

WAIVER FORM RELEASE FOR MEDICAL TREATMENT

Please complete this application carefully and fill out all of the information.
Your admittance to the camp may be delayed if the information is incomplete.

Name: _____

Date of Birth: _____ Sex: _____ Age: _____

Health History: Please list ANY allergies, disease, medications, special needs, restrictions and/or limitations. Please include a separate sheet if you need more space. _____

List date(s) of immunization against the following:

_____	Diphtheria
_____	Haemophilus Influenza Type B
_____	Measles
_____	Mumps
_____	Poliomyelitis
_____	Rubella
_____	Tetanus
_____	Varicella

Family Physician's Name: _____

Physician's Phone Numbers: _____ (Day) _____ (Evening)

Parent/Guardian Health Insurance Company: _____

Policy Number: _____

Address: _____

Parent/Guardian Authorization:

This health history is correct to the best of my knowledge, and the person herein as described has permission to participate in all camp activities except as listed above. In the event that I can not be reached in an emergency, I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for and order injection, anesthesia, or surgery for my child as named above.

My son/daughter has had a physical recently and may participate in all activities at the UB Camp. I give permission for my son/daughter to be treated by a certified athletic trainer or licensed physician. I further agree that the UB Camp staff should be held harmless from and indemnified against any and all liability, cost claims, loss or damage which it or they may incur as a result of an accident or injury to my child.

Parent/Guardian Signature (Required)

Date

A FULL TIME ATHLETIC TRAINER WILL BE AVAILABLE AT ALL TIMES

IMPORTANT UB CAMP INFORMATION

LOCATION:

UB Stadium - North Campus

DATES: July 5 – 7, 2011

REGISTRATION DEADLINE:

June 21, 2011 (please call if past that date)

COST:

Earlybird registration postmarked BEFORE June 21, 2011

overnight camper – \$330

commuter camper – \$185

Registration postmarked AFTER June 21, 2011

overnight camper – \$355

commuter camper – \$200

Register and pay with credit card online at

www.ubcamps.com

REFUND/CANCELLATION POLICY:

Refunds will be given with a one week notice of cancellation, minus a \$20 administrative fee.

HOUSING AND MEALS:

All overnight campers will be housed (2-3 per room) on the UB campus. Superb meals are provided (2 per day for overnight campers) in the campus dining halls, with lunch provided at the track daily for Commuter and Overnight campers

CHECK IN

Overnight & Day campers:

Tuesday, July 5 from 8:30 am - 9:00 am
at registration (UB Stadium)

CHECK OUT

Overnight & Day campers:

Thursday, July 7 at 3:30 pm
at UB Stadium

UB TRACK & FIELD CAMP CONTACT INFO:

Tel: 716/645-3468 Fax: 716/645-6329

Email: vam3@buffalo.edu

WWW.BUFFALOBULLS.COM

2011 TRACK & FIELD CAMP
Coach Vicki Mitchell
163 Alumni Arena
Buffalo, NY 14260-5000

UB University at Buffalo
The State University of New York

“LEARN BY DOING”

2011

UNIVERSITY AT

BUFFALO TRACK & FIELD CAMP



JULY 5-7

Open to boys and girls age 12-18

Register online at www.UBcamps.com



VICKI MITCHELL
HEAD COACH
UB MEN'S & WOMEN'S CROSS COUNTRY
WOMEN'S TRACK & FIELD

Coach Vicki Mitchell is starting her 13th year at the University at Buffalo. She coaches the men and women middle and distance runners. In 2004-05, she guided Jenny Koeppel to individual MAC Championships in the 10,000m and XC, and the women's XC team to a best ever 4th place finish at the MAC Champs. In addition, her athletes have reached NCAA regional meet in 800m 5000m, NCAA champs, and in 2004, senior Allison Laske qualified for the USA Olympic trials in the 800m.

Prior to coming to UB, Mitchell was the distance coach at William Jewell College, and teacher of exercise physiology and kinesiology.

Coach Mitchell is a 1991 graduate of Cortland State, and earned her Master's in Exercise Physiology at UNC-Greensboro. She has been a nationally-ranked distance runner, qualifying for the 1996 and 2000 Olympic trials at the 10,000m and marathon. She has been a member of five national teams, and part of the 2001 Fila Discovery USA Training program.



PERRY JENKINS
HEAD COACH
UB MEN'S TRACK & FIELD

Coach Perry Jenkins is starting his 13th year at the University at Buffalo as the Men's Track & Field Coach. As the sprint/jumps coach for the Bulls, he has had an athlete qualify for the NCAA Championships, and several individuals win MAC titles.

Prior to coming to UB, Jenkins was the Track & Field coach at Erie Community College, where he was named NGCAA Men's Coach of the Year on several occasions, and coached many of his athletes to All-American status.

Jenkins is a certified Master Official with USATF, and was selected as one of five Head Starters for the 2004 & 2008 USA Olympic Trials in Sacramento. Coach Jenkins is also the President of the Niagara Association of USATF and has been instrumental in the national level meets brought to Buffalo, such as the Junior Olympics and the USATF Youth National Championships.

