

WHAT TO EXPECT

- One on one attention with caring, knowledgeable and highly successful coaches and athletes
- This is a teaching camp
- This is an event specific camp [meaning we will focus on your event area]
- Daily video analysis
- To have a lot of fun

WHAT YOU WILL LEARN

- Proper technique in selected event area
- How to train for your event(s)
- Weight Lifting
- Competition strategy
- Nutrition
- Injury prevention
- ... and much more



FACILITIES

- State-of-the-art 8-lane outdoor track
 - including new jumping and throwing areas
- State-of-the-art field house
 - including a 200-meter indoor track, jumping and throwing areas, a 100-meter straightaway, basketball, tennis and racquetball courts
- Air-conditioned dorms
- State-of-the-art fitness center
 - including an Olympic size swimming pool, weight room facilities, bikes, treadmills, stair steppers, and a 4000-seat basketball arena

CAMP ALSO INCLUDES

- Injury prevention, nutrition and proper footwear talks by team physician (Dr. Dan Davis)
- Age and ability grouping
- Certified athletic trainer on staff
- Small campus convenience - short walk between dorm, cafeteria and all track facilities.

WHO SHOULD ATTEND

- Boys and Girls going into 8th to 12th grade
- Those willing to be positive
- Those willing to behave
- Those willing to have fun

LOCATION & HOUSING

The camp is located on the beautiful 400-acre campus of Bucknell University in Lewisburg, PA in the heart of the Susquehanna River Valley. Bucknell is 7 miles south of Interstate 80 on US Route 15 and is 55 miles north of Harrisburg. Campers will be housed in dormitories on Bucknell's campus. Boys and girls will be housed away from each other and the dorms will be monitored day and night by the camp staff.

ROOMMATE PREFERENCE

Campers may indicate one roommate preference. Please make sure you choose the same roommate who chooses you. The rooms house two people. We will do our best to make sure you have your requested roommate, but we cannot guarantee your request. If there is no preference, campers will be housed with someone their own age and event discipline.

SAMPLE DAILY ITINERARY

7:30 AM - 8:15 AM	Breakfast
8:30 AM	Guest Speaker or Dr. Dan
9:45 AM	*Rotations
10:30 AM	@Workout or Video
12:00 - 1:00 PM	Lunch
1:00 - 1:45 PM	Rest and Relaxation
2:00 PM	Guest Speaker or Dr. Dan
3:15 PM	*Rotations
4:00 PM	@Workout or Video
5:30 - 6:30 PM	Dinner
6:45 PM	@Workout or Video
8:00 - 9:00 PM	Free Swim
9:15 PM	Must be in the dorm
11:00 PM	LIGHTS OUT!

*Rotations - weight lifting, stretching, nutrition, strategy, training logs, etc.

@We will not do more than 2 workouts in a day - this is a teaching camp.

ATTENTION POLE VAULTERS!

We will need a minimum of 5 pole vaulters to run the pole vault section of the camp. Also, we are looking for maximum of 15 pole vaulters. To guarantee your spot, please register early.

All pole vaulters must bring their own pole(s).

Dear Parents and Campers,

Our staff is committed to providing a safe and friendly environment, which is conducive to a positive learning experience. Campers will be taught one-on-one by some of the most passionate, caring and successful coaches and athletes in the country. The camp is organized to provide those boys and girls who would truly like to learn more about their sport. We have amazing facilities and I guarantee that you will not find a better camp to learn and have fun. If you have questions, please do not hesitate to contact me.



"The Bison Boys' and Girls' Track & Field and Cross Country Camp gives athletes of all abilities a terrific experience. Interesting instruction, individual attention, and a well-organized program from a friendly staff help athletes prepare for the coming season. The vast facilities, the social experience, even the food, in the Bucknell University setting, all add to a great camp."

-- JOHN MUNDY, Holy Ghost Prep High School

CHECK-IN

Sunday, July 24
11:00 AM - 1:00 PM

CHECK-OUT

Thursday, July 28
1:00 PM - 5:00 PM

REGISTRATION

July 24-28

___Resident ___Commuter
\$395 \$280

[All meals are included for all campers.]

TEAM RATE

\$25 discount per camper if 5 or more campers are sent in at the same time.

(Please print)

Camper's Name _____

Male Female

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age _____

Home Phone (____) _____

Email _____

Class in school as of Fall of 2005 _____

School _____

Coach's Name _____

Event(s) _____

T-Shirt size: S M L XL XXL

Roommate Preference _____
[please refer to inside panel]

Parent's Signature _____

A non-refundable deposit of \$50 must accompany this form. Upon your camp deposit you will be sent a health form, a list of what to bring to camp, where to report and other pertinent information. **Please register early.**

Please make checks payable to:

JOE KLIM

Athletic Department

Bucknell University

Lewisburg, PA 17837

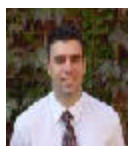
(570) 577-3058 [office]; (570) 490-5739 [evenings]

klim@bucknell.edu

COACHES - You are also welcome to join your team or come by yourself at a cost of \$200. I know you, too, could learn from our staff. Please call if interested.

CAMP STAFF

JOE KLIM, Camp Director



Associate Head Track & Field /
Cross Country Coach

15 Years Coaching-9 seasons at Bucknell University. Coached a total of 22 conference championship teams, 18 with Bucknell.

Main coaching responsibilities: 100-800, Relays, Hurdles and Multi-Events. Has

coached school record holders in every event area along with national qualifiers in nine different events.

KEVIN DONNER



Head Track & Field/Cross Country Coach
21 Years Coaching-4 seasons at Bucknell University. Coached a total of 14 conference championship teams, 6 with Bucknell.

Main coaching responsibilities: Cross Country, Middle and Long Distance. Has coached many national qualifiers in cross country.

BOB SCHANBACHER



Assistant Track & Field Coach

32 Years Coaching-14 seasons at Bucknell University. Coached a total of 36 conference championship teams, 22 with Bucknell.

Main coaching responsibilities: Shot Put, Discus, Javelin and Hammer. Has coached school record holders in every event responsibility and in 2004 coached nationally ranked women's hammer thrower.

MARIO WILSON



Assistant Track & Field Coach

8 Years Coaching - 3 seasons at Bucknell University. Coached a total of 7 conference championship teams, 3 with Bucknell.

Main coaching responsibilities: Pole Vault, Long, Triple and High Jump. Has coached many school record holders and in 2004 coached nationally ranked women's pole vaulter.

DR. DANIEL DAVIS

Doctor of Podiatry, Orthopedics & Sports Medicine

Board certified podiatric, orthopedic and sports medicine surgery. On the Board of Directors of The American Podiatric Medical Association. Past president of Connecticut Podiatric Medical Association. Has been working with Bucknell athletes for the past 22 years and has lectured at the Bison Camp the last 20 years. Also, Dr. Davis was Bucknell's first-ever cross country All-American.

Besides those mentioned above there are many more extraordinary college and HS coaches.

2005 BISON Boys & Girls TRACK & FIELD & CROSS COUNTRY CAMP



on the campus of
Bucknell University
Lewisburg, PA

*"Wonderful Staff
and Facilities"*

July 24-28

THIS CAMP IS 6 CAMPS in 1:

Sprints and Relays

Hurdles

Mid-Distance and Distance

Jumps

Pole Vault

Throws

*You may choose to do
more than one event area.*