

BOYS Track & Field

June 13–16, 2010 • Resident: \$400 • Commuter: \$300



CAMP GOALS

- ✘ To provide an appropriate level of instruction for the novice, intermediate, and elite athletes.
- ✘ To aid in the development of state and national level athletes.
- ✘ To instill a philosophy that camp is more than running, jumping and throwing, but rather a time to learn and share in a unique fellowship with fellow athletes and quality staff.
- ✘ To offer advanced sessions for returning campers.

DAILY SCHEDULE

7:00–8:00 a.m.	Breakfast
9:00–11:30 a.m.	Event instruction and participation
12:00–1:00 p.m.	Lunch/free time
1:30–2:30 p.m.	Lecture series
3:00–5:00 p.m.	Event instruction and participation
5:00–6:30 p.m.	Dinner/free time
6:30–8:30 p.m.	Event instruction
8:30–10:00 p.m.	All camp activities
11:00 p.m.	Lights out

WHY CAMP WITH THE FIGHTING ILLINI?

- ✘ To receive a thorough knowledge and philosophy of the track and field area of your choice.
- ✘ To emphasize the physiological and psychological aspects of training and competition.
- ✘ To learn specific training techniques and conditioning methods in the area of your concentration.
- ✘ To learn from methods of testing and evaluation for future improvements.
- ✘ To learn specific weight training exercises and systematic training routines for total development.



ELIGIBILITY: Open to any and all boys ages 12–18.

CAMP FEES: Resident fees include three nights lodging, meals, instruction, recreation, and camp T-shirt. Commuter fees include instruction, recreation, camp T-shirt, and lunches.

REGISTRATION: Check-in June 13 between 5:00 and 6:00 p.m., check-out June 16 after 11:30 am. First meal is breakfast on the second day, last meal is breakfast on the last day.

PERSONAL NEEDS: Please bring the appropriate workout gear needed for at least 7 sessions, also spikes and the equipment needed to perform your event (pole vault poles, etc.). For resident campers, bring your own blanket, toiletries, towels, washcloths, and soap.

Register online: www.fightingillini.com/camps

MEET THE COACHES...



MICHAEL TURK Interim Head Coach

Mike Turk was named the interim head coach of the Illinois men's track and field in November 2009. Turk is in his fifth season at the University of Illinois coaching the jumps, throws and multi-events and has accumulated 20 years of coaching experience at the collegiate level, including 15 years at the NCAA Division I level. Turk spent six years coaching men's track and field at Western Michigan University.

At WMU he led the 2003 Broncos to a top-20 ranking in the USTCA Team Power Ranking and in 2004, he was named Central Collegiate Conference Coach of the year in outdoor track. In 2001, his field and multi-events squad scored 98 points at the Mid-American Conference Outdoor Championships. In six years at Western Michigan, Turk coached two All-Americans, seven NCAA Qualifiers, and multiple conference champions in field events. Turk was assistant coach for 9 years at Marquette University and 4 years at UW-Milwaukee. A graduate of Augustana College, Turk was the 1984 CCIW Conference Champion in the shot put. Turk is a USATF Level II certified coach as well as a USATF Level II instructor in the throws. He has been a featured speaker/clinician at numerous clinics and camps throughout the country and has authored several articles.



Jeff Hoskisson

Jeff Hoskisson enters his fourth year at the helm of the Central Methodist track & field/cross country programs and his 25th year of coaching overall. His teams have gone from finishing at the bottom of the conference to the top in that time span. Overall, Hoskisson has produced 27 All-Americans and 74 national or regional qualifiers.



WENDEL MCRAVEN Assistant Track Coach

Wendel McRaven begins his fifth season as cross country and distance coach at the University of Illinois after spending nine years at Kent State University, including a five-year stint as head coach of the Golden Flashes' track and field and cross country programs. Under McRaven's guidance, the 2009 cross country season wrapped up at the NCAA Midwest Regional Championships where

sophomore Colin Mickow earned All-Region accolades after placing 18th amongst the 174 total competitors.

Under McRaven's guidance, the 2009 cross country season wrapped up at the NCAA Midwest Regional Championships with a top 10 team finish and an athlete earning USTFCCCA All-Region honors.

