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 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 15, 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

An atmosphere of growth and development is the goal with each participant. This clinic includes instruction in:
- Video review
- Sport psychology
- Strength training
- Goal setting
- Rules
- Warm-up/Cool-down strategies

Other topics covered include:

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

**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.uwlamps.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 Shorts and Discus
- Training shoes & event shoes (1/4 inch pyramid spikes will be allowed, no spikes in high jump shoes)

**WHAT TO BRING/WEAR**

- Indoor workout clothes
- Lock for your locker
- Pole vault poles
- Indoor Shorts 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
Derek Stanley  Head Men's & Women's Cross Country Coach
Phil Whitesitt  Associate Men's Track & Field Coach
Doug Geiwitz  Men's & Women's Pole Vault Coach

Shane Illstrup  Assistant Coach
Nick Kohl  Assistant Coach
Katie Wagner  Assistant Women'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.