

REGISTRATION FORM

NAME _____

ADDRESS _____

City _____ St _____ Zip _____

Coach _____ or Athlete _____

Yr. In School _____

Track & Field Events you have participated in:

<u>Event</u>	<u>Best Performances</u>
_____	_____
_____	_____
_____	_____
_____	_____

I verify that my child has been checked by a licensed physician and is physically able to participate in the Sports Clinic. I agree to allow my child to be treated by a licensed physician while attending, if necessary, and to assume all costs related to such treatment. I authorize my insurance company to pay benefits. Also, I authorize the disclosure of medical information to my insurance company for the purpose of claim.

*Parent Signature

*Make checks payable to: UW Oshkosh Sports Camps

Register by March 1st - \$40.00

After March 1st

\$50.00 payable at the Door

*Send Registration to:

UW Oshkosh Sports Camps
800 Algoma Blvd.
123 Kolf Sports Center
University of Wisconsin Oshkosh
Oshkosh, WI 54901

Track & Field Clinic

The UW Oshkosh Track & Field Clinic is a co-educational, developmental clinic open to ALL high school athletes and coaches.

*The Clinic is designed to develop fundamental skills, along with the knowledge of these skills in a practical setting.

*WIAA approved for participation.

*NCAA approved for participation.

Directions

From highway 41: Exit 119 (highway 21 exit) EAST. You are now on Oshkosh Ave. Follow through 2 sets of lights. Cross the Fox River Bridge. Turn right onto High Ave. (one way street). Stay in right lane and proceed to Kolf Sports Center.



TRACK & FIELD CLINIC

**March 14, 2010
(Sunday)**

**Kolf Sports Center
University of Wisconsin Oshkosh**

**Sanctioned by:
The Wisconsin State Track Coaches Association**



Run, Jump and Throw ahead of the competition

A secret to success in competition is to be better prepared than your opponent. The University of Wisconsin Oshkosh Track & Field Clinic provides an excellent opportunity to develop skills and knowledge in the events of track & field. Emphasis will be placed on both theory and application of successful track & field training techniques. Workout sessions will be provided in the morning and afternoon. Each participant will have the opportunity to choose one of the event offerings from each session.

SESSION I

Distance
Hurdles
Long Jump
High Jump
Shot Put
Pole Vault (All day only).....

SESSION II

Distance
Sprints
Triple Jump
High Jump
Discus

*Pole vaulters must provide their own poles!

*Throwers must provide their own **Indoor** implements!

For the Track & Field Coach

The clinic format will allow you immediate feedback with other track & field coaches, camp facilitators, and your own athletes as they participate in their event areas.

Fees/Costs

Register by March 1st - \$40.00

After March 1st - \$50.00 payable at the Door

ATHLETE FEE-\$40.00

Athlete's fees include: Group facilitation, Clinic T-shirt and lunch.

COACHES FEE-\$40.00

Coaches' fees include: Clinic notebook and event handouts.

*Coaches are admitted **free** with any one paid athlete. Coaches are asked to pay a \$6.00 fee for lunch.

REGISTRATION

Please pre-register by mailing in the registration form before March 1, 2010. Day of registration and check-in will be at **KOLF SPORTS CENTER.**

9:00 - 9:45 Registration and check-in
10:00-12:00 Session I
12:00-1:30 Lunch
1:30-3:30 Session II

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800 Algoma Blvd.

123 Kolf Sports Center

University of Wisconsin Oshkosh

Oshkosh, WI 54901

University of Wisconsin Oshkosh National Championship Teams

Women's Cross Country

1987, 1988, 1989, 1996

Men's Cross Country

1988, 1989, 1990, 2002

Women's Track & Field

Indoor: 1994, 1995, 1996, 2004, 2005, 2006
Outdoor: 1990, 1991, 1995, 1996, 1997, 2004, 2006, 2007

Men's Track & Field

Indoor: 2009

Outdoor: 2009

Learn by Doing Clinic Staff

Includes UW Oshkosh
Track & Field
Coaching Staff and Athletes