

Registration Information

2012 Navy Track & Field Camp

NAVY TRACK & FIELD

2012 Navy Track & Field Camp



Day and Overnight Camp
for Boys and Girls Ages 12-18
U.S. Naval Academy, Annapolis, Maryland

July 1-5, 2012

Ages 12-18

Directed by:

Stephen M. Cooksey
Head Men's Track & Field Coach, USNA
2008 Team USA IAAF World Indoor
Championships Head Coach

Sponsored by the NAAA

N.A.A.A. Summer Camps
Navy Track & Field
566 Brownson Rd. Ricketts Hall
U.S. Naval Academy
Annapolis, MD 21402

Camp Staff

- *Stephen M. Cooksey – Camp Director
Head Track and Field Coach, United States Naval Academy*
- *Chris Campbell – Assistant Camp Director
Assistant Track and Field Coach, United States Naval Academy*
- *Jason Grimes – Volunteer Assistant Track Coach, USNA
'83 Silver Medalist, World Championships – Long Jump*
- *Chris Reid – Head Coach and Athletic Director at West Toronto
Collegiate, Level 4/5 Canadian Athletics Coach*

Camp Highlights

- **Maximum 10-12 Athletes per Coach/Instructor**
- **Individual and Group Instruction**
- **Warm-up and Stretching**
- **Plyometric and Strength Development Exercises**
- **Video Performance Analysis**

Roommate Requests

To aid us with your roommate preferences, please ensure you list your requested roommate on the application. All requests for roommate preferences must be confirmed by email 14 days prior to camp start date with Paula at proche@usna.edu

Date: July 1-5, 2012

Check In: Sunday, July 1 - 3:00 pm
(Wesley A. Brown Field House foyer)

Check Out: Thursday, July 5 - 11:30 am
(Bancroft Hall - Dorm)

Residential Tuition: (Overnight) \$450.00

Commuter Tuition: (Day) \$395.00

***Payment must be paid in full by June 15, 2012.

Federal ID# 52-0613669

Typical Daily Schedule

| | |
|------|---|
| 0800 | Breakfast |
| 0900 | Technical Training Sessions |
| 1130 | Lunch Break / Relax |
| 1300 | Technical Training Sessions |
| 1600 | Swimming Pool |
| 1700 | Dinner |
| 1800 | Technical Training Sessions / Instructional Lectures |
| 2030 | Return to Dorms / Relax |
| 2200 | Lights Out |

GO NAVY

For more information or questions, please contact
Paula Roche at
proche@usna.edu or
(410) 293-2831

2012 Navy Track & Field Camp

Dates Sunday, July 1, 2012 through Thursday, July 5, 2012

Director

Stephen M. Cooksey
Head Men's Track & Field Coach
United States Naval Academy

Location

United States Naval Academy
Annapolis, Maryland

Philosophy

The emphasis of this five-day camp will be on teaching and learning fundamental track and field skills. The camp offers the latest theory and techniques in sprints, hurdles, jumps (long, triple, high, pole vault), as well as, the shot put, discus and javelin. Camp participants will receive the most current information in the following areas:

- Training Theory
- Speed and Power Development
- Running and Field Event Mechanics
- Warm-up Routines
- Plyometrics
- Medicine Ball Exercises

The camp is designed to accommodate the needs of aspiring track and field athletes, as well as accomplished high school competitors. We give each camp participant the personal attention he or she deserves. The focus of the camp is to provide quality instruction and to help camp participants progress towards their own goals.

Camp Staff

The camp staff includes a World Championships medalist, a Level 5 Canadian Athletics Coach, and the Head Track and Field Coach for Team USA at the 2008 IAAF World Indoor Championships. Naval Academy Midshipmen may serve as camp counselors and assistant instructors.

Camp Facilities

Ingram Field, an 8-lane Mondo Outdoor Track with 6 shot put circles, 2 discus rings, 2 javelin runways, 4 long/triple jump pits, and 2 high jump aprons. Wesley Brown Fieldhouse - a 6-lane hydraulically-banked Mondo Indoor Track, one of only a handful of hydraulically-banked tracks in the world, with 2 shot/weight circles, 2 long/triple jump pits, and 2 pole vault pits, as well as an 8-lane 60m sprint straightaway down the middle of the track.

What To Bring

Workout gear, running shoes, specialty shoes, high school shots and discs. Usually, shorts and t-shirts are worn around campus. Resident campers need to bring a pillow, bed sheets, towels, swimsuits, padlock, sunblock, water bottle, snacks, and an alarm clock. Dorm rooms are air conditioned.

Residential Campers

The overnight camper fee includes professional instruction, all meals, housing, and a camp t-shirt (overnight campers must be at least 12 years of age by the first camp session).

Commuter Campers

The day camper fee includes professional instruction, lunch and dinner, and a camp t-shirt (commuter campers must be at least 12 years of age by the first camp session).

Check In

Sunday, July 1, 2012: 3:00 pm (Wesley A. Brown Field House foyer)

Check Out

Thursday, July 5, 2012: 11:30 am (Bancroft Hall – Dorm)

Questions?

Contact Paula Roche at
proche@usna.edu or (410) 293-2831

Application

Names _____

Address _____

City _____ State _____ Zip _____

Camper's Telephone (_____) _____

Camper's E-mail _____

Age _____ Date of Birth _____ Gender _____

Residential Fee \$450.00 each

Commuter Fee \$395.00 each

T-Shirt Size (circle one) S M L XL 2XL

Parent's Names _____

Parent's Telephone (_____) _____

Parent's E-mail _____

Name of School _____

Year of High School Graduation _____

Requested Roommate _____

Event Area (choose only one):

___ **Sprints** _____ **(Best Marks)**

___ **Hurdles** _____ **(Best Marks)**

___ **High Jump** _____ **(Best Marks)**

___ **Long / Triple Jumps** _____ **(Best Marks)**

___ **Pole Vault** _____ **(Best Marks)**

___ **Throws** _____ **(Best Marks)**

Method of Payment

Amount Enclosed _____

Check # _____

***A deposit of \$200 must accompany registration form.**

Balance must be paid in full by June 15, 2012.

Make check payable to Navy Track & Field Camp.

Federal ID#52-0613669

Payment by Credit Card is accepted **ONLINE ONLY** at
www.NavySports.com

Return completed application and deposit to:

Navy Track & Field
Attn: Paula Roche - Wesley A. Brown Fieldhouse
566 Brownson Road
U.S. Naval Academy
Annapolis, MD 21402

Medical Information

Applicant's Name _____
(Please print)

Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well being of the applicant.

(Parent or Guardian Signature) (Date)

Insurance

Coverage for accidental injury is required by all participants. Please complete the health information below.

Health Insurance Carrier: _____

Policy Number: _____

I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application, I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a **COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.**

(Parent or Guardian Signature) (Date)

(Emergency Contact) (Phone Number)

Restricted diets, recent medical injuries, medications or conditions we should be aware of: _____