CAMP PHILOSOPHY AND GOALS

Our philosophy is to impart each individual with the best and most up-to-date knowledge and techniques available. The campers select the event that they want to focus on during the UB T&F Camp. Each camper will receive individual attention and practice time throughout the camp to maximize their learning potential.

POLE VAULT CAMP GOALS: Each camper will learn the keys to a successful approach, learning steps, adjustments, and practicing short & Long approaches. Techniques will include approach, form in the air, and basic biomechanical principles.

HORIZONTAL JUMPS CAMP GOALS: We will begin with sprint mechanics, teaching form for top level sprinting. Approach and take-off will be taught, along with various drills to learn and/or improve the camper's LJ and TJ.

SPRINT & HURDLE CAMP GOALS: The goal of the hurdle camp is to teach the technique of both the high hurdles and intermediate hurdles. Form drills, lead-up drills, and extensive practice will be used to teach and evaluate each camper. Weight room training to enhance performance will be discussed.

HIGH JUMP CAMP GOALS: Campers will learn the basic mastery of high jump approach, take-off, and landing. Various drills will be taught to improve performance.

THROWS CAMP GOALS: Shot put and discus throws will be covered, which includes drills and technique evaluation through film review. Weight room practice will include the explosive lifts, and learning proper form for effective performance.

MIDDLE DISTANCE & XC CAMP GOALS: Basic form mechanics will be taught and evaluated. Training of the energy systems will be taught and how to train and race for 3 seasons (XC, indoor, outdoor). Effective racing strategies for track and cross country will be discussed. Steeple Chase will also be covered.

"LEARN BY DOING"

CAMP INFORMATION HOTLINE 716 645-6666 [EXT 71]

CAMP FEATURES

- ❖ Instruction from the UB Track & Field coaching staff
- ❖ Drills and technique demonstrations by UB coaches and track & field athletes
- ❖ Best individual instruction available
- ❖ Hands-on practice with drills and technique
- ❖ Lunch provided for all campers

CAMPER BONUS

Each pre-registered camper receives at commemorative camp item

TYPICAL DAILY SCHEDULE

7:30 am	Breakfast
8:45 am	Commuter camper check-in
9:00 am	Dynamic warm-up
10:00 am	Event specific session #1
12:00 pm	Lunch served at UB Stadium
1:00 pm	Group Session
2:15 pm	Event specific session #2
3:30 pm	Commuter camper dismissal*
5:00 pm	Dinner
6:30 pm	Evening activity
8:30 pm	Free time
10:00 pm	Lights out

- ❖ *Commuter camper drop-off and pick-up located in the UB Stadium parking lot.



Please note: NCAA rules prohibit a representative of UB's athletics interests (a booster) who is not naturally or legally responsible for a prospective student-athlete (grades 9-12) from providing any expenses to attend a camp or clinic. Violations of this could result in loss of NCAA eligibility for the prospective student-athlete. If you have questions regarding this or any other NCAA rule, please contact the UB Office of Compliance at (716) 645-3146.

2011 UB TRACK & FIELD CAMP REGISTRATION FORM

Last Name: _____
 First Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Home Phone: _____ Age: _____ Height: _____ Weight: _____
 Emergency Phone: _____ Age _____ in Fall '11
 E-mail Address: _____
 School: _____ Coach: _____

Camp Event: Pole Vault Sprints/Hurdles
 Horizontal Jumps Middle Distance/
 High Jump Cross Country
 Throws

Please indicate your registration type:

EARLYBIRD - postmarked BEFORE June 21, 2011

- Overnight Camper \$330 includes 2 nights, 2 breakfasts, 3 lunches & 2 dinners
 Commuter Camper \$185 includes 3 lunches

Registration - postmarked AFTER June 21, 2011

- Overnight Camper \$355 includes 2 nights, 2 breakfasts, 3 lunches & 2 dinners
 Commuter Camper \$200 includes 3 lunches

Total enclosed \$ _____

Payment-in-full must accompany registration form. All registrations received are on a first come-first served basis.

Overnight campers are required to send a separate check in the amount of \$35 for the room key security deposit. This check will be returned following room check-out when the key is returned.

*A \$20 service charge will be assessed for all returned checks.

*Refunds will be given with a one week notice of cancellation, minus a \$20 administrative fee.

I hereby request that my child be admitted to the UB Track & Field Camp and authorize the directors or any member of the staff to act for me according to their best judgement in any emergency requiring medical attention for which I will pay all costs. I understand that any camper who does not abide by the rules and regulations of the camp is subject to dismissal without reimbursement or recourse.

Parent/Guardian signature _____

Date _____

Register online at www.ubcamps.com
or mail application, payment-in-full, and completed medical form to:

University at Buffalo Track & Field Camp
University at Buffalo
121 Fargo Building • Buffalo, New York • 14261

REGISTER ONLINE AT WWW.UBCAMPS.COM