



# UNIVERSITY OF KANSAS TRACK & FIELD AND CROSS COUNTRY CAMP

JULY 8-12, 2012



## TRAINING WITH TRADITION

26 OLYMPIANS, 35 WORLD RECORDS,  
7 TEAM NATIONAL TITLES, 79 TEAM CONFERENCE CHAMPIONSHIPS,  
69 INDIVIDUAL NATIONAL TITLES, 407 ALL-AMERICANS

# KANSAS TRACK & FIELD AND CROSS COUNTRY CAMP

The Kansas Track & Field and Cross Country Camp is a mix of guidance, fitness and fun. The KU staff is one of the most experienced in college athletics evidenced by multiple All-Americans, NCAA Champions and professional athletes that have been under their tutelage. Training and technical methods learned in the camp can provide you with the winning edge.

Stanley Redwine and his staff invite you to spend a week at the University of Kansas to learn more about cross country or track & field. The coaching staff along with top athletes from around the nation are excited to share their knowledge and experiences with young athletes.

Each day, campers get the opportunity to try sample workouts and focus on technique and mechanics that help propel elite athletes. All events in track & field are covered at the camp. You can choose your event or events of focus.

Get an advantage over your competition next year with a week at the Jayhawk Summer Camp.

## Areas of instruction:

- Technique methodology
- Sports nutrition
- Sports psychology
- Competition strategy
- Pre-competition preparation
- Recovery methods
- Strength training information



# WORLD-CLASS COACHING STAFF

## Stanley Redwine, Head Coach



Kansas Track & Field and Cross Country head coach Stanley Redwine has produced three Olympians, nine NCAA individual champions, 68 NCAA All-Americans and 102 Academic All-Big 12 student-athletes. A member of the KU Athletics Hall of Fame, Redwine was a USA Team coach for the 2003 Pan Am Games and the Head Men's Coach for the 2007 USA Pan Am Track & Field Team. Success is nothing new to Redwine. Redwine was a four-time All-American at the University of Arkansas. He competed internationally from 1984 through 1996 and was one of the world's top 800m runners with a personal best of 1:44.76.

## Wayne Pate, Horizontal Jumps



Wayne Pate came to KU in 2007 after several successful coaching stints at Indiana, Purdue, Texas and Tennessee. Pate coached 59 All-Americans, seven national champions, three Olympians and was named National Assistant Coach of the Year on two occasions. Pate recently guided triple jumper Aarik Wilson to two NCAA Championships. Wilson has been ranked as high as third in the world. He also led long jumper Rose Richmond to the 2004 Olympic Games in Athens and the 2006 USA title.

## Elisha Brewer, Sprints/Hurdles



Elisha Brewer is entering her seventh year at KU. In 2008, she guided Nickisha Anderson to All-American status in the 60m, 100m and 200m. Anderson went on to make the Jamaican Olympic team in 2008. Coach Brewer came to KU from the University of Cincinnati, where she served as an assistant coach, focusing on sprints and hurdles. In her time at Cincinnati, Brewer saw her athletes break all but one women's sprint and hurdle school records, and coached the men's team to school records in the 100m, 200m, 110m hurdles and 400m hurdles. Brewer graduated from Arkansas after a stellar college career in 1998. She served as a graduate assistant strength coach at Arkansas for two years while competing professionally.

## Tom Hays, Vertical Jumps



Tom Hays is one of the most respected vault coaches in the nation. He recently coached Jordan Scott to an NCAA Championship and was awarded with USATF National Coach of the Year. In his career, he has coached four Olympians, six NCAA Champions, four NCAA runner-ups, 22 NCAA All-Americans, two NJCAA champions, 22 NJCAA All-Americans and 56 conference champions. Hays is an IAAF Vault Development Coordinator and has coached at camps all over the world. Hays competed in the pole vault for the Jayhawks in the mid-80s.

## Andy Kokhanovsky, Throws



Coach "K." is one of the best teachers of throwing technique in the country. He has led athletes to National Championships, All-American status and Conference titles in his short time at KU. Kokhanovsky graduated from Abilene Christian University in 1998 where he set a Division II national record in the discus and was the national champion. Kokhanovsky represented Ukraine in the discus at the Olympic Games in Atlanta. In 1989, he won the USSR national championships in the discus and in 1992 was ranked as high as 12th in the world.

