

“Train the Laker Way”

Camp Goal

The GVSU Track & Field Camp will improve your training habits and techniques in whatever event you participate in Track & Field, Football, Soccer, etc. We are here to teach the basic fundamentals of Athletics.

Camp Fees

Resident: \$255 (includes Room and Board, instruction, T-shirt)

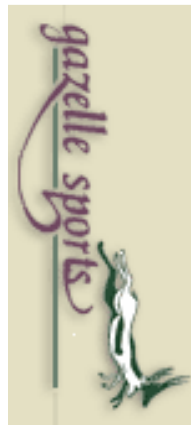
Commuter: \$185 (T-shirt, Lunch, and instruction included)

Team Rate: Any group that has eight 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
- ◆ Stretching Activities
- ◆ Drills, Warm Ups, Cool Downs
- ◆ Video Analysis
- ◆ Weightlifting
- ◆ Nutrition
- ◆ Fun

Contact Coach Ray Williams at williray@gvsu.edu or by phone at 616.331.3731 with questions.



Grand Valley Track & Field Camp
1 Campus Dr. FH 91
Allendale, MI 49401

2008 Grand Valley Track & Field Camp



Grand Valley State University

Track & Field Camp



**Sprints, Hurdles,
Jumps & Throws**

June 17th-19th, 2008

9th - 12th Grade Skill and
Development Camp

For more information contact:
Coach Ray Williams (616) 331-3731
williray@gvsu.edu

Camp Staff

Rafeal "Ray" Williams is the camp director for the 2008 Grand Valley State track and field camp. He brings knowledge and expertise of both athletic and coaching experience. While at North Central College, Williams was an NCAA All-American in the hurdles and helped his team win an NCAA Championship. He has had over ten years of successful coaching experience at the collegiate level along with his many accolades as an athlete. Williams is currently the sprints and hurdles coach at Grand Valley State. In his three year at the helm, he has produced several national qualifiers and thirteen NCAA All-Americans.

We are excited to have a few of the top Collegiate Coaches from throughout the US to join us again this year. Current and former GVSU student-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. Our goal is to teach the basic fundamentals of Athletics.

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. Meals are provided as they are well balanced and nutritious.



Register Early

Camp is limited to 40 participants, so send in your registration today! Registration ends on Thursday, June 12th.

Resident: \$255 (includes room and board, instruction, and camp t-shirt), Commuter: \$185 (camp t-shirt, lunch, and instruction), and Team Rate are available for groups of eight or more campers.

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 17th, 1-2 P.M.
Check Out: June 19th, 1-2 P.M*

What to Bring

- Athletic Apparel for Working Out
- Casual Clothes
- Swim Suits
- Bed Linens
- Sun Block
- Toiletries
- Towels
- Pillow

Coach Williams,

I also congratulate you for teaching track with a "holistic" approach. That is, you teach the importance of properly warming up, as well as actively stretching, paying attention to hydration, and even subjects that kids want so much to ignore.....that terrible word, nutrition!

Eric Newell (Coach & Parent)

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: _____

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:

GVSU Summer Track Field Camp

1 Campus Dr. FH 91

Allendale, MI 49401

Checks Payable to Grand Valley Track & Field