

UNI Sports Camps - Track
2401 Hudson Road
North Dome 268
Cedar Falls, IA 50614-0310



Learn By Doing Clinic

For Coaches and Athletes
Grades 9 - 12



March 4, 2012

Registration Ends
Thursday, March 1, 2012, at midnight!

Held at
University of Northern Iowa
Cedar Falls, IA

PLACE
STAMP
HERE



The Coaches



Shelli Sayers
Sprints/HJ



Head Coach
Dan Steele
Sprints/ Hurdles



Dan O'Mara
Throws



Dave Paulsen
Distance



Anthony Bertoli
Jumps



UNI Track and Field camps and clinics are open to any and all participants (limited only by number, age, grade level, and/or gender) as required by NCAA rules.

Northern Iowa Track & Field Clinics

Learn By Doing

What to Expect

This one-day Clinic is geared toward serious track and field athletes and coaches. It is intended for High School Coaches, and athletes currently in grades 9-12. Participants will receive classroom and practical instructions outlining the basic training methods needed to be successful in sprints, hurdles, jumps, throws, and running.

For the Athlete

You will learn, drill, and receive individual instruction that will start with the basics needed in each event and move to the advanced methods that have produced medal winners on the world and national level.

For the Coach

This is an opportunity to learn and work side-by-side with some of the best track and field coaches in the country. You will receive world-class instruction and experience practical drills that will give you a chance to gain an upper hand on your competition.

Athletes Fees: \$30.00 includes camp shirt, event handouts, and lunch. **Coaches Fee: \$30.00.** There is no limit on participants' numbers.

To Enroll: Fill out the attached registration form and download the required "Release and Medical Information" form from the website (www.unisportscamps.com). Mail the completed forms, along with check or money order to the address on the registration form. Upon receipt of the above information, you will receive a confirmation letter; detailed camp schedule will be sent at a later date. You may also register online at: www.unisportscamps.com.

Registration ends 03/01/12. NO REFUNDS will be given unless special circumstances arise.

Questions?

Concerning the Camp: Dan O'Mara (319) 273-5853 daniel.omara@uni.edu

Concerning Registration: UNI Sports Camps (319) 273-2267 sportscamps@uni.edu

Clinic Features

- All-Sport Speed Training
- Video Analysis
- Strength Training
- Event Technique Handout
- World-Class Coaching
- Outstanding Track & Field Facility

Tentative Schedule of Events

8:30 a.m.	Check-in
9:00 a.m.	Classroom Sessions
10:00 a.m.	Learn By Doing sessions
12:00 p.m.	Lunch
12:30 p.m.	Classroom Sessions
1:30 p.m.	Learn By Doing Sessions
3:30 p.m.	Round Table Discussions
4:00 p.m.	Conclusion



2012 UNI Track & Field Learn By Doing Clinic Registration Form

Sunday, March 4, 2012

PLEASE SELECT A CLINIC:

- Sprints Hurdles Running
 High Jump Pole Vault Throws

PLEASE PRINT ALL INFORMATION

Name _____

Male Female

Address _____

City _____ State _____

Zip _____ Phone (____) _____

Date of Birth _____ Age _____

Email (**Required** for all correspondence): _____

Event(s) _____

Grade in school for 2011-12 _____

School _____

Coach _____

T-shirt size: XS S M L XL XXL

FEE: Athlete (\$30.00) Coach (\$30.00)

Please make check/money order payable to: UNI Sports Camps-Track

When you provide a check as payment, you authorize the University of Northern Iowa to either use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution. For inquiries, please call 319-273-2628.

Send check/money order for registration fee, completed registration form, and the required release form (download from website) to:

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Online registration available at:
www.unisportscamps.com