Track & Field Academy Schedule

8:30am  Day 1 check-in
9:00am  Classroom Session/Video Analysis
        Mercer Birmingham Hall
10:00am Event Split Practice - Progression 1
        Sprints/Jumps/Hurdles/Vault/Throws/Distance
        Indoor Track
11:00am Snack
11:15am Event Split Practice - Progression 2
        Sprints/Jumps/Hurdles/Vault/Throws/Distance
        Indoor Track
12:00pm Strength/Core Circuit
        Weight Room
12:45pm Cool down/Recovery
1:00pm Dismissal
**Track & Field Academy**

Event Education and Video Analysis

3-Week Camp

Sundays 9am-1pm | Day 1 check-in 8:30am
(check-in in Mercer Birmingham)

January 12, 19, 26, 2014

Camp Pricing: $150 Per Person

Group Discount: $25 OFF when you sign up with 2 or more teammates. Please mail forms together.

**WHAT TO BRING:**
- Athletic Apparel
- Running Shoes
- Event Shoes/Spikes
- Implements (indoor shots/disco)
- Pole vault poles
- Water bottle
- Writing utensil (pen/pencil)

**PROVIDED:**
- Camp T-Shirt
- Training Manual

SEEN INSIDE FOR WAIVER AND REGISTRATION INFORMATION.

Join the University of Dubuque coaching staff, along with other area college and high school coaches for event specific training and development. The Academy will be held at our state-of-the-art indoor track located inside the Chlapaty Recreation and Wellness Center. Our academy is designed to provide you with a great experience, and prepare you for a successful track and field season.

**Academy Staff:**

**Sprints/Relays - Chad Gunnelson**
University of Dubuque – Head Track & Field Coach
CGunnelson@dbq.edu

**Throws – Jake Malm**
University of Dubuque – Assistant Coach/Throws
MMalm@dbq.edu

**Distance – Geoff Gundlach**
University of Dubuque – Assistant Coach/Distance
GGundlach@dbq.edu

**Hurdles/Jumps – Joel Janecek**
University of Dubuque – Assistant Coach/Hurdles/Jumps
JJanecek@dbq.edu

**Vertical Jumps – Pat Lockington**
University of Dubuque – Assistant Coach/Vertical Jumps
PLockington@dbq.edu

**How To Register:**

Please fill out the registration form in its entirety, and return with a signed Academy waiver and registration fee via mail to the address shown. It is very important to write legibly, taking care to answer all questions listed on the registration form.

Please note, we will accept day of registration but prefer that you register early or contact us prior to attending.

Early registration deadline: Monday, January 6, 2014.

**EARLY REGISTRATION DEADLINE:**

Monday, January 6, 2014

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**Track & Field Academy**

Hold Harmless/Waiver/Release of Liability

Each participant’s parent/guardian must complete this form prior to their son/daughter's participation in the UD (University of Dubuque) Track & Field Academy. Please read this form carefully and be aware that you will be waiving and releasing all claims for any injury/illness sustained during this activity by your son/daughter.

- As the parent/guardian of the participant, I certify that he/she is physically/mentally able to participate in this activity. Furthermore, permission is hereby granted to UD to provide necessary first aid treatment for the camper as well as permission to transport to a medical facility in the event of injury.

- UD does not carry medical insurance for injuries/illness sustained arising out of this activity. It must be noted that the absence of health insurance coverage does not make UD responsible for payment of medical expenses.

- In consideration for the participant’s involvement in the UD above named activity, I agree to assume all risk and fully release from all liability UD, members of the University community, its directors, officers, trustees, agents, servants and employees for any injuries including death, damages or loss of severity which my child may sustain as a result of participating in this activity.

- I agree to waive and relinquish all claims I may have against the UD community, its directors, officers, trustees, agents, servants, and employees, as a result of participating in this activity.

- I further agree to indemnity and hold harmless UD, members of the UD community, its directors, officers, trustees, agents, servants, and employees from any and all claims from injuries/illness including death, damages and losses sustained by my child stemming from or in any way associated with my participation in this activity. This will include holding UD harmless from negligence on the part of the university.

I certify by signing the Hold Harmless/Waiver/Release of Liability Agreement on the registration form, that I agree to ALL terms listed above.

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UNIVERSITY OF DUBUQUE