## Mike Whittlesey Phd., Distance



Coach "Whitt" comes to Kansas from the University of North Carolina. While at North Carolina, Whittlesey coached the Tar Heels to two ACC cross country titles. He took the Tar Heel women to the NCAA Championships 10 out of 11 years with top 10 team finishes in 1999, 2003, 2004. Whittlesey peers have honored him with ACC Coach of the Year twice, NCAA Div. I National Assistant Coach of the Year and Outdoor Regional Coach of the Year. He has coached 77 All-Americans, 37 Conference Champions, nine NCAA individual champions, and nine NCAA Relay Team champions. One of Whittlesey's star pupils is Olympic Bronze Medalist and American record holder Shalane Flanagan. As an athlete, Whittlesey was the first American to finish the Boston Marathon in 1995.

# QUICK CAMP FACTS

- Overnight fee = \$400
- Day camper fee = \$300
- All meals included
- Team discount available
  - \$25 discount for school teams of five or more
- Family discount available
  - \$25 discount for second and all subsequent siblings
- Campers stay in residence halls
- Two campers to a room
- Sunday afternoon check-in
- Thursday evening check-out
- Open to boys and girls, ages 12 - 18
- Campers receive KU t-shirt
- Campers receive Gatorade product
- Chances to win adidas apparel
- \$100 deposit due with registration
- Limited registration, so act quickly

Campers will enjoy the same facilities used by KU athletes, including Memorial Stadium, Anschutz Pavilion, local trails and Rim Rock Farm



Anschutz Pavilion is a 40,000-square-foot building that holds the newly resurfaced indoor track



Legendary Rim Rock Farm is the nation's premier cross country course



Scenic Campanile Hill overlooks the track facility inside Memorial Stadium

Questions? contact Debbie Luman at:  
785-864-3486 or [dluman@ku.edu](mailto:dluman@ku.edu)

## CAMP DETAILS

Although held at the same time, the cross country and track & field camps are separately operated. At times, the two camps will meet together for informational or social activities, but camp sessions are different for cross country and track & field. Runners who focus on the middle-distance races (including the mile) and who will not run cross country in the fall should sign up for the track camp. Those who will race XC in the fall should sign up for cross country camp.

### Each day of camp will include elements of:

- Fitness
- Technique
- Form
- Fun

### Camp discussions include:

- Sports nutrition
- Conditioning
- Sports psychology
- Competition strategy
- Equipment updates

Each evening includes a recreational activity, such as bowling, sand volleyball, swimming, and video night. Some activities are designed for all athletes, while others are for specific event groups. The camp is held to show young athletes proper technique and mechanics, allow them to “test drive” some college-style workouts and learn more about how top athletes approach practice each day. Although not a mere “fitness camp,” cross country groups will get their miles in and everyone will sleep well at night.

If any parent, guardian, or camper believes that a camper needs accommodations under the Americans with Disabilities Act, they must contact Debbie Luman about requested accommodations at (785) 864-3486 or [dluman@ku.edu](mailto:dluman@ku.edu) before May 12, 2012.

## ACCOMMODATIONS

Both cross country and track & field camps will stay at Naismith Hall, a privately owned residence hall adjacent to KU’s campus. Naismith Hall features a pool, suite-style rooms (every two rooms share a bathroom) and the Rock Chalk Café.

## PRICE

**Overnight Camper Price \$400**

**Day Camper Price**

**\$300**

A \$100 non-refundable deposit is due with this registration.

**The full balance of fees is due by June 29, 2012. No refunds are allowed after that date.**

Discount: School teams with 5 or more who sign-up together receive a \$25 discount per camper.

Discount: If siblings attend, the second and all subsequent siblings receive \$25 discount.  
Discount: Children of any KUAC employee may attend camp as a Day Camper for free.

## REGISTRATION

Registration for all Overnight Campers is at Naismith Hall from 1pm-3 pm on Sunday, July 8, 2012. The first camp meeting begins at 3:30pm. Day Campers should check in at Naismith Hall at 3pm on Sunday, July 8, 2012.

## DIRECTIONS

- **From Kansas City International Airport to Naismith Hall:**  
Head North on International Circle towards Terminal Exit. Proceed straight ahead to Cookingham Drive. Turn Left to the I-29 North /US-71 North ramp towards St. Joseph. Merge onto I-29 N/US – 71 N. I-29 N/US-71 N becomes I-29 N/US-71 N/I-435 W. Take the I-435 South exit number 17, towards Topeka. Merge onto I-435 S. I-435 S becomes I-435 S/SR-5 S. Take the I-70/Kansas Turnpike exit number 12 towards Topeka/ST. Louis. Merge onto I-70 West/Kansas Turnpike ramp. Merge onto I-70 W (portions toll). Take the exit number 202, towards west Lawrence (US-59 S). Merge onto Mc Donald. Dr. Take the US- 59 South ramp. This will become Iowa Street. Turn left on 19<sup>th</sup> St. and head down the hill to Naismith Drive. The tall dark brick building is Naismith Hall. Parking is available around the back of the building.
- If you are planning to fly in, please use the Kansas City International Airport. **Schedule a flight to arrive between 10:00 – 3:00pm on Sunday.** If you require transportation between the airport and the campus, **please return the enclosed transportation form as quickly as possible. Airport trip is a 45 minute drive & costs \$25 each way.**

## CAMP ADDRESS

Camper's Name  
c/o DEBBIE LUMAN  
1651 Naismith Drive  
Lawrence, KS 66045-7538

## CHECK OUT

Check-out is on Thursday, July 12, 2012, from 12:30 – 2:00 pm at Naismith Hall.

