GRAND VALLEY STATE UNIVERSITY Track and Field Camp

GVSU's Track and Field program has won 65 GLIAC Team championships since 1999. GVSU's women's Track and Field Program has won 4 NCAA Championships. The men's program earned NCAA National Runner-Up in 2015, 2014, 2016, and 2017. GVSU has produced over 500 All-Americans in track and field since 1999. Camp will be led by GVSU Cross Country coaches Alan Dunson, Sean Denard and Steve Jones.

CAMP PHILOSOPHY

Provide athletes the knowledge and understanding of distance running in a fun and motivational atmosphere in order to prepare athletes to have success in future seasons. Train with runners from around the Midwest, learn from collegiate coaches on practical and technical aspects of the sport, and run with collegiate and professional athletes that have experienced top levels of training and racing throughout the U.S. and the World

Coaches

Alan Dunson-Camp Director: GVSU Sprints/Hurdles Coach

18 Individual NCAA All-Americans, 8 All-American Relays, 14 Collegiate School Records broken

Sean Denard-Camp Director: GVSU Throws Boss

35 NCAA All-Americans, 15 National Championship Qualifiers, 4 National Medalists, 1 Olympian

Steve Jones-GVSU Jumps Coach

16 NCAA All-Americans, 3 NCAA Champion, 1 USATF Champion

GVSU Student Athletes

Guest Coaches From All Levels of College Track and Field



2018 GRAND VALLEY Track and Field Camp

JULY 15-19

7TH-12TH GRADE TEAMS AND INDIVIDUALS





Contact: Alan Dunson 616-331-3731 Dunsona@gvsu.edu

COST AND PAYMENT

Early Bird Registration {Feb. 1st – May 1st} -Resident \$300 -Commuter \$270

Registration {May 2nd – July 7th}

-Resident \$350 -Commuter \$315

Late/Day of Registration {July 8th – July 15th}

(includes \$50 late fee for both)

-Resident \$400

-Commuter \$355

*Non-Refundable \$150.

**Discount Codes will be offered for groups of at least 3 that register at the same time. See Coach Dunson for codes.

ONLINE REGISTRATION

• Visit the Track and Field homepage at www.gvsulaker.com for online registration www.myolinecamp.com

PRIZES

- First to sign up for camp
- Winner of all contests held throughout camp
- Returning campers

CAMP FEATURES

- Individual Technical Training Sessions
- Motivational speakers and presentations
- Ice cream social and camp dance
- Team Building Activities
- Games and Competitions

SPEAKERS AND PRESENTERS

- Elite and National Class Athletes
- GVSU athletes and coaches
- Top Midwest High School and Collegiate Coaches
- Footwear and Gear Presentation
- Nutrition and Injury Prevention

DAILY SCHEDULE

7:00 Wake Up 7:30 Morning Practice 9:00 Breakfast 10:00 Morning Speaker 11:00 Team Activity Noon Lunch 1:00 Camp Competitions 3:30 Afternoon Practice 6:00 Dinner 7:30 Evening Speaker 8:30 Activity/ Camp Competitions 10:30 In bed/ Lights out

WHAT TO BRING

Bedding Supplies Toiletries and Towel 5 Days of Running Gear Swimsuit/ Beach Towel Casual Clothes

CHECK IN AND CHECK OUT

Check In: Sunday July 15, 1-3 pm Check out: Thursday, July 19, 11:30-1pm

CONFIRMATION

Email confirmation will be sent when registration is received



Last year, GVSU hosted the largest Track and Field Camp in Michigan!

REGISTRATION

Check one: Resident:
Commuter:
Name :
Address:
City/State/Zip
Sex: M / F Grade Entering:
School:
Parents Name:
T-Shirt Size: S M L XL
Home Number:
Emergency Contact:
Emergency Number:
Insurance Company:
Policy Number:
Email Address:
Preferred Roommate:
MEDICAL AND INSURANCE INFO DUE BY CHECK-IN
MEDICAL FORMS AT: WWW.GVSULAKERS.COM
\$150 Non-refundable deposit due by July 2 to
Track and Field Offices
1 Campus Drive
Field House 97
Allendale, MI 49401
Make Checks payable to: GVSU Track and Field