

Simplot Games Track Camp Registration

You can also register online at
www.simplotgames.com/camp.cfm

Name _____
Address _____
City _____ State _____ Zip _____
Age _____ Male Female
Telephone _____
Email Address _____

Select your event(s):

- Sprints Distance Hurdles
 Long/Triple High Jump Pole Vault
 Throws

(For review by camp staff.) Tell us about your interests in school, and your track & field accomplishments and goals:

(Continue on separate sheet if needed.)

Options:

On-Campus \$240

(Includes Registration, 4 coaching sessions, evening activities, 2 nights lodging, all meals and camp t-shirt.)

Commuter w/Meals \$200

(Includes everything listed above except lodging. You are responsible for transportation to/from the camp each day.)

Sign up with a friend and save!

Send in your registration along with a friend's and each receive \$20 off camp fees. (Must be sent in together.)

Registration deadline June 14, 2010.

Please complete the registration form and return with a \$50 deposit to the address listed below. When your deposit is received you will be sent release and medical forms. All forms and the balance of payment must be returned postmarked no later than June 25, 2010. Deposit is non-refundable after this date.

Simplot Games Track Camp

P.O. Box 912
Pocatello, Idaho 83204
(208) 235-5625
E-mail: simplotgamestrackcamp@hotmail.com

Cut here and return entry form.

2010 Simplot Games Track Camp

July 7-9, 2010

Idaho State University
Campus

Ages 12-18



Only 150 spots—
Register Now!

2010 Simplot Games Track Camp

Presented by

Olympic Legend
Dick Fosbury



"The Simplot Games Track & Field Camp is designed to strengthen athletic skills and build a winning attitude. Top technical coaching is the heart of our program, but we also emphasize discipline and sportsmanship. We will build more spirit and character than most camps because our staff spends more time with the campers. High quality coaching with one-on-one attention will be offered with lectures, films, and demonstrations on the latest training techniques. Staff members will also teach campers about other aspects of competition such as nutrition, relaxation, visualization, and commitment."

Dick Fosbury

July 7-9, 2010

Idaho State University
Campus

Ages 12-18

Take it
to the
next level!

With Olympians,

- Dick Fosbury
- Andre Phillips
- Willie Banks

...and an all-star cast
of clinicians.



www.simplotgames.com

2010 Simplot Games Track Camp

Presented by Dick Fosbury

July 7th-9th, 2010
Idaho State University Campus

If winning drives you...
If you're fired with the desire to compete at your highest level...

You won't want to miss the 2010 Simplot Games Track Camp on the Idaho State University campus.

Dick Fosbury presents the 2010 Simplot Games Track Camp. You'll learn some of the finer points of technique from Olympians and leading coaches. You'll also learn about some of the qualities of character that make a champion – qualities like persistence, self-discipline and giving it 100 percent.

Admission is strictly limited to 150 athletes. Get your application in today!

On-Campus Option (\$240) Includes:

- 4 Coaching Sessions
- Evening Activities
- 2 Nights' Lodging in ISU Dormitories
- All Meals
- Track Camp T-shirt

Commuter Option (\$200) Includes:

- All of the above except lodging.
- (All athletes will be supervised by track camp representatives during the entire stay.)

Sign up with a friend and save!

Send in your registration along with a friend's and each receive \$20 off camp fees. (Must be sent in together.)

Camp T-Shirt Contest

The winner will have their camp fee reimbursed and their design used on this year's t-shirt.

See www.simplotgames.com for details.

Camp Executive Director – Shannon Whitmer

A standout distance runner while attending Idaho State University, Shannon today is a coach and teacher at Pocatello High School.



Track Camp Clinicians include:

High Jump – Olympian and Hall-of-Famer Dick Fosbury

Originator of the "Fosbury Flop," and 1968 gold medalist in the High Jump. Dick will be working with the jumpers on their approaches, takeoff and clearance; instructing bounding and strength exercises; and observing their individual techniques for improvements.

Hurdles – Olympian Andre Phillips

1988 Gold Medal winner in the 400 Hurdles. Andre is known for making his clinics and coaching sessions both fun and instructive. His teaching skills are a product of both his love for students and his professional training—he is an Assistant Principal at Franklin High School in Stockton, California, and still works with Special Education students.

Pole Vault – Dave Nielsen

Dave Nielsen coached Olympians Stacy Dragila (pole vault) and Amber Welty (high jump). He has been Idaho State University's head coach for 24 years. At the camp, Coach Nielsen will share a wealth of knowledge in pole vaulting: progressions at the pit, on the track and in the gymnastics gym. He will lead a discussion of collegiate athletic participation requirements and choosing the right school for each athlete's needs.

Throws – Mike Judge

Mike is a well respected clinician, and is considered an expert in strength and power events. He is the former school record holder in the Shot put and Javelin at the University of Georgia. Mike is a USATF Coaches Education level 2 instructor for the throws. He has coached 75 high school All-Americans and 9 national champions in the throwing events, as well as world-ranked discus thrower Carl Brown.

Sprints – George Walcott

George is a three-time Jamaican Olympic Trials Qualifier. He has competed at the World Championships and in the Pan American Games. He is a PAC-10 200 Meter Champion, four-time Arizona Junior College Sprint Champion, and NJCAA 200 Meter Champion. George was the Men's & Women's Sprint Coach at the University of Oregon for eight years and is currently the Head Track & Field Coach at Winston Churchill High School in Eugene, Oregon.

Triple & Long Jump – Olympian and Hall-of-Famer Willie Banks

Triple jump world record holder, three-time Olympian. Willie will be working with athletes on approaches and jumping techniques, take-off and body position in the air. He will be observing athletes' techniques and will be providing feedback on how they can improve. Willie will cover bounding and strength drills, and a break-out session on effective calisthenics.

Middle Distance – Brian Janssen

In his 21st year of coaching at Idaho State University, Brian has coached 14 All-Americans, 81 nationally ranked collegiate athletes and 104 conference champions. At the camp, Brian will discuss the physiological and psychological aspects of training for middle distance.

