



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



@UWLATHLETICS

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

2015

TRACK & FIELD
ELITE TRACK &
FIELD CLINIC
POLE VAULT



Open to all high school students

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 to teach progressions, 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
- Strength training
- Rules
- Strategy nutrition
- Sport psychology
- Goal setting
- Warm-up/Cool-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

Registration is NOT available day of clinic

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



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)

Registration form: Please print clearly 2015 TRACK & FIELD CLINICS

Participant's Full Name _____ Adult T-shirt size (circle one):
Current Grade _____ Age _____ M F S M L XL XXL
Gender _____
Parent's/Guardian Name _____
Address _____
City/State/Zip _____
Cell Phone _____ Work Phone _____
Email — necessary for confirmation and camp communication _____

Special needs for participant(s) _____

Camp Sessions Attending (Check all that apply):

_____ **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; \$125 received between March 14-20
Registration is NOT available day of clinic

*I wish to participate in: (Check only one event)

_____ High Jump _____ Shot Put _____ Hurdles
_____ Long Jump _____ Discus _____ Pole Vault (available at
_____ Triple Jump _____ Sprints _____ Elite clinic only)

Amount Enclosed: \$ _____

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
1725 State. St.
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

CAMP STAFF

Josh Buchholtz Head Men's Track & Field Coach
Derek Stanley Head Men's & Women's Cross Country Coach
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.