

WISCONSIN

BOYS AND GIRLS TRACK & FIELD CAMP

BE AT YOUR BEST!

ATTEND THE WISCONSIN TRACK & FIELD CAMP

Learn from the leaders of the Midwest's premier track and field program over the past four decades:

- Seven individual NCAA champions since 1983
- 181 NCAA track & field All-Americans since 1983
- Finished among the top 20 teams in the NCAA indoor and outdoor championships 12 times, including the 2007 NCAA INDOOR CHAMPIONSHIP
- 23 Big Ten team championships in the last 14 years
- 161 athletes have won individual Big Ten titles in the past 26 years

Additional Information

CONDUCT & SECURITY

- UW's facilities provide a safe and secure environment. However all campers are expected to conduct themselves in a manner conducive to learning. Any misconduct will result in immediate dismissal and forfeiture of all fees.

PHOTOGRAPHS AND VIDEO

- By applying for this camp, I understand that the University of Wisconsin-Madison (UW) may take photographs and or videos of camp/clinic participants and activities. I agree that the UW shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

MEDICAL TREATMENT

- All medical treatment and supervision will be provided by UW health services staff.

HEALTH FORMS

- Health forms are not required for this camp. However, all parents and campers must read the concussion fact sheet and sign and return the concussion acknowledgement form PRIOR to the camper participating in any camp activities (These forms are available on UWCamps.com).

Camp Features

Training, technique, instructions and informative lectures are implemented daily. In addition, an athletic trainer will be available in the residence halls throughout the week. Entertainment will include daily athletic tournaments, group swimming and evening movies, as well as time during the day to relax and enjoy the beautiful campus and new friends you will meet. A video analysis of your event form as well as those of champion athletes will be viewed.

Room and Board

University Housing residence halls provide student-style housing conveniently located on campus near camps. Each air-conditioned room includes twin beds with bed linens and pillows, microfridges, desks, Internet and cable television connections (via personal laptop) and shared bathroom facilities. Floor lounges include televisions and telephones with free local calls. Laundry and vending machines are located within most halls. Meals provide a variety of youth-friendly and healthy selections, including vegetarian options.

A Typical Day...

8:00 a.m.	Breakfast
9:00 a.m.	Group lecture, film or demonstration
10:00 a.m.	Specific events
11:45 a.m.	Free time (swim, tennis, rest etc.)
12:15 a.m.	Lunch
1:15 p.m.	Group lecture, film or demonstration
2:30 p.m.	Free time
3:30 p.m.	Afternoon training session
5:30 p.m.	Dinner
6:30 p.m.	Group lecture, film or demonstration
8:15 p.m.	Recreational activity
9:30 p.m.	Free time
10:30 p.m.	In bed and lights out



FIND OUT WHAT MAKES A CHAMPION A
CHAMPION

WISCONSIN

BOYS AND GIRLS TRACK & FIELD CAMP



All High School Boys & Girls Invited



JUNE 23-27, 2013

Camp Director



MARK GUTHRIE

➤ CAMP DIRECTOR

Mark Guthrie is in his seventh year as the men's and women's sprints/hurdles coach after 19 years at UW-La Crosse, where his teams won 23 NCAA Division III national championships and 34 conference championships. He had 139 athletes earn 475 All-America awards and 46 national titles, including Andrew Rock, who was a gold medalist at the 2004 Olympic Games. If you have questions, please contact Mark Guthrie at (608) 262-4398.

The Camp

UNIVERSITY OF WISCONSIN-MADISON

➤ JUNE 23-27, 2013

The Wisconsin Track & field Camp is a five-day program open to any and all entrants who will be entering ninth grade in the fall of 2013 through those boys and girls that will graduate in 2014. Begun in 1989, the camp continues to host elite coaches and athletes from around the country.

The camp's purpose is to provide quality instruction in the techniques and training that are necessary for young athletes to reach their full potential in the sprints, hurdles and field events.

Workouts, lectures, films and activities are all designed to instruct, entertain and motivate. We are aware that our campers represent a wide variety of talent, motivations, education and experience. We are prepared to tailor our program to each athlete's needs.

