



Train the laker Way

The results speak for themselves:

- 2012 NCAA Women's Outdoor Champions
- 2012 NCAA Women's Indoor Champions
- 2011 NCAA Women's Outdoor Champions
- 2011 NCAA Women's Indoor Champions
- 107 All-American athletes since 1999
- 53 Top-20 track team finishes at Nationals



Cost/Registration

This camp is limited to male and female students entering the **8th Grade through freshman year of college in Fall 2014.**

CHECK IN: July 6, 2014 at 1:00pm-2:00pm

CHECK OUT: July 9, 2014 at 4:30pm-6:00pm

Resident Camper: \$335

Tuition includes lodging in state of the art, suite style dormitories, meals from Sunday evening to lunch on Wednesday, event instruction, group Insurance, and a GVSU Track and Field T-Shirt

Commuter: \$255

Tuition includes lunch & dinner each day throughout the camp, as well as event instruction, group insurance, and a GVSU Track and Field T-Shirt.

Late Registration

Registrations received after July 1st, 2014 will be charged an additional \$25.



location

Grand Valley State University is nestled amongst the valleys and ravines that separate Grand Rapids from Lake Michigan. Rolling hills and scenic trails make it a great place for any track athlete to train.



Camp features

The purpose of the camp is to provide quality individual instruction in the technique and training that is necessary for young athletes to reach their potential. Everything is designed to instruct, entertain, and motivate the athletes through training sessions and lectures. Each day brings about a new opportunity for each athlete to explore the possibilities of their potential, all while enjoying the beautiful campus and meeting new friends. Several Grand Valley Track and Field student-athletes will be on hand serving as counselors, in addition to the successful coaches brought in from across the nation. A video analysis of your event as well as those of championship caliber athletes will be viewed. **Most importantly we will have FUN!**

Camper will be supervised at all times to ensure a safe and secure environment for the athletes to learn and have fun. Any misconduct could result in dismissal without a refund.

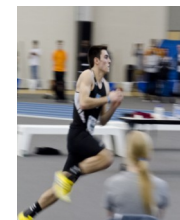


A Typical Day...

- 8:00 Breakfast
- 9:00 Group Lecture or Video Session
- 10:00 Morning Training Session
- 12:15 Lunch
- 1:00 Group Lecture or Video Session
- 1:45 Free Time
- 3:30 Afternoon Training Session
- 6:00 Dinner
- 7:30 Recreational Activity
- 9:00 Free Time
- 10:30 In Bed and Lights Out



Grand Valley State University



2014 Track and Field Camp



All High School Boys and Girls
are Invited
Sprints & Hurdles/Throws/ Jumps

July 6th-9th, 2014



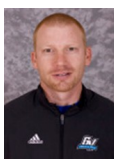
www.gvsulakers.com

Directors & Coaches



Keith Roberts- Camp Director

Keith Roberts Jr. enters his fourth year as an assistant track and field coach at Grand Valley with his duties focusing on sprints, hurdles and relays. Roberts has coached at every level and has guided multiple All-Americans and National Champions.



Jerry Baltes- Head Coach

In his 15th season, Jerry Baltes has accumulated an insurmountable number of accolades. During his tenure Grand Valley has produced numerous Top 25 finishes at the NCAA championships. In the 2011-12 season his women's team became the first in the history of the NCAA to win National titles in cross country, indoor track and outdoor track in the same season. He was named National Coach of the Year four times.



Tessa Sibley- Sprints

Sibley is in her fourth season as assistant coach and has coached All-Americans in the sprints, hurdles and relays.



Steve Jones- Jumps

Jones has coached athletes to 18 All-American awards and 4 National Titles, including the 2007 USA Outdoor National High Jump Champion.

Rob Klenk - Throws

Coach Klenk is an NCAA National Champion and 7-time All American who has worked with some of the top throwers in the United States. Athletes will learn proper warm up routine, shot put drills, discus drills, hammer/weight drills, javelin drills, plyometric training, and speed development.

Train the LAKER way!

Learn from the 2011 NCAA Division II Champions in Cross Country, Indoor Track & Field and Outdoor Track & Field

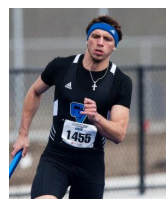
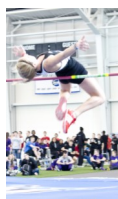
- Technique sessions with Interactive Learning
- Video Analyses
- Competition strategy
- Drills, Warm-ups and Cooldowns
- Nutrition
- Sprints, hurdles, relays, long jump, high jump, triple jump, and throws

Room & Board

The modern suite style residence halls are conveniently located on campus near the athletic facilities, dining hall, and recreation areas. All the rooms are state-of-the-art, which include twin beds and bathrooms. Each camper is asked to bring their own linens and shower belongings. High quality meals are provided. Special nutritional requests can typically be pre-arranged with adequate notice.

Facilities

Each camper will have access to the Grand Valley State University new state-of-the-art Outdoor Track, Indoor Track and Kelly Family Sports Center. Additionally, the camp will utilize turf and grass fields for plyometrics and drills. Other activities include: tennis, sand volleyball and swimming.



Track & Field Camp Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Sex: M / F Grade: _____

School: _____

Parents Name: _____

T – Shirt Size: S M L XL

Commuter ☐ Resident ☐

Home Number: _____

Emergency Contact: _____

Emergency Number: _____

Insurance Company: _____

Policy Number: _____

E-mail Address: _____

Preferred Roommate: _____

Primary Event: _____

Medical and Insurance info due by first clinic

Medical forms at:

www.grandvalleystatetrackcamps.com/medical-release-form.cfm

Completed form & \$50 non refundable security deposit check to:

GVSU Summer Track & Field Camp

1 Campus Dr. FH 99

Allendale, MI 49401

CHECKS PAYABLE TO GRAND VALLEY TRACK & FIELD

QUESTIONS? CONTACT COACH ROBERTS AT
ROBERTKE@GVSU.EDU OR 616.331.3731.