

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 10th 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 10th 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
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Rolla, MO 65401

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UMR Track & Field Camp

Sprints, Hurdles & Jumps

June 25-28, 2007



UMR Track & Field Camp

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

Daily Schedule:

- 7:30-8:00 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
2:00-3:00 Pool Session
3:00 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, including block work and training tips.

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 4 years at UMR he has coached athletes to 34 school records, has had 52 NCAA qualifiers and 12 All-Americans.

He has built jumping and sprinting groups which consistently compete at the national level, and win conference titles. Also, the UMR men's team achieved 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 4 of which have been at UMR. His experience in coaching is second to none, having 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 jumping events.



Sarah Moore

Former Head Track & Field Coach at UMR. Moore has been involved in coaching track and Field for 23 years, 19 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 25-28, 2007

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 - \$90.00

• **Please Register Early**

• Make checks payable to:

"UMR Track & Field Camp"

Mail form to:

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

Or fax to: (573) 341-4880