

Hillsdale College
"RISING STARS"
Track & Field Camp

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone #: _____

Email Address: _____

School: _____

Grade in Fall 2009: _____ Age: _____

Event Areas, please check only one.

- Sprints/Hurdles Long Jump/Triple Jump
 Throws High Jump
 Pole Vault

Fees

Select one

- Resident • \$300 Commuter • \$200
 If paying after July 1st, additional late fee of \$25.

Total Enclosed: \$ _____

Adult T-Shirt Size

Check One: XXL XL L M S

Roommate Preference:

Make checks payable & send to:
Hillsdale Track & Field
c/o Andrew Towne
201 Oak St.; Hillsdale, MI 49242

Camp Director

Hillsdale Head Coach

Bill Lundberg



Hillsdale Assistant Coaches

Jeff Forino – Throws/Jumps

USATF Level II Certified



Andy Towne – Sprints/Hurdles

USATF Level II Certified



Hillsdale College
"RISING STARS"
Track & Field Camp

July 12th-16th

Ken Herrick Outdoor Track Complex

Specialty Instruction In:

Sprints/Hurdles

Long Jump/Triple Jump

Throws

High Jump

Pole Vault

APPLICATION INSIDE!

H

About the Camp

The **"RISING STARS"** Track & Field Camp is intended for athletes age 12-18.

Each camper will be exposed to state-of-the-art training, as our knowledgeable staff uses a combination of demonstrations, exercises and training theory to enhance their performance. In addition, video analysis will be used to provide an unsurpassed individual experience.

Furthermore, flexibility and weight training sessions will provide a comprehensive package of the latest methods necessary to become a better track & field athlete.

Sample Daily Schedule

8:00am	Wake-Up
8:30am	Breakfast
10:00am	Morning Training Session
12:00pm	Lunch
2:00pm	Lecture
3:00pm	Afternoon Training Session
5:00pm	Dinner
7:00pm	Group Activity

H

Equipment

Each camper should wear comfortable work-out clothing for each camp session. Additionally, campers should bring their own event shoes or spikes. We also recommend bringing your own pole vault poles and throwing equipment. Please be sure to properly mark your equipment, so that it can be easily identified.

H

Cost and Registration

Cost

The cost is **\$300 for Residents, and \$200 for Commuters.** These fees cover instruction, all meals (B/L/D), and a camp T-shirt. **An additional late fee of \$25 will be charged if payment is not received by July 1st.**

Cancellations and Refunds: There will be no refunds.

Registration Procedure

- 1) Complete and return the attached **"Registration Form" prior to July 1st, 2009. You must also complete and return the Parent/Guardian Consent Form and Release of Liability Agreement Form (→)**
- 2) Include checks payable to: **Hillsdale Track & Field.**
- 3) A confirmation letter will be sent to you after the registration form is received by our office. Our letter will include all basic details, including: directions and camp schedule.

Note: All forms must be completed in full and be in our office prior to the start of camp.

Check-In/Check-Out

Check-In will take place in the Sports Complex from 4:00pm-5:00pm on Sunday afternoon. Check-out will take place following the end of camp (Thursday @ 1:00pm).

Housing and Meals

Campers and Counselors will be housed in on-campus dormitories (genders separate). Roommate preferences should be indicated on the Registration Form. All meals will be served in the Grewcock Student Union.

Release of All Claims & Liability

The undersigned, as parent and/or guardian for the minor referred to below, hereby releases and forever discharges Hillsdale College (Hillsdale), its officers, representatives, coaches, sponsors, employees, and agents from any and all liability, claims, demands, damages, actions or causes of action arising from or by reason of resulting from or arising out of any accident or occurrences during or in connection with Hillsdale College's Track/CC Camp, whether or not such injury, death, damage, or destruction is caused, or alleged to be caused by the negligence, active, or passive of Hillsdale, its officers, representatives, coaches, sponsors, employees, and agents.

The release is given in consideration of and as a condition of Hillsdale College permitting the minor referred to below to participate in The Hillsdale College Track/CC Camp.

I HAVE READ THIS DOCUMENT. I UNDERSTAND IT AS A RELEASE OF ALL CLAIMS. I UNDERSTAND AND I ASSUME ALL RISK INHERENT IN THE T&F/CC CAMP. I VOLUNTARILY SIGN MY NAME EVIDENCING MY ACCEPTANCE OF THE ABOVE PROVISIONS.

DATE: _____

NAME OF MINOR/PARTICIPANT: _____

SIGNATURE OF PARENT OR GUARDIAN: _____

EMERGENCY PHONE NUMBER: _____