## CAMP PHONE

- The track office phone is (785) 864-3486. You can leave important messages for campers at that number.
- Milan Donley's emergency, on-campus phone number during camp will be (785) 331-9911. Please only use this number in case of an emergency during the week.

## TRAVEL FORM

We assume that a camper is arriving by car unless you send us a completed travel form. **We must receive this completed form before June 29, 2012 to guarantee camper pickup.**

## HEALTH FORM

You must bring the enclosed completed health form with you to camp.

**Campers cannot be admitted without this form.**

- Health services include an athletic trainer. Please notify the camp staff at check-in if there are any medical situations we need to be aware of, including medications, etc.
- Drugs, alcoholic beverages and cigarettes are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or credit.

## SPENDING MONEY

Campers may want to bring spending money to purchase snacks or visit the campus bookstore for a souvenir. There will also be an opportunity to purchase exclusive Jayhawk merchandise.

## PAYMENTS

Full payment of camp fees must be received in our office no later than **June 29, 2012**. No refunds are given after that date. **A non-refundable \$100 deposit is required with registration form.**

## ROOMMATES

- Campers stay 2 per room and are assigned by age, event group and roommate requests.
- If you have a roommate request, please send the enclosed form by **June 29, 2012**. After that, the request can't be guaranteed.
- If you don't have a roommate request, you will be placed in a room with someone near your age. It will be a great opportunity to meet someone new!

## ROOM KEY DEPOSIT

Naismith Hall requires a room key deposit of \$50. Please bring a separate check made out to "Jayhawk Track Camps" for that amount and it will be held until the key is returned on the last day of camp and returned at checkout.

## CANCELLATIONS

We do put a limit on camp numbers and will turn campers away once we hit our limit. For this reason, no refunds are available after June 29. Remember that either a non-refundable \$100 deposit or full camp fee is due with this registration form.

## ADDITIONAL INFORMATION FOR DAY CAMPERS

**(those who are not staying overnight with us in Naismith Hall)**

### DAILY SCHEDULE

- After you've eaten breakfast at home each day, you should arrive at The University of Kansas and check in at Naismith Hall with a camp staff member no later than 8:30 am.

- You will eat lunch and dinner in the cafeteria and depart around 9:00 pm. If necessary, you may leave earlier in the day, but must make arrangements with the camp director, Milan Donley, and check out with a camp staff member each day.

### WHAT TO BRING TO CAMP

We recommend that you bring a daily pack with the following items: Track spikes or event specific shoes if you have them, sunglasses, hat, sunscreen, water bottle, a spare shirt, shorts, swim suit and towel. **Throwers please bring your own implements. If this is not possible, contact the camp director in advance.**

### SPENDING MONEY

- Many campers like to buy snacks in the evening, or take a trip to the bookstore for souvenirs. There will also be a chance to purchase exclusive Jayhawk apparel.

### CHECKLIST OF ITEMS TO BRING

Below is a suggested list of clothes, equipment and personal items. We recommend that you do not send unnecessary clothes (which often get lost), or expensive cameras, watches and other valuable items. Don't forget to label **every** article of clothing and equipment. You will be staying in the dorms on campus. There are beds, but no pillows or linens.

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|-----------------------------|--|
| + Running shoes & gear      | + Health/personal form                               |
| + Pajamas and bathrobe      | + Laundry bag  |
| + Clothes for after running | + 1 sleeping bag, <b>OR</b> 2 twin sheets, 1 blanket |
| + Underwear and socks       | + Pillow / pillowcase                                |
| + Shoes i(non-running)      | + Bath towels  |
| + Sweatshirt                | + \$50 key deposit payable to Jayhawk Track Camp     |
| + Extra spending money      | + Room key deposit                                   |
| + Toilet/personal items     | + Hat  |
| + Swim suit and towel       | + Pen and paper for notes during guest speakers      |
| + Hair dryer                | + Disposable camera                                  |
| + Alarm clock               | + Bring track spikes or shoes for your event         |
| + Sunscreen                 | + Throwers, bring your throwing implements           |