



WAYNE STATE COLLEGE TRACK & FIELD CAMP



Open to Athletes: HS Athletes Grade 9 – 12
SAT. FEBRUARY 16, 2019

WAYNE STATE COLLEGE
INDOOR TRACK - WSC RECREATION CENTER

\$50 IN ADVANCE (RECEIVED BY FEB. 12) / \$75 LATE OR AT THE DOOR

*** CHECKS ONLY – CASH NOT ACCEPTED ***

COACHES ARE INVITED TO ATTEND AT A COST OF \$20 PER SESSION

Name _____ Age ____ Date of Birth _____ Grad Year _____
 Address _____ City _____ State _____ Zip _____
 Phone # _____ Cell Phone _____ Email _____
 High School _____ Height _____ Weight _____ Best Mark _____

Please register online @ www.wsctrackcamps or mail registration & waiver, along with CHECK to:

____ February 16 Session @ 8:30 a.m.

WSC TRACK CAMPS

Attn: Athletic Business Manager
Wayne State College

1111 Main Street Wayne, NE 68787

Please make checks payable to: **Wayne State College**

Check # _____

CAMP RELEASE FORM

I do hereby release the Board of Trustees of the Nebraska State Colleges, Wayne State College, the WSC Athletic Camp and all its trustees, officers, administrators, agents, employees and camp personnel from all liability, including claims or suits in law or equity related to any bodily injury (including but not limited to) loss of life, accident, or loss (personal property or other).

Furthermore, I realize the risks involved as a camp participant and I understand that I am responsible to pay, or otherwise cover through my insurance, any medical or hospital expenses, doctor bills or other expenses which could be incurred as a result of treatment given for illness or injury incurred while attending or subsequent to attending the WSC Athletic Camp.

I hereby authorize the staff of Wayne State College and the WSC Athletic Camp to act for me according to their best judgment in any emergency requiring medical attention. I understand if my child presents concussion-like symptoms during an evaluation from a Certified Athletic Trainer at a WSC Athletic Camp, he/she will no longer be allowed to participate at camp. As a parent/guardian I must make arrangements to remove my child from camp as soon as I have been notified of my child's condition.

I further give my permission for Wayne State College and the WSC Athletic Camp to use, for publicity or advertising purposes, any photographs taken of me at the camp.

Participant

Date

Parent/Guardian (required for all participants)

Date

COACHES

MARLON BRINK – WAYNE STATE COLLEGE – Camp Director – 402-375-7507 or mabrink1@wsc.edu

CAMP COACHES ARE WSC TRACK & FIELD COACHES:

- BRETT SUCKSTORF (THROWS)
- TRAVIS KAMM (SPRINTS/HURDLES/JUMPS)
- JAMES BOWLIN (MIDDLE DISTANCE/DISTANCE)
- WSC Athletes will assist all camp athletes.

CAMP OBJECTIVES

- **Increase knowledge of event and technique**
- **Teach athletes new drills to enhance ability**
- **Practice skills with individual coaching**
- **Get a head start on the track season!**

CAMP SCHEDULE

- 8:00 - 8:30 LATE REGISTRATION / CHECK-IN
- 8:30 - 8:50 WARM-UP – SPLIT INTO GROUPS

SPRINTS/HURDLES/JUMPS

- 9:00am- Warm-up drills/Sprint Mechanics
- 10:00 am- A)Sprints B) Hurdles C) Long Jump D) High Jump
- 11:00 am- A) Sprints/Blocks B) Triple Jump C) High Jump D) Aux. Speed Training Drills
- 12:00 pm – Lunch at Cafeteria w/Coaches & Athletes

THROWS

- 9:00 am- A) SHOT PUT B) DISCUS
- 10:00 am – A) SHOT PUT II B) DISCUS II
- 11:00 am- HAMMER/WEIGHT THROW INTRO
- 12:00 pm – Lunch at Cafeteria w/Coaches & Athletes

MID-DISTANCE/DISTANCE

- 9:00 am – Warm-up and Training – Easy run and interval session
- 10:00 am – RACE STRATEGIES – 800-1600-3200
- 11:00 am- WEIGHT TRAINING / CORE & AUXILLIARY TRAINING
- 12:00 pm – Lunch at Cafeteria w/ Coaches & Athletes