

“Train the Laker Way”

Camp Goal

The GVSU Track & Field Camp will improve your training habits and techniques in whatever event you participate in:

Sprints - Hurdles– Throws-Jumps

Camp Fees

Resident: \$225 (includes Room and Board, instruction, T-shirt)

Commuter: \$165 (T-shirt, Meals, and instruction included)

Team Rate: Any group that has 8 or more members attend camp, with registration sent in together, will receive \$10 off regular camp price per camper.

Special Camp Features

- ◆ Technique Sessions with the camps staff
- ◆ Video Analysis
- ◆ Drills, Warm Ups, Cool Downs
- ◆ Weightlifting
- ◆ Prizes
- ◆ Nutrition
- ◆ Stretching Activities
- ◆ Fun

Contact Jason Prowant at prowanja@gvsu.edu or by phone at 616.331.3360 with questions.



Grand Valley Track & Field Camp
1 Campus Dr. FH 97
Allendale, MI 49401



2006 Grand Valley Track & Field Camp



2006

Grand Valley State University

Track & Field Camp

7th - 12th grades & Teams



Sprints, Jumps, Throws, Hurdles

June 27th-29th, 2006

Questions? Contact: Jason Prowant
(616) 331-3360
prowanja@gvsu.edu

Camp Staff

Ray Williams is the camp director for the 2006 Grand Valley State track and field camp. Williams brings knowledge and expertise of both athletic and coaching experience. While at North Central college, Williams was an all American in the hurdles and helped his team win an NCAA championship. He has had 8 years of successful coaching experience at the collegiate level along with his many accolades as an athlete. Williams is currently the sprints, jumps, and hurdles coach at Grand Valley State. In his first year at the helm Williams had several national qualifiers and all American performances which were highlighted by the men's 4 x 400 relay taking home an all American and school record finish. Prior to GVSU, Williams guided a 3 time NCAA all American and 2 NCAA national qualifiers.

Other camp staff will include Grand Valley State University assistant coaches and top level track coaches from throughout the Midwest. Current and former GVSU college athletes will also be sharing their knowledge and experience with the campers in order to have the athlete reach their full potential on the track.

Housing and Meals

Campers, Counselors, and staff members will be housed in one of Grand Valley's suite style living centers. Rooms are for double occupancy and each camper will receive a roommate unless the camp is notified of a roommate request on the registration form. Meals are provided and are well balanced and nutritious.



The 2006 Grand Valley State Track & Field camp is bringing together some of the top technical coaches in the country in order to make you a better athlete. If you are looking to reach your potential on the track and want to have fun this summer, make sure to attend the GVSU Track & Field Camp.

Register Early - Camp is limited to 60 participants, so send in your registration today!
Registration ends on June 21st.

Confirmation Letter: Upon registering a confirmation letter will be sent to you with all the necessary information enclosed for you to have a great camp.

Check In: June 27th, 1-2 P.M.
Check Out: June 29th, Noon - 1 P.M

What to Bring

- Athletic apparel for working out
- Casual clothes
- Swim suits
- Bed Linens
- Towels
- Toiletries
- Pillow
- Sun Block

Let our knowledgeable and experienced staff teach and refine your skills in order for you to become the BEST YOU CAN BE!!!

Track & Field Camp Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Sex: M / F Grade: _____

School: _____

Parents Name: _____

T - Shirt Size: S M L XL

Home Number: _____

Emergency Contact: _____

Emergency Number: _____

Insurance Company: _____

Policy Number: _____

E-mail Address: _____

Event Focus: _____

Medical and Insurance info due by first clinic

Medical forms at:

<http://gvsulakers.collegesports.com/>

Completed form & \$50 non refundable security deposit check to:

Track Office

1 Campus Dr. FH 97

Allendale, MI 49401

Checks Payable to Grand Valley Track & Field