

# 2017 USD INDOOR TRACK CAMP

## Jumping, Vaulting, Hurdles, Throws & Running

January 8, 2017 | 8:30 AM – 4 PM | DakotaDome | Grades: 6-12

Come and learn the skills it takes to be a competitive track and field athlete at our Indoor Track Camp. We will be focusing on all of the different track and field events from throwing, vaulting, sprints, jumps, hurdles, and distance running also.



### SCHEDULE:

- 8:30-9:30 ..... Registration
- 9:30-12 ..... Camp events
- 12-12:45 ..... Lunch (not provided)
- 12:45-1 ..... Training talk w/coaches
- 1-3:30 ..... Camp events
- 3:30-4 ..... Functional Training
- 4..... Camp ends

# 2017 USD TRACK MINI CAMP 1 & 2

## Jumping, Vaulting, Hurdles, Throws, & Running

February 1 & 22, 2017 | 6 - 9 PM | DakotaDome | Grades: 6-12

Come and learn the skills it takes to be a competitive track and field athlete at our Indoor Track Camp. We will be focusing on all of the different track and field events from throwing, vaulting, sprints, jumps, hurdles, and distance running also.

### SCHEDULE:

- 6-6:30 ..... Registration
- 6:30-9 ..... Camp

With years of experience in all of these disciplines, we will teach the fundamentals to become better at their skill. Parents and coaches are welcome to come watch the whole day, as we teach drills, do functional training, and coach athletes as they do full techniques giving guidance to improve their skill. The University of South Dakota is happy to have you on campus and as a Track and Field staff we are excited to work with you.

Preregistered suggested, walk ups allowed.

Please bring your own implements, poles, and distance runners dress accordingly to possibly do things outside.

### REGISTRATION FORM

- INDOOR TRACK CAMP (\$85)     TRACK MINI CAMP 1 (\$25)     TRACK MINI CAMP 2 (\$25)

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt Size (only for Indoor Track Camp): \_\_\_\_\_ (please email a t-shirt size to AG.KrugerIII@usd.edu if paying at the door)

Track & Field Event: \_\_\_\_\_  **Cost Paid in Full** make checks payable to USD Track & Field

#### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF THE RISK AND INDEMNITY AGREEMENT AND CONSENT TO MEDICAL TREATMENT

By my signature below, I acknowledge that I am aware of, appreciate the character of, and voluntarily assume the risks involved in participating in \_\_\_\_\_

By my signature below, on behalf of myself, my heirs, next of kin, successors in interest, assigns, personal representatives, and agents, I hereby:

1. Waive any claim or cause of action against and release from liability the State of South Dakota, its officers, employees, and agents for any liability for injuries to my person or property resulting from my participation in the activity listed above;
2. Agree to indemnify and hold harmless the State of South Dakota, its officers, employees, and agents for any claims, causes of action, or liability to any other person arising from my participation in the activity listed above; and
3. Consent to receive any medical treatment deemed advisable during my participation in the activity listed above.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF THE RISK AND INDEMNITY AGREEMENT AND CONSENT TO MEDICAL TREATMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT NAY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

USD sports camps and clinics are open to any and all entrants (limited only by number, age, grade level and/or gender). If you are a person with a disability and need special accommodation to fully participate in any university activity or event contact Disability Services at 605-677-6389 as soon as possible, but not later than 48 hours before the event so that appropriate arrangements may be made.