.	dli						
	La Crosse, WI	54601						

### **REGISTER ONLINE FOR YOUR CONVENIENCE!** Register online at: www.uwlcamps.com

Full registration can be taken online with your credit card. Online registration is provided by MyOnlineCamps. Online service charges apply and are NOT refundable by UW-La Crosse. Full payment of \$100 is required with fully completed registration for both mail and online registration.

Please complete other side of form before submitting.

WWW.UWLCAMPS.COM