

## Parental Release

I hereby release UM-Rolla and all its employees and representatives from any liability for injuries sustained by my child while participating in such program. In the event of an emergency, I give consent for UM-Rolla to obtain through physician or hospital such medical care as is reasonably necessary for the welfare of my child.

Parent or guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Insurance Co. \_\_\_\_\_

Policy # \_\_\_\_\_

Any Allergies? \_\_\_\_\_

Current Medications \_\_\_\_\_

Any Current Injuries \_\_\_\_\_

## Directions to UMR Athletics Facilities

**From I-44 West (From St. Louis)** : Take the third Rolla exit #185. At the top of the ramp, turn left onto University Drive and proceed to the stoplight. At the stoplight, turn right onto Hwy 63/Bishop Ave. and stay in the right lane. At the next stoplight, turn Right onto 10<sup>th</sup> Street. Make your first left into the Parking lot at the Gale-Bullman Multipurpose building.

**From I-44 East (From Springfield)** : Take the second Rolla exit #185. At the top of the ramp, turn right onto University Drive and proceed to the stoplight. At the stoplight, turn right onto Hwy 63/Bishop Ave. and stay in the right lane. At the next stoplight, turn Right onto 10<sup>th</sup> Street. Make your first left into the Parking lot at the Gale-Bullman Multipurpose building.

**North Bound on Highway 63** : Stay on Highway 63 going North into Rolla. Turn left onto 10th Street. (The Multi-Purpose Building is on the Southwest corner of 63 and 10th.) Make your first left into the Parking lot at the Gale-Bullman Multipurpose building.

**South Bound on Highway 63** : Stay on Highway 63 going South into Rolla. Turn right onto 10th Street. (The Multi-Purpose Building is on the corner of 63 and 10th.) Make your first left into the Parking lot at the Gale-Bullman Multipurpose building.

**From Highway 72** : Take Highway 72 to the intersection of Hwy 72 and Hwy 63. Turn right. Stay on Highway 63 going North through Rolla. Turn left onto 10th Street. (The Multi-Purpose Building is on the corner of 63 and 10th.) Make your first left into the Parking lot at the Gale-Bullman Multipurpose building.

## **UMR** **Track & Field**

**Bryan Schiding**  
**Track & Field Office**  
**705 West 10th Street**  
**Rolla, MO 65401**

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# UMR Track & Field Camp

**June 12 - 15, 2006**

## Sprints, Hurdles & Jumps



**Tyrone Smith, UMR**  
**Long Jump: 26'**



**Rodrick Mc Donald, UMR**  
**Sprinter: 10.50, 21.16**

## UMR Track & Field Camp

The UMR Track & Field Camp is designed specifically for athletes looking to increase their fundamental knowledge and skills in training and the technical aspects of the sprinting/hurdling and jumping events.

### Daily Schedule:

- 7:15-8:00**    **Check-In**  
**8:00-8:30**    **General Warm-up**  
**8:30-9:45**    **Event Session I**  
**9:45-10:00**   **Break**  
**10:00- 11:30** **Event Session II**  
**11:45-1:00**   **Lunch, Relaxation**  
**1:00-1:45**    **Speaker/ Video Analysis**  
**2:00-3:30**    **Event Session III**  
**3:30-4:00**    **Pick-up**

\* Lunch is not provided. Campers must bring or buy their own lunch.

### Week's Breakdown:

#### Monday & Tuesday: Sprinting—

Concentration will be on the **sprinting and hurdling** events. We will teach the fundamentals of running mechanics and sprint specific training.

#### Wednesday & Thursday: Long, Triple, and High Jump—

Concentration will be on the **long, triple and high jumping** events. We will coach a successful progression from your approach through your landings/ bar clearance.

**\* It will greatly benefit jumpers to come to the Sprint portion of the camp as well.**

## Coaching Staff



### Bryan Schiding, Camp Director

The University of Missouri-Rolla assistant coach, directly responsible for the Sprinting and Jumping events. In just 3 years at UMR he has coached athletes to 33 school records, has had 37 NCAA qualifiers and 5 All-Americans.

His long jumper was the number one ranked Div. II jumper in the nation with a season's best of 26' 0". Also, he has helped to push the UMR men's team to a top 15 power ranking during the regular seasons (USTFCCCA).



### Sterling Martin

The University of Missouri- Rolla Head Coach, directly responsible for the Cross Country and Distance Programs. Martin has spent the last 19 years coaching at the Collegiate level, the last 3 of which have been at UMR. His experience in coaching is second to none, having great success at both the Division I and Division II level .

Along with his distance background, Martin is also a USATF Level 2 certified coach in the sprint and throwing events.



### Sarah Moore

Former Head Track & Field Coach at UMR. Moore has been involved in coaching track and Field for 22 years, 18 of which have been at UMR. She has coached numerous All-Americans ranging from High Jumpers to Javelin Throwers.

### Additional Camp Staff

UMR Track & Field student athletes will also be involved with instructing and demonstration.

**\* This camp is designed for ages 12-18**

## Registration Form

June 12-15, 2006

Camper's Name \_\_\_\_\_

Male                       Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

School \_\_\_\_\_

Coach \_\_\_\_\_

Event(s) \_\_\_\_\_

T-Shirt Size:    S    M    L    XL

Sprint/ Speed (Mon.-Tues.) - \$50.00

Jumps (Wed.-Thurs) - \$50.00

Both - \$80.00

- **Please Register Early, limiting to 50 campers**

- Make checks payable to:

**"UMR Track & Field Camp"**

Mail form to:

**Attn. Bryan Schiding  
Athletics Department  
705 West 10th Street  
Rolla, MO 65401**