

Guest lecture

The Grand Valley State University Track and Field Camp has a variety of special guest speakers every summer. Past speakers have featured: Ryan Cole (Arizona State), Mandi Zemba (New Balance), Tony Bonacci (Eastern Michigan).

Cost/Registration

This camp is limited to male and female students entering the **7th Grade through freshman year of college.**

CHECK IN: June 13, 2010 at 1:00-3:00pm

CHECK OUT: June 16, 2010 at 4:30-6:00pm

Resident Camper: \$295

Tuition includes lodging in state of the art, suite style dormitories, meals from Sunday evening to lunch on Wednesday, event instruction, group insurance, and a GVSU Track and Field T-Shirt

Group Rate: \$275 (5 or more people)

Bring a group of 5 or more people from the same school and receive \$20 off! The tuition includes the same benefits as listed above.

Commuter: \$225

Tuition includes lunch & dinner each day throughout the camp, as well as event instruction, group insurance, and a GVSU Track and Field T-Shirt.

Late Registration

Registration received after June 8th, 2010 will be charged an additional \$20.

location

Grand Valley State University is nestled amongst the valleys and ravines that separate Grand Rapids from Lake Michigan. Rolling hills and scenic trails make it a great place for any track athlete to train.

Camp features

The purpose of the camp is to provide quality individual instruction in the technique and training that is necessary for young athletes to reach their potential. Everything is designed to instruct, entertain, and motivate the athletes through training, lectures, or daily athletic tournaments. Each day brings about a new opportunity for each athlete to explore the possibilities of their potential; all while enjoying the beautiful campus and meeting new friends. Several Grand Valley Track and Field student-athletes will be on hand serving as counselors, in addition to the successful coaches brought in from across the nation. This will keep the counselor-athlete ratio at approximately 1:8. A video analysis of your event as well as those of championship caliber athletes will be viewed. **Excusively, this camp offers introduction and instruction in steeplechase training!** Most importantly we will have **FUN!**

Campers will be supervised at all times to ensure a safe and secure environment for the athletes to learn and have fun. Any misconduct could result in dismissal without a refund.

A Typical Day...

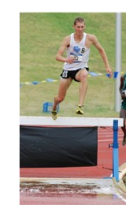
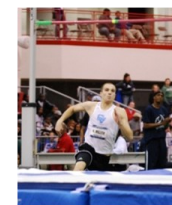
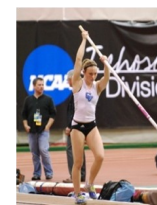
- 8:00 Breakfast
- 9:00 Group Lecture or Video Session
- 10:00 Morning Training Session
- 12:15 Lunch
- 1:00 Group Lecture or Video Session
- 1:45 Free Time
- 3:30 Afternoon Training Session
- 6:00 Dinner
- 7:30 Recreational Activity
- 9:00 Free Time
- 10:30 In Bed and Lights Out



2010 Track and Field Camp



“Most Affordable Camp in the Midwest”



**All High School Boys and Girls
are Invited
Distance/Sprints/Field Events**

June 13th-16th, 2010



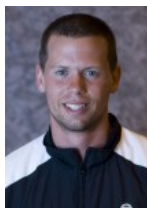
Grand Valley State University

Directors & Coaches

Joe Lynn

Camp Director

Lynn is in his fourth year coaching at Grand Valley State University. He currently works with the distance athletes and has helped to coach a number of National Champions, 57 All-Americans, and numerous Conference Champions. Originally from Muskegon, MI while at Aquinas College was the captain for the National Runner Up team.



Cory Young

Associate Director

Young is in his fourth year as an assistant men's and women's track and field coach. He coaches the throwers at Grand Valley State University. Young has coached athletes who have captured 15 All-American certificates and now hold 6 school records.



Steve Jones

Assistant Director

Jones is in his second year coaching the men's and women's jumpers at GVSU. Along with multiple school record holders, he has coached athletes to 16 All-American awards and 4 National titles, including Jim Dilling who was the 2007 USA Outdoor National Champion in the high jump.



Jerry Baltes

Head Coach

In his 11th season at the helm of the Grand Valley men's and women's program, Coach Baltes has guided the Lakers to 55 Conference Championships while his athletes have earned 205 All-American Awards. Baltes is the winningest track coach in the conference and was named the National Coach of the Year four times. Continually revered as one of the premiere middle distance and distance coaches in the nation, Coach Baltes has tutored many individuals to success over his years as a coach.



Train the LAKER way!

The results speak for themselves...

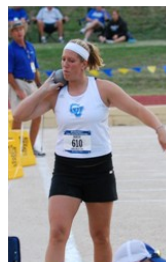
- Six Individual NCAA Champions and Two Relays since 1999
- 205 NCAA Track and Field All-Americans since 1999
- Finished in the top 10 teams in the NCAA 30 times since 2000
- Won 55 Conference Championships in the past 10 years

Room & Board

The modern suite style residence halls are conveniently located on campus near the athletic facilities, dining hall, and recreation areas. All the rooms are state-of-the-art, which include twin beds and bathrooms. Each camper is asked to bring their own linens and shower belongings. High quality meals are provided by the University Dining Services. Special nutritional requests can typically be pre-arranged with adequate notice.

Facilities

Each camper will have access to the Grand Valley State University: Outdoor Track, Indoor Track and Laker Turf Building, and weight room. Additionally, the camp will utilize a variety of running trails in the area to show campers the alternatives to track running. Other activities include: tennis, sand volleyball and swimming. Also, as in the past, we will spend an afternoon training session along the beaches of Lake Michigan.



Track & Field Camp Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Sex: M / F Grade: _____

School: _____

Parents Name: _____

T – Shirt Size: S M L XL

Commuter Resident

Home Number: _____

Emergency Contact: _____

Emergency Number: _____

Insurance Company: _____

Policy Number: _____

E-mail Address: _____

Preferred Roommate: _____

Event Focus: _____

Medical and Insurance info due by first clinic

Medical forms at:

www.gvsulakers.com/camps/grva-camps.html

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

GVSU Summer Track Field Camp

1 Campus Dr. FH 97

Allendale, MI 49401

CHECKS PAYABLE TO GRAND VALLEY TRACK & FIELD

Contact Coach Joe Lynn with questions at:

lynnj@gvsu.edu or (616) 331.3360