

Medical Treatment Release

It is the responsibility of the camper's parent or guardian to ensure that the camper is healthy and has no physical problems that would prevent his/her participation in all camp activities.

This form must be filled out before registration is complete.

CAMPER'S NAME:

Last First Middle

DATE OF LAST TETANUS IMMUNIZATION: _____
(MM/DD/YY)

LIST ANY ALLERGIES TO MEDICATION: _____

PLEASE LIST ANY CONDITIONS THAT THE CAMP DIRECTORS SHOULD KNOW ABOUT: _____

EMERGENCY PHONE NUMBERS:

Day: _____

Night: _____

I authorize any medical treatment that might be advised by physicians available to the Track & Field Camp while my daughter/son is present at the camp.

Parent or Guardian Signature Date

MEDICAL INSURANCE INFORMATION:

Company Name: _____

Policy Number: _____

Name the Policy is Under: _____



Glenville State College Track & Field Individual Camps

JULY 9-11

JUMPERS

HIGH JUMP

LONG JUMP

TRIPLE JUMP

POLE VAULT

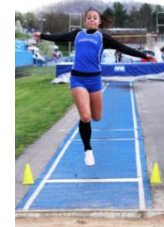
JULY 17-19

THROWERS

SHOT PUT

DISCUS

HAMMER



JULY 24-26

SPRINTS/HURDLES

100M

100MH

200M

110MH

400M

300MH



2010

CAMP STAFF

The camps will be under the direction of GSC Pioneer Head Track and Field Coach Cam Perry. The remainder of the camp staff will include dedicated and knowledgeable college and high school coaches as well as staff and GSC Track & Field athletes. The staff will be responsible for the campers on and off the track.

FACILITIES

Glennville State College has one of the best facilities in the WVIAC Conference. The signature eight lane blue track is only three years old and newly upgraded shot put area. Renovated Pioneer weight room. The pole vault and high jump are completely safe for multiple jumps in training.

PURPOSE

The purpose of the track and field camps is to help each athlete improve their skills, technique, and speed. The camp will have an emphasis on learning and FUN! We hope you will take the opportunity to join us for camp. It will be the best three days you have invested in your track and field future.

ELIGIBILITY

Boys and girls entering Middle school through those entering High school are eligible to attend the camp.

LOCATION

The camp is located on the campus of Glennville State College in Glennville, West Virginia. The college is 15 miles from I-79 on Route 5 West (use Exit 79). Camp activities are conducted at I. L. & Sue Morris Stadium and D. Banks Wilburn Track.

CAMP PACKAGES & FEES

The camp fee covers instruction, a pass to all GSC home athletic events, and a camp shirt. The residential camper fee includes housing and all meals. The day/evening camper fee includes lunch and dinner, and the day camper fee includes lunch.

The GSC Track & Field Camp packages are:

Individual Rate	
Over-night Campers	\$170
Day Campers	\$130
Team Rate- 10+ campers	
Over-night Campers	\$145
Day Campers	\$115

ROOM AND BOARD

Overnight campers will be housed in suites in Pioneer Village (up from the football field), which will be staffed by camp counselors and instructors. (Meals will be provided daily as well as access to vending machines.)

WHAT TO BRING

Campers should bring the following items (rooms are air condition): towels, pillows, sheets, socks, swimsuit, basketball shoes, personal items, a lock, running shoes, or event specific shoes and athletic clothing.

TENTATIVE DAILY SCHEDULE (ALL CAMPS)

DAY 1

4:00PM-6:00PM	REGISTRATION- PICKENS HALL
6:00PM-6:30PM	CAMP MEETING @ FILED
6:30PM-7:30PM	DINNER
7:30PM-8:00PM	STRETCH AND FORM RUN
8:00PM-9:30PM	PRACTICE #1
9:30PM	DAY CAMPER PICK UP
9:30PM-10:00PM	FREE TIME
10:00PM	IN ROOMS
11:00PM	LIGHTS OUT

DAY 2

7:15AM	WAKE UP
7:30AM	BREAKFAST @ CAFÉ
8:45AM	DAY CAMPERS DROPPED OFF @ FIELD
9:00AM-9:30AM	STRETCH AND FORM RUN
9:30AM-11:00AM	PRACTICE #2
11:00AM-12:00PM	LUNCH
1:30PM-2:00PM	STRETCH AND FORM RUN
2:00PM- 3:30PM	PRACTICE #3
3:30PM-5:00PM	FREE TIME
5:00PM	DAY CAMPER PICK UP
5:00PM-6:00PM	DINNER
6:30PM-8:00PM	PRACTICE #4
8:00PM-10:00PM	MOVIE
10:00PM	IN ROOMS (AFTER MOVIE)
11:00PM	LIGHTS OUT

DAY 3

7:15AM	WAKE UP
7:30AM	BREAKFAST @ CAFÉ
8:45AM	DAY CAMPERS DROPPED OFF @ FIELD
9:00AM-9:30AM	STRETCH AND FORM RUN
9:30AM-11:00AM	PRACTICE #5
11:00AM-12:00PM	LUNCH
1:30PM-2:00PM	STRETCH AND FORM RUN
2:00PM-3:00PM	PRACTICE # 6
4:00PM	CHECK OUT

FOR MORE INFORMATION,
PLEASE CONTACT:
CAM PERRY AT 304-266-9254

Registration Form

(Please fill in all sections — type or print with ink only)

Camper's Name _____ Age _____

Address _____ County _____

City _____ State _____ Zip _____

Home Phone _____

Business Phone _____

School _____

CLASS RANK

2009-2010 SCHOOL YEAR (CIRCLE ONE)

6 7 8 9 10 11 12

CAMPER'S SHIRT SIZE (CIRCLE ONE)

S M L XL XXL XXXL

I AM GOING TO BE A (INDICATE WHICH APPLY)

_____ Overnight Camper

_____ Day Camper

Camp that I will be attending

_____ July 9-11

_____ July 17-19

_____ July 24-26

MAIL COMPLETED APPLICATION TO:

GSC Track and Field
Department of Athletics
Glennville State College
200 High Street
Glennville, WV 26351

PLEASE MAKE CHECK PAYABLE TO:

GSC Track and Field