

# Registration Form:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Sex: M/F Grade: \_\_\_\_\_  
School: \_\_\_\_\_  
Parent's Names: \_\_\_\_\_  
T Shirt Size S M L XL \_\_\_\_\_  
Home Number: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Emergency Number: \_\_\_\_\_  
Insurance Company: \_\_\_\_\_  
Policy Number: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Primary Event \_\_\_\_\_

## Medical and Insurance Info Due by Check In Day 1

[www.grandvalleystatetrackcamps.com/medical-release-form.cfm](http://www.grandvalleystatetrackcamps.com/medical-release-form.cfm)

Completed form & \$50 non-refundable  
security deposit check to GVSU  
Summer Track and Field Camp 1  
Campus Dr. FH 99  
Allendale, MI 49401

Checks Payable to:  
Grand Valley Track and Field

Facility Location:  
Check In and Check Out will occur at the  
Laker Turf Building



Skill Instruction will occur at the  
Outdoor track Complex

The Outdoor Track and Field Complex is located on the west side  
of the Allendale Campus. Directions in your electronic mapping  
device may be entered as  
10489-10497 Laker Village Dr, Allendale, Michigan 49401

This will take you to our parking lot complex, located just 100m  
East of the track complex. Follow the side walk east with the  
soccer fields to your left and you will enter the ticket booth area.

There we will check in and check out of camp every day.  
The throwing area is located just south west of the track and can  
be accessed through this same entrance.



# **SPEED** **AGILITY** **TECHNIQUE** RUN JUMP THROW



Boys and Girls Grades 6-8  
June 12<sup>th</sup>-June 15<sup>th</sup>  
5:00PM-7:00PM

Cost:

**\$40.00 IF SIGNED UP  
BY DECEMBER 31<sup>ST</sup>**

<http://www.grandvalleystatetrackcamps.com/>

OR Mail in this registration with form on back panel.

Camp Director: Sean Denard

Assistant Track and Field Coach

Contact: [Denards@gvsu.edu](mailto:Denards@gvsu.edu)

Office: 616-331-3161

# LAKER YOUTH TRACK AND FIELD SPEED AGILITY TECHNIQUE CAMP

The GVSU Laker Youth Track and Field Speed, Agility and Technique Camp will work on developing fundamentals to improve performance in running, jumping and throwing.

While this camp is ran by GVSU Track and Field Professionals improvements can be transferred over to all sports that young athletes participates in during a given athletic year.

Every session will begin with a warm up targeted towards teaching athletes how to warm up their bodies for high performance both at the event and prior/following their athletic event.

Following this groups will break down into primary event sessions where campers can work on Running, Jumping or Throwing (hurdle education will also be provided but not pole vault).

Speed Agility and Technique will be addressed in every camp session for every primary event focus with the goal of teaching

## Daily Schedule:

4:45PM: Check In  
5:00PM: Warm Up  
5:30PM: Technical Work  
6:00PM Agility Work  
6:30PM Speed Work  
7:00PM Cool Down/Check Out  
**\*Water and Snack Breaks  
provided between sessions**

## Things to Bring:

**\*Water Bottle**  
**\*Inhaler**  
**\*Running Flats**  
**\*Running Spikes**  
**\*Jumping Spikes**  
**\*Sun Screen**  
**\*Bug Spray**

## Grand Valley State University Coaching

### Staff:



In his 16th season, Jerry Baltes has accumulated an insurmountable number of accolades. During his tenure, Baltes has guided GV track and field teams to 55 Top 20 finishes at the NCAA championships and coached 147 All-American athletes.



At Grand Valley State, Andreadis has developed a solid vault program which has seen 40 All-American honors and six NCAA Division II National Champion pole vault performances in nine years and set both men's and women's school records.

Steve Jones has coached student-athletes to more than 18 All-American awards and 4 National Titles, including the 2007 USA Outdoor National High Jump Champions



Aaron Watson was a volunteer assistant, was in charge of supervising practices and team travel to competitions, administered and recorded workouts, and created programs for athletes returning from injury.



Sean Denard has coached 26 All-Americans, 14 Conference Champions, 12 School Records and 4 Conference Championship Records. In college, Denard was an All-American and school record holder in the discus.



Alan Dunson in his second has coached 6 All-Americans, 3 GLIAC Conference Champions, and broken 4 School Records. Dunson also coached the GLIAC Indoor Championships Women's Freshman of the Year and the Conference Record in the Women's 400 meters.





the athlete how to utilize drills, exercises and coaching to better themselves.

If 4 or more campers are present who run relays baton work can also be included during this camp.

