

## Registration Form

July 19-23, 2009

- Resident (\$450)       Commuter (\$350)
- Team Rate (\$25 discount per camper if 5 or more campers from same school)

Camper's Name \_\_\_\_\_

Male     Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

EMAIL: \_\_\_\_\_

EVENT(S) \_\_\_\_\_

Grade in school for Fall 2009 \_\_\_\_\_

School \_\_\_\_\_

Coach \_\_\_\_\_

T-shirt size:    S      M      L      XL      XXL

Roommate preference \_\_\_\_\_

Parent Signature \_\_\_\_\_

A non-refundable deposit of \$100 must accompany this form. Upon receipt of your deposit, you will be sent a health form and other information. Enrollment is limited, so please register early.

Please make checks payable to:

**Kevin Donner**  
Bucknell University  
Athletics Department  
Lewisburg, PA 17837  
(570)577-1482  
kdonner@bucknell.edu

## CAMP DIRECTOR

**Kevin Donner**, Head Track & Field/Cross Country Coach, 25 Years Coaching - 8 at Bucknell University. Coached a total of 19 conference championship teams. Coaching responsibilities: Cross country, middle and long distance. Has coached many national qualifiers in cross country.

Camp Staff will include coaches in all events: throws, jumps, sprints, hurdles, and distance running. Prior camps have included collegiate coaches from many universities including Susquehanna University, Duquesne University, Saint Francis University, Colgate University, Wagner University, University of Detroit, University of New Mexico and University of Tulsa. Several high school coaches are also on staff. Bucknell University Track & Field/Cross Country student-athletes will also serve as counselors.

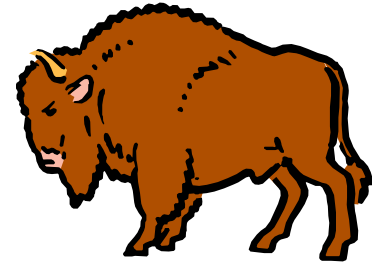
A certified athletics trainer and camp physician will also be on staff for any campers who need medical assistance.



**Last year's camp featured a talk by 2008 Olympic Marathoner Brian Sell. Coach Donner was Brian's coach at Saint Francis University.**

# 2009 BISON

**Co-Ed Track & Field  
and Cross Country  
Camp**



**Held on the campus of  
BUCKNELL  
UNIVERSITY**

**Sunday, July 19—  
Thursday, July 23**



**Christy Mathewson Memorial Stadium  
Home of the Bucknell Bison**

## **BISON TRACK & FIELD/CROSS COUNTRY CAMP**

The Bison Track & Field and Cross Country Camp is designed to educate athletes in all areas of training and competing. Each participant will learn the physiology, psychology, and biomechanical aspects of training specific to their event. Coaches from all areas will be on staff to provide individualized instruction. Our goals for each camper are to learn from the staff, increase their passion for cross country and track & field, and grow from their new friendships.

### **WHO SHOULD ATTEND**

Boys and girls entering 7th through 12th grades in the Fall of 2009 who are interested in learning more about training, preparation, and competition in track and field and cross country.

### **ROOMMATE PREFERENCE**

All dorm rooms are double capacity, so campers may indicate one roommate preference. Please make sure you choose the same roommate who chooses you. If you have no preference, you will be housed with someone of your own age and event discipline.

### **ATTENTION POLE VAULTERS**

We will need a minimum of 5 pole vaulters to run the pole vault section of the camp. Please note that we are limiting the number of vaulters to 10, so if you are interested, please register early. Also, all vaulters must bring their own pole(s).

### **CHECK-IN AND CHECK-OUT**

#### **Check-in**

**Sunday, July 19 from 1:00 – 3:00pm**

#### **Check-out**

**Thursday, July 23 from 10:00am—Noon**

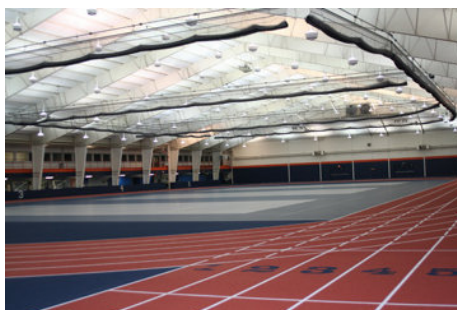
### **Sample Daily Itinerary**

7:30- 8:15am	Breakfast
8:30am	Guest speaker
9:30am	Rotations/Workouts
12:00pm	LUNCH
1:00pm	Rest and relaxation
2:00pm	Guest speaker
3:15pm	Rotations/Workout
5:30pm	Dinner
6:45pm	Video
8:00pm	Free swim
9:30pm	Dorm curfew
11:00pm	Lights out

Notes: This is a teaching camp, so we will not do more than two workouts per day. Rotations will include weight lifting, stretching, nutrition, strategy, training logs, etc.

### **TRAIL RUNNING**

Distance runners will be taken off campus several times for trail running in scenic RB Winter State Park and the Montour Preserve. R. B. Winter State Park covers 695 acres. Located within Bald Eagle State Forest, it lies in a shallow basin surrounded by rocky ridges covered with an oak and pine forest. The focal point of the park is Halfway Lake which is filled by spring-fed mountain streams and contained by a hand-laid, native sandstone dam.



*Gerhard Fieldhouse Indoor Track was re-surfaced in August 2008*

### **Individualized Instruction**

- At the Bison Cross Country and Track & Field Camp, you will receive plenty of one-on-one attention with caring, knowledgeable, and highly successful coaches and athletes.
- Event-specific instruction - we have coaches and athletes from all event groups who will provide focused instruction including daily video analysis.
- Camper to counselor ratio of 5 to 1.

### **Location and Facilities**

- The camp is located on the 300 acre campus of Bucknell University in Lewisburg, PA in the heart of the beautiful Susquehanna River Valley. Bucknell's campus is located adjacent to US Route 15, just 6 miles south of Interstate 80 and 55 miles north of Harrisburg, PA.
- Bucknell's facilities include an 8-lane outdoor track with new jumping and throwing areas, a fieldhouse which includes a 200 meter indoor track, jumping and throwing areas, a 100 meter straightaway, and basketball, tennis, and racquetball courts.
- Additional facilities include a state of the art fitness center, Olympic size swimming pool, weight room facilities, and an athletic training facility.
- Campers will be housed in air-conditioned dormitories on campus which will be monitored 24 hours a day by camp staff.