McRaven had his best cross country season to date in 2007, coaching senior Trent Hoerr to a 16th-place finish at the NCAA Championships. Hoerr became the first Illini to garner All-America honors since Len Sitko in 1990. Under McRaven's guidance, Hoerr also won the NCAA Midwest Regional title and was named the Midwest Regional Athlete of the Year by the U.S. Track & Field and Cross Country Coaches Association, garnering All-Region honors along with Nachel.



Charles Burton

Charles Burton is in his first season as a volunteer coach for the Illinois men's track and field team, primarily assisting with the jumps. Burton was a member of the Illinois track and field team from 1999-03 and holds the second-best triple jump mark in school history, with his leap of 53-7 1/2 at the 2003 Big Ten Outdoor Championships. He was also a three-time national qualifier in the event.

ATTENTION CAMPERS!

General camp information along with a statement, a confirmation letter, and a map with directions will be mailed upon the enrollment of each participant. Please allow 5-7 days processing prior to the mailing of confirmation materials. If you prefer to pay by Visa, MasterCard, Discover or American Express, please complete the credit card information required on the application or visit our website at www.fightingillini.com/camps. If you prefer to pay by check, please make checks payable to the 'University of Illinois' and write the participants FULL NAME on the check. Please mail the completed application form and FULL payment to the processing center, **University of Illinois, Office of Summer Camps, P.O. Box 3264, Springfield, IL 62708-3264.**

ROOMMATES: All room assignments are made at registration. If you would like a special roommate, please arrive at registration at the same time. In absence of a special request, we try to place campers of similar ages together.

SUPERVISION: Participants are supervised by the coaching staff during the instructional sessions and by summer camp housing staff when at the residence halls. Attendance is taken at all sessions, bed checks are taken at 10:30 pm, and lights are out at 11:00 pm. 24 hour supervision provided.

TRANSPORTATION: Each participant is responsible for their own transportation to and from camp. Air, train, and bus services have transportation centers in Champaign.

INCURRED MEDICAL BILLS: A portion of each camper's fees is allocated into a Sports Medicine Medical Payment Fund which covers a maximum of \$1,000 for accidental injury and \$150 for dental injury to sound, natural teeth. Medical treatment must be rendered and claims submitted within 45 days of the conclusion of the camp.

FIRST AID: A staff of certified First Aid Providers is available at all times to attend to injuries and refer to a physician when necessary.

CANCELLATION/REFUND POLICY: It is required that ALL requests for refunds are submitted in writing. Your camp cost, less a \$50 non-refundable cancellation fee, is refunded without question if you cancel at least one week prior to the registration date. At any time after that date, refunds (less the \$50 non-refundable fee) are made for medical reasons only and a signed statement from your physician must accompany the written request. If a cancellation request is not received by the last day of instruction, a refund is not issued. Campers who must leave during camp due to an illness or injury verified by our medical personnel will receive a refund (written request is necessary). Refunds are not given to campers who voluntarily leave camp or who are sent home for disciplinary reasons. **REFUNDS, FOR ANY REASON, ARE NOT ISSUED AFTER AUGUST 31, 2010.**

ELIGIBILITY: Open to any and all boys ages of 12-18.

DISCOUNTS: Due to NCAA regulations, individual discounts are not available. Camps are not pro-rated.

COMMUTERS: Commuters are those campers who do not wish to stay in the residence hall. These campers participate in all camp activities. They must provide their own transportation to and from camp each day. Lunch is included in the camp cost; however, breakfast and dinner are not included. A camper may purchase a meal pass on a daily or weekly basis or leave with a parent or guardian during the dinner meal and **RETURN** for the evening session.

2010 CAMP OF CHAMPIONS—BOYS TRACK AND FIELD

CAMP APPLICATION

(Please print)

Camper's Name _____

Parent/Guardian's Name _____

Home Phone _____ Emergency Phone _____

Email Address _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____

2010-2011 Grade _____ 2010-2011 School _____

Are you a returning Fighting Illini Camper? Yes No

T-Shirt Size (Adult): small medium large x-large

"I hereby acknowledge that participation in the camp and related activities involves an inherent risk of physical injury or loss that might be sustained by my child. In consideration for accepting my child into the camp, I assume all risk of injury and loss that may be suffered by me or my child and release and forever discharge the Board of Trustees of the University of Illinois, its officers, employees and agents from any and all known liability of whatever kind or nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen body and personal injuries, including death, property damage and the consequences therefore resulting from the registrant's participation in or involvement with this camp or presence on University property, including any failure of equipment or defect in the premises, except to the extent caused solely by the willful and wanton conduct of the University.

