

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Email: \_\_\_\_\_

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 1 - \$40.00**

**After March 1 -**

**\$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 11, 2012  
(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 1 - \$40.00**  
**After March 1 - \$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, 2012. 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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University of Wisconsin Oshkosh  
Oshkosh, WI 54901

## UW 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

### Track & Field Clinic Staff

Includes UW Oshkosh  
Track & Field  
Coaching Staff and Athletes