

DIRECTORS & COACHES

ALAN DUNSON – CAMP DIRECTOR



Alan Dunson completed his first year as an assistant track & field coach at Grand Valley State, with his duties focused on sprints, hurdles and relays. Dunson has coached six All-Americans, three GLIAC champions, and four athletes who broke school records.

JERRY BALTES – HEAD COACH



In his 16th season, Jerry Baltes has accumulated an insurmountable number of accolades. Grand Valley State has produced numerous All-Americans and individual national champions his tenure as head coach of the cross country and track & field programs. He has been named National Coach of the Year four times.

STEVE JONES – JUMPS COACH



Steve Jones has coached athletes to 18 All-America awards and four individual national titles, including the 2007 USA Outdoor National High Jump Champion.

SEAN DENARD – THROWS COACH



Sean Denard has coached 14 All-Americans, 12 conference champions, 12 athletes who broke school records, and four athletes who broke conference championship records. In college, Sean was an All-American and school record holder in the discus for North Central College.

TRAIN THE LAKER WAY!

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

- Interactive learning technique sessions
- Video analyses
- Competition strategy
- Drills, warm-ups and cool-downs
- Proper nutrition
- Sprints, hurdles, relays, long jump, high jump, triple jump, and throws



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 Phone Number: _____

Emergency Contact: _____

Emergency Phone Number: _____

Insurance Company: _____

Policy Number: _____

E-mail Address: _____

Preferred Roommate: _____

Primary Event: _____

Medical and Insurance info due by first clinic

Medical forms available 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 Dunson at:

Dunsona@gvsu.edu OR 616-947-2262

COST & REGISTRATION

This camp is limited to male and female students the **8th grade through freshman year of college in Fall 2016.**

CHECK IN: July 17, 2016 at 1:00 pm-2:00 pm
CHECK OUT: July 20, 2016 at 4:30 pm-6:00 pm

Resident Camper: \$315 online before 6/17, \$345 after
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 & Field t-shirt.

Commuter: \$225 online before 6/17, \$255 after
Tuition includes lunch and dinner each day for the duration of the camp, as well as event instruction, group insurance, and a GVSU Track & Field t-shirt.

Day-of Registration

Registration received on July 17, 2016 will be charged an additional \$25.



CAMP GOALS

The purpose of this camp is to provide a high quality individual instruction in the technique and training that is necessary for young athletes to reach their full potential, as well as to develop and improve upon their skills. Everything is designed to instruct and motivate the athletes through entertaining training sessions and lectures. In addition to a variety of successful coaches from across the nation, a number of current Grand Valley State track & field student-athletes will be on hand serving as camp counselors. While the development of proper technique and skills is a goal of this camp, **the most important takeaway is to have fun!**

Campers will be supervised at all times to ensure a safe and secure environment for the athletes to learn and have fun. Any inappropriate behavior or misconduct by the camp participants could result in dismissal without a refund.

A TYPICAL DAY

8:00 – Breakfast
9:00 – Group Lecture/Video Session
10:00 – Morning Training Session
12:15 – Lunch
1:00 – Group Lecture/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



2016 TRACK & FIELD CAMP



OPEN TO ALL HIGH SCHOOL BOYS AND GIRLS

**SPRINTS & HURDLES/THROWS/JUMPS
JULY 17TH-20TH, 2016**



WWW.GVSULAKERS.COM