

# University of Wisconsin Learn-By-Doing Camp

## WHAT:

This is a developmental camp to help you to become a better athlete or coach. The camp is designed to teach progressions, offer constructive criticism and give you assistance in workout development.

## WHERE:

McClain Indoor Facility  
(Indoor Practice Facility)  
Camp Randall Memorial Sports Center-The  
Shell (Indoor Track)  
1430 Monroe Street • Madison, WI 53711

## WHEN:

Sunday, March 9, 2008

## WHO:

Open to all high school students and their coaches. *(No junior high or elementary school students permitted.)*

## COST:

Pre-registration: \$55  
*(Deadline for pre-registration is March 3, 2008.)*

Registration the day of camp: \$65

Coaches: \$30



The Camp Randall Memorial Sports Center (The Shell) is the indoor home of the University of Wisconsin track and field teams.

## Campus map



## Clinic Schedule

Registration: 8:30 - 9:30 a.m.

Camp Begins: 9:30 a.m.

Camp Concludes: 3:30 p.m.

### Morning Session

Long Jump (B&G)

Boys Shot Put

Girls High Jump

Girls Discus

Boys Hurdles

Distance (B&G)

Girls Sprints

Pole Vault (B&G)

### Afternoon Session

Boys Discus

Triple Jump (B&G)

Boys High Jump

Boys Sprints

Girls Hurdles

Distance (B&G)

Girls Shot Put

Pole Vault (B&G)

# COED ONE DAY TRACK & FIELD CAMP

**"LEARN BY DOING"**



**University of Wisconsin  
Madison, Wisconsin**

**Sunday  
March 9, 2008**

## ATHLETES' PACKAGE:

- Five hours of instruction
- Lunch
- Excellent staff and counselors
- Camp Sack Pack to all registrants

## COACHES' PACKAGE:

- Camp drills notebook
- Luncheon reception
- Coaches roundtable
- Special meet & greet opportunity
- Attend any/all technique sessions

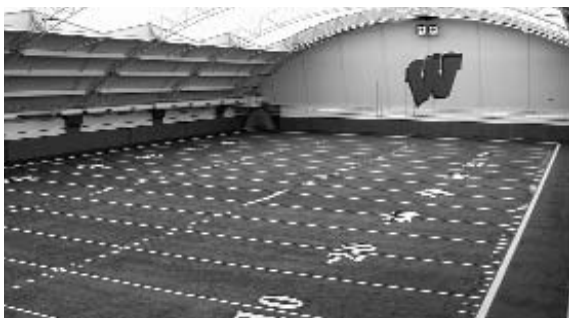
## WHAT TO BRING

- Workout clothes
- Lock for your locker
- Indoor shots and rubber discus
- Pole vault poles & helmets (WIAA required)
- Distance runners should bring running gear for outside (training shoes only)
- Spikes and flats will be allowed (Jumps, sprints & hurdles bring flats & spikes)

## DROP OFF & PARKING

Participants and their equipment may be dropped off in parking lot 18, located off Monroe Street between Camp Randall Stadium and the Shell.

Free parking is available in lot 17, the ramp north of Camp Randall Stadium, or on the street.



The McClain Center, which features an 80-yard indoor field, is an excellent training facility for both running and throwing.

## CONDUCT & SECURITY:

The McClain and The Shell 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 & 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 Sports Medicine Department.

## HEALTH FORM:

By applying for this camp, I agree to complete and return to the Sports Medicine Department the confidential Consent for Medical Administration and Medical Treatment Form and Health History Questionnaire. I understand these forms need to be completed and on file prior to my child's participation in the camp activities. (These forms are available on the [UWCamps.com](http://UWCamps.com) web page and will be mailed to all parents/guardians when applications are received.)

## For more information:

Mark Guthrie  
Co-Camp Director  
(608) 262-4398  
[mrg@athletics.wisc.edu](mailto:mrg@athletics.wisc.edu)

Will Wabaunsee  
Co-Camp Director  
(608) 263-4873  
[wjw@athletics.wisc.edu](mailto:wjw@athletics.wisc.edu)

In the event of an emergency and you need to contact a camper, please call (608) 438-2584.

## REGISTRATION FORM

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Phone #: ( \_\_\_\_\_ ) \_\_\_\_\_

Contact Name: \_\_\_\_\_

Family Email Address: \_\_\_\_\_

### Current Year in High School:

Freshman  Sophomore  Junior  Senior

### I wish to participate in:

Hurdles  High Jump  Sprints  Distance

Long Jump  Discus  Triple Jump

Shot Put  Pole Vault  Coach

### Non-Refundable Camp Costs

Pre-registration (closes March 3, 2008): \$55

Registration the day of camp: \$65

Coach: \$30

*There are NO discounts available for individuals or groups attending this camp*

### METHOD OF PAYMENT

Check Payable to: UW Athletic Department

Master Card  Visa  Discover  American Express

Card # \_\_\_\_\_ Exp Date (Mo/Yr) \_\_\_\_\_

*Transaction confirmed; terms of Cardholder Agreement are hereby incorporated by reference.*

Cardholder Signature \_\_\_\_\_

Mail to: Athletic Business Office  
University of Wisconsin One Day Track Camp  
1440 Monroe Street  
Madison, WI 53711

### 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 on the first \$1,000 and excess up to \$5,000.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_