

# WYOMING TRACK AND FIELD HORIZONTAL JUMPS CAMP

**WHERE:** UNIVERSITY OF WYOMING WAR MEMORIAL FIELDHOUSE

**WHEN:** SATURDAY JUNE 28 1-4:30PM

**WHO:** ATHLETES 13YRS AND UP

**COST:** \$50

CAMP COACH: QUINCY HOWE

ASSISTANT MENS AND WOMENS TRACK AND FIELD COACH

UNIVERSITY OF WYOMING

**INCLUDES:** INSTRUCTION IN ALL ASPECTS OF THE HORIZONTAL JUMPS, INCLUDING: APPROACH RUN, TAKEOFF, AND LANDING IN THE LONG JUMP AND TRIPLE JUMP AS WELL AS VARIOUS JUMP DRILLS. VIDEO ANALYSIS WILL BE PROVIDED TO ALL PARTICIPANTS. EACH CAMP PARTICIPANT WILL RECEIVE A DVD OF INSTRUCTIONAL DRILLS AND KEY REMINDERS FOR THE UPCOMING TRACK SEASON

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## DAY CAMP REGISTRATION FORM

PLEASE COMPLETE THIS APPLICATION & MAIL TO :

QUINCY HOWE

DEPT 3414

1000 E. UNIVERSITY AVE.

LARAMIE WY 82071

ATHLETE'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

I AM A HIGH SCHOOL LETTER WINNER CIRCLE ONE (YES / NO)

SEX M/F

**PARENT'S RELEASE:** I, AS A PARENT/GUARDIAN OF THE ABOVE NAMED CHILD, DO HEREBY GIVE MY APPROVAL TO MY CHILD'S PARTICIPATION IN THE TRACK AND FIELD CAMP. I ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO SUCH PARTICIPATION INCLUDING TRANSPORTATION TO AND FROM THE CAMP, AND DO HEREBY HOLD HARMLESS THE UNIVERSITY OF WYOMING, UW TRACK AND FIELD SPEED CAMP, ITS MEMBERS, AGENTS, AND EMPLOYEES FROM ANY CLAIM OR ALLEGED LIABILITY IN CONNECTION WITH MY CHILD'S PARTICIPATION IN THE PROGRAM, INCLUDING ACTS OF THIRD PARTIES. I UNDERSTAND THAT THAT PARTICIPATION IN THE SPORT OF TRACK AND FIELD CAN BE DANGEROUS AND RESULT IN SERIOUS INJURY AND THAT IF ANY EMERGENCY SHOULD ARISE, I GIVE YOU PERMISSION AND AUTHORITY TO TAKE STEPS THAT ARE REASONABLY NECESSARY IN YOUR JUDGEMENT TO PROTECT AND ASSIST MY CHILD, INCLUDING MEDICAL CARE. I AGREE TO BE RESPONSIBLE FOR HOSPITAL EXPENSES, DOCTOR BILLS, AND OTHER EXPENSES THAT MAY BE INCURRED TO ASSIST AND PROTECT MY CHILD. I ALSO UNDERSTAND UW SPEED CAMP RETAINS THE RIGHT TO USE PHOTOGRAPHS OF CAMPERS TAKEN AT THE CAMP FOR PUBLICITY AND ADVERTISING PURPOSES.

SIGNED(PARENT) \_\_\_\_\_ DATE \_\_\_\_\_

INSURANCE Co. \_\_\_\_\_ POLICY No. \_\_\_\_\_

## **PARKING INFORMATION**

**THERE ARE NUMEROUS PARKING OPTIONS WHEN ARRIVING ON UW'S CAMPUS. SHOULD YOU HAVE ANY QUESTIONS CONCERNING PARKING, PLEASE CONTACT UW TRANSPORTATION & PARKING SERVICES AT 307-766-9800.**

**1. PARKING METERS: METERS ARE LOCATED THROUGHOUT CAMPUS AT 0.25/HALF-HOUR.**

**2. DAY PERMITS: DAY PERMITS MAY BE PURCHASED FOR \$4.00 PER DAY (A,C, OR R LOTS)**

**3. FREE PARKING: THE GRAVEL LOT EAST OF THE FOOTBALL STADIUM IS THE ONLY FREE PARKING AVAILABLE ON THE UW CAMPUS**

**FOR MORE INFORMATION**

**CALL: (307) 766-4076**

**(307) 760-3786**

**EMAIL: QHOWE13@UWYO.EDU**