





## South Carolina Track and Field/Cross Country

June 30 - July 3

For complete Information or Enroll, Logon to: <http://www.sctrackcamp.com>



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### Reason to Attend Our Camp

This camp is a learning experience for athletes. It is not a conditioning camp. Our staff will teach, demonstrate, and share with you drills, mechanics, and training tips to move to a new level of excellence.

### Who Can Enroll

Boys and girls of all ages through graduating high seniors are eligible as well as coaches. Individualized instruction will be available for various age divisions. Applications are accepted on a first-come basis. You can enroll immediately by mailing this form back or registering online at [www.sctrackcamp.com](http://www.sctrackcamp.com).

If you have question please send us an email to [registration@sctrackcamp.com](mailto:registration@sctrackcamp.com) or (803) 777-6487.

### Camp

The SC Track Camp is an experienced staff of proven instructors from coaching and performance who can provide hands on guidance for each skill.

Each morning begins with demonstrations on individual skills, followed by group coaching in event speciality areas. Morning sessions end with campers engaging in full execution of coached exercises and drills. Resident and Day Campers will break for lunch followed by an afternoon session.

Campers must be checked in on Thursday, June 30th, 2011 at Bates House from 12:00 p.m. through 3:00 p.m.

This camp is open to any and all entrants (limited only by number, age, grade level and/or gender)

### Supervision, Discipline and Safety

Students will be supervised at all times. Track and Field Camp instructors and counselors will reside in the dormitory. All students must conform to rules of conduct and behavior. Disruptive behavior may result in dismissal from camp.

### Resident Camper

Resident track and field campers will receive a South Carolina Track Camp T-shirt. Meals will be provided from dinner on Thursday evening through check out on Sunday, July 3rd, 2011 after the Camp Track and Field Meet.

### Day Camper

Day track and field campers will receive a South Carolina Track Camp T-shirt. Only lunch will be provided daily for resident campers through Saturday, July 2nd, 2011.

### H.S. & College Coaches Training

High School coaches will be permitted to watch and participate by paying the coaches registration fee. For use of personal video cameras, phones, or other media recording devices, coaches must pay an additional \$100.00 fee. All rights reserved to the SC Track Camp and only authorized for limited, and non-duplication or reproduction purposes by coaches who have fully paid Use of Camera Fee.

### What to Bring

Other than a reasonable amount of street clothes, the following and equipment is recommended:

- One pair of spikes (according to your event)
- Several pairs of running shorts and T-shirts
- Six pairs of socks
- Swim suit
- Four towels
- One small athletic bag
- One pillow
- Linen for twin - size bed
- One blanket
- One laundry bag
- Toiletries
- Alarm clock and a fan
- Shot putters and discus throwers should bring their own implements

### Medical Attention - Camp Insurance

A full-time trainer will be on standby to administer to minor injuries and ailment. For more serious problems, the University hospital facilities are just seconds away. No camper will be allowed to participate without a completed application and consent forms. Your personal insurance will be used as the primary coverage. Please download the Parental Consent Form and other forms from our website and mail or fax them to us. If you do not have access to the internet, please call and we will fax or mail all the forms needed to register for the camp.

### Key Deposit

ALL RESIDENTIAL campers are required to pay a \$40 key deposit to be collected at check-in registration and returned at checkout at the end of the week. You will get your deposit back when the key is returned.

### Meals and Lodging

All campers, counselors and instructors will be housed in on-campus dorm facilities on the University of South Carolina. Meals will be served in the dining facilities located within the dormitory (Bates House). Campers will benefit from a nutritionally balanced menu.

### Location

The South Carolina Track and Field/Cross Country Camp is located at the University of South Carolina in the capital city of Columbia, SC. USC is situated in the heart of the Palmetto State and is located at the intersections of interstates 20, 26, and 77. The Columbia Metropolitan Airport is 15 minutes from campus with major airlines such as American, Delta and USAir making regular flights in and out daily. Bus transportation to Columbia is provided by Greyhound and Trailways and rail transportation is provided by Amtrack.

### SC Track Camp Coaches



**Curtis Frye: Director/Head Track & Field Coach.** Frye in his 15th year as head track & field and cross country coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 108 SEC champions and more than 415 NCAA All Americans during his career, including



**Stan Rosenthal: Head Cross Country Coach.** Rosenthal is in his ninth year at South Carolina. He also coaches the distance runners during track and field season and was instrumental in coaching the South Carolina women's team during its twelfth consecutive NCAA indoor top-12 finish in 2009.

**Kevin Brown: Codirector/Assistant - Sprint and Hurdles Coach.** Brown returns to South Carolina in 2010 for his second stint with the Gamecocks after spending four seasons in Columbia from 2000-04. His primary responsibility is assisting with the sprinters and hurdles.



**Mike Sergent: Assistant Throws Coach.** Sergeant enters his 14th season with the Gamecock track and field program in 2010. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program.



**Delethea Quarles: Assistant Jumps and Multis Coach.** Quarles is in her 14th year with the South Carolina program and her 21st year as a collegiate coach entering the 2010 season. Promoted to assistant head coach in 2005, her primary responsibilities include coaching the multi-event performers and jumps.



### Guest Coach

**James Daniels** is entering into his seventh season as the assistant track and field coach at North Carolina A&T State University coaching the sprints and hurdles.

# CAROLINA

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