

Registration Form

July 23-27, 2006

- Resident (\$400) Commuter (\$300)
 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 (____) _____

E-mail address: _____

Grade in school for Fall 2006 _____

School _____

Coach _____

Event(s) _____

T-shirt size: S M L XL XXL

Roommate preference _____

Parent Signature _____

A non-refundable deposit of \$50 must accompany this form. Upon receipt of your deposit, you will be sent a health form, a list of what to bring to camp, where to report, and other information. Enrollment is limited, so please register early.

Please make checks payable to:

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

COACHES: You are also welcome to attend at a cost of only \$200. Please call if interested.

CAMP STAFF



Kevin Donner, Camp Director

Head Track & Field/Cross Country Coach
22 Years Coaching - 5 at Bucknell University
Coached a total of 16 conference championship teams

Coaching responsibilities: Cross country, middle and long distance. Has coached many national qualifiers in cross country.



Mario Wilson, Camp Director

Assistant Track & Field Coach
9 Years Coaching - 4 at Bucknell University
Coached a total of 9 conference championship teams, 5 with Bucknell.

Coaching responsibilities: Pole vault, long jump, triple jump, and high jump. Has coached a nationally ranked pole vaulter and many school record holders.



Bob Schanbacher

Assistant Track & Field Coach
33 years coaching - 15 at Bucknell University
Coached a total of 38 conference championship teams, 24 with Bucknell.

Coaching responsibilities: Shot put, discus, javelin, and hammer. Coached school record holders and a nationally ranked women's hammer thrower.



Danielle Hobson

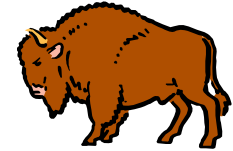
Assistant Track & Field Coach
3 years coaching - 2 at Army, 1 at Bucknell
Coached a total of 2 conference championship teams at Army.

Coaching responsibilities: Sprints and hurdles. Placed 14th at the 2003 USATF Championships in the 400m hurdles and earned a spot at the 2004 Olympic Trials.

Dr. Dan Davis, Camp Physician

Doctor of Podiatry, Orthopedics, and Sports Medicine. A Bucknell graduate, Dr. Davis was also Bucknell's first ever cross country All-American.

2006 BISON Co-Ed Cross Country/Track & Field Camp



Held on the campus of **BUCKNELL UNIVERSITY**

Sunday, July 23— Thursday, July 27, 2006



BISON TRACK & FIELD and 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 events. Our goal for each camper is to learn from the staff, increase their passion for track and field, and grow from their new friendships.

WHO SHOULD ATTEND

Boys and girls entering 7th through 12th grades in the Fall of 2006 who are interested in learning more about training, preparation, and competition in track and field.

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.

CHECK-IN AND CHECK-OUT

Check-in

Sunday, July 23 from 11:00am –1:00pm

Check-out

Thursday, July 28 from 1:00-5:00pm



Sample Daily Itinerary

7:30- 8:15am	Breakfast
8:30am	Guest speaker
9:30am	Rotations
10:30am	Workouts
12:00pm	LUNCH
1:00pm	Rest and relaxation
2:00pm	Guest speaker
3:15pm	Rotations
4:00pm	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.

Guest speakers will give talks on injury prevention, nutrition, proper footwear, and motivation.

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 15, so if you are interested, please register early. Also, all vaulters must bring their own pole(s).

ADDITIONAL CAMP STAFF

Bucknell Track & Field student-athletes will be here as counselors. We will also have additional college and high school coaches on staff.

Individualized Instruction

- At the Bison Track and 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.