I give permission to the University of Illinois to take photographs and videos of my child during the course of the camp activities. These photographs may be used for publicity purposes by the University of Illinois."

Parent / Legal Guardian signature _____

PLEASE SELECT THE CAMP YOU WISH TO ATTEND:

JUNE 13-16 Resident \$400 Commuter \$300

Please select an event:

Throws* High Jump Long Jump Triple Jump

Pole Vault Hurdles Sprints Middle Distance

*Javelin not offered

Method of payment: Cash Check Money Order

Credit Card: MasterCard Visa Discover American Express

Credit Card # _____ Exp. Date _____ V-code _____

Make check payable to: University of Illinois

For more information please phone: 217-244-7278

Mail to Processing Center:

University of Illinois
Sport Camps & Clinics
P.O. Box 3264
Springfield, Illinois 62708-3264

FOR OFFICE USE ONLY

Camper _____ Type _____

Paymode _____ Payment _____

Document _____

EMERGENCY MEDICAL INFORMATION

Camper's Name _____

Family Dr. Name _____

Clinic/Hospital _____

City/State _____ Phone _____

Health Insurance Provider _____

Address _____

City _____ State _____ Zip _____

Name of Policy Holder _____

Policy Number _____

Check below any information you feel the staff may need to maximize the safety and the well being of the attendee. To the right of the condition statement is space for more information relating to the condition checked. Please be specific. In case of emergency, this health information may be the only source of accurate important information. This information is confidential.

Nervous or Mental (epilepsy, emotional stress, convulsion) _____

Increased or Abnormal Blood Pressure _____

Pain in Chest or Shortness of Breath (heart murmur, rheumatic fever) _____

Hay Fever or Allergies _____

Allergy to Medicines (including penicillin, tetanus) _____

Food Allergies _____

Currently taking Medicines (list names and doses) _____

Medication that needs refrigeration _____

Diabetes _____

Do You Wear Glasses or Contact Lenses? Glasses Contacts

Date of last TETANUS BOOSTER _____

Under on-going care of Physician (NAME/PHONE #) for chronic/recurring problem _____

Recent Surgical Operations, Accidents or Injuries _____

• As a parent or guardian, I understand that if a serious illness/injury develops, medical or hospital care will be sought. I further understand that in case of serious illness/injury, I will be notified. However, if it is impossible to contact me, I give my permission for medical treatment, as recommended by an attending physician.

• I approve the release of medical information to the University of Illinois Sports Medicine Staff and any treating physician.

• I approve the release of insurance information to the health care provider (doctor, hospital of my child).

• I approve the health care provider to release information to the insurance company.

• I approve benefits from my insurance are payable to the health care provider.

• I also understand the \$1,000 maximum accident coverage in effect while at the University of Illinois campus does not cover pre-existing conditions, self-inflicted injuries, or illnesses. **Medical treatment must be rendered and claims must be submitted within 45 days of the conclusion of the camp.**

• If the benefits are paid directly to me, I will pay the health care provider.

• I verify the above information is correct to the best of my knowledge.

• My signature verifies the above information to be correct to the best of my knowledge.

Date _____

Signature of Parent or Guardian

Date _____

Camper's Signature (if over 18 years old)

Camp information and online registration
available at www.fightingillini.com/camps



SUMMER CAMPS

University of Illinois Fighting Illini

CAMP OF CHAMPIONS

JUNE 13-16

Boys Track and Field
Instructional/Training Camp

www.fightingillini.com/camps



University of Illinois
Division of Intercollegiate Athletics
Office of Sport Camps & Clinics
1700 South Fourth Street
Champaign, IL 61820

For more information or to register,
visit our website at
www.fightingillini.com/camps
or e-mail us at sumcamps@illinois.edu

ACCOMMODATIONS

FLORIDA AVENUE RESIDENCE HALL

- Easy walk to training venue
- 24 hour reception desk
- air conditioned rooms
- large rec rooms and TV lounges