Several University of Wisconsin track and field athletes will serve as camp counselors. They will be joined by successful coaches from the college ranks as well. The counselor to athlete ratio is low (approximately 1:10) to ensure individual attention, which is the program's trademark.

Certified health staff will be on site to provide medical treatment throughout camp.

Campers will be supervised at all times to ensure a safe and secure environment. Any misconduct by campers could result in dismissal from camp without a refund.

2013 Camp of Champions

There are no middle distance or distance events offered at the Wisconsin Track & Field Camp; however, the **Wisconsin Camp of Champions**, which takes place in July, is one of the premier cross country/distance camps in the country.

Please contact **Ed Nuttycombe** at (608) 262-4397 for more information on the Wisconsin Camp of Champions.

Guest Lecturers

The Wisconsin Track & Field Camp has a variety of special guests and lecturers. Past speakers have featured Jeremy Fischer, Steve McBride, Sheila Burrell, Mark Napier, Will Wabaunsee, Jay Goff, Ed Nuttycombe and Jim Stintzi.

Cost

LIVE-IN CAMPERS: \$480/\$460

➤ Tuition includes lodging in modern dormitories, meals from Sunday dinner through Thursday breakfast, group insurance coverage, and a camp T-shirt.

DAY CAMPERS: \$350

➤ Tuition includes lunch, dinner, group insurance and a T-shirt.

NOTE: A deposit must accompany the application; the balance is due by registration day. The deposit is not refundable after June 17. The maximum refund is \$100.

Registration

The camp is open to any and all entrants entering high school through freshman year in college as well as adult coaches from high schools and summer clubs.

➤ **CHECK IN:** Sunday, June 23 at 3 p.m.

➤ **CHECK OUT:** Thursday, June 27 at Noon

NOTE: Proof of an active school physical or a doctor's note stating that you have had a physical in the past three years will be needed at check-in. More information will be sent upon receipt of your application.

Location

The University of Wisconsin is located in Madison, the state's capital. It is a clean, vibrant city situated on rolling hills amidst five fresh water lakes. Madison is located 90 miles west of Milwaukee, 140 miles northwest of Chicago and 265 miles southeast of Minneapolis. Madison is served by several bus companies and major airlines, including American, Delta, Frontier and United. Transportation to and from the airport and bus station can be arranged on check-in and check-out days.

Facilities

Campers will have access to the UW outdoor track, indoor track, indoor athletic field and weight room on campus. Other facilities available on UW's 900-acre campus include tennis, basketball and racquetball courts, softball diamonds and an indoor pool. A wide variety of recreational activities, including table tennis and billiards, will be available at the student union.

Registration Form

Register online with a credit card at UWCamps.com **OR** Complete and mail this form with a check payment

Name _____

Address _____

City _____ State _____ ZIP _____

Emergency Phone # () _____

Home Phone # () _____

Email _____

Grade Completed _____ D.O.B. ___/___/___ Sex: M F

School _____

Coach's Name _____

Roommate Preference _____

T-shirt size YL M L XL XXL

Tuition Options

\$480 Resident Camper

\$460 Returning Resident Camper

\$350 Day Camper

A deposit of \$300 must accompany this application. The maximum refund shall be \$100 after June 17. Questions? Call (608) 262-4398.

Please rank the events you wish to train in

Sprints Pole Vault* High Jump

Hurdles Horizontal Jumps Throws*

*Campers must supply own implements and/or poles

Method of Payment

Check or money order payable to: UW Athletic Department

Mail to: Business Office: Track & Field Camp
University of Wisconsin Intercollegiate Athletics
1440 Monroe Street
Madison, WI 53711

Please note: Credit card payments must use online registration, and check payments must use mail-in registration. We encourage online registration at UWCamps.com.

Enclosed is my check for \$ _____

Liability Waiver

In consideration of my child's participation in the Camp, I hereby release the University of Wisconsin System Board of Regents, its officers, employees and agents from any and all liability arising out of any injury or illness my child incurs while participating in camp activities. I understand the rigorous athletic activity in which he/she will be involved. I understand that participation is voluntary and I choose freely to have my child participate. Campers are encouraged to have their own health insurance as limited accident insurance is provided by the University. I understand that the camp provides limited accident insurance, which is primary up to \$7,500.

Parent/Guardian Signature: _____

Date: _____