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JAYHAWK SUMMER CAMP

July 18 – 22

THE CAMP

Although held at the same time, the cross country and track & field camps are separately operated. At times, the two camps will meet together for informational or social activities, but camp sessions are different for cross country and track & field. Runners who focus on the middle-distance races (including the mile) and who will not run cross country in the fall should sign up for the track camp. Those who will race XC in the fall should sign up for cross country camp. Contact Debbie Luman at (785) 864-3486 or dluman@ku.edu with any questions.

Each day of camp will include elements of fitness, technique, form and fun. Camp discussions include sports nutrition, conditioning, sports psychology, competition strategy, and equipment updates. Each evening includes a recreation activity, such as sand volleyball, swimming, and video night. Some activities are designed for all athletes while others are for specific event groups. The camp is held to show young athletes proper technique and mechanics, allow them to “test drive” some college-style workouts, and learn more about how top athletes approach practice each day. Although not a mere “fitness camp,” cross country groups will get their miles in and everyone will sleep well at night (coaches included)!

If any parent, guardian, or camper believes that a camper needs accommodations under the Americans with Disabilities Act, they must contact Debbie Luman about requested accommodations at (785) 864-3486 or dluman@ku.edu before May 13, 2010.

THE STAFF

Now in his tenth season at the helm of the Kansas track and field and cross country programs, head coach **Stanley Redwine** has made a huge impact. Redwine arrived in 2000 to direct the Jayhawks following a six-year stint as head coach at the University of Tulsa. Under coach Redwine's direction the Jayhawk men's teams have twice placed in the top ten at the NCAA Championships; KU has had six NCAA individual titles since 2000. Redwine has served on three USA Teams; assistant coach for the 2003 Pan Am Games, 2007 Pan Am Game's men's head coach and most recently men's assistant coach for the distances on the 2009 World Championship team. Coach Redwine was selected 2005 Big 12 Men's Coach of the Year.

Mike Whittlesey Ph.D. Whittlesey comes to Kansas from the University of North Carolina. While at North Carolina Whittlesey coached the Tar Heels to two ACC cross country titles. He took the Tar Heel women to the NCAA Championships 10 out of 11 years with top ten team finishes in 1999, 2003, 2004. Whittlesey peers have honored him with ACC coach of the year twice, NCAA Devi Outdoor Regional and NCAA National Assistant Coach of the year. He has coached 70 All-Americans, 36 Conference Champions, 9 NCAA individual champions, and 9 NCAA Relay Team championships.

Wayne Pate came to KU in 2007, after several successful coaching stints. While at Indiana, Purdue, Texas and Tennessee, Pate coached 55 All-Americans, 7 national champions, 3 Olympians and was named national assistant coach of the year on two occasions. Since joining the Kansas staff Pate has coached All – American Crystal Manning to Big 12 titles in

the Long Jump and Triple Jump. Coach Pate continues to coach triple jumper Aarik Wilson who won two NCAA championships and earned a place on the 2008 Beijing Olympic Team. He also coached long jumper Rose Richmond to the 2004 Olympic Games in Athens and the 2006 USA title.

Tom Hays is a familiar face to the KU track program. He coached Amy Linen to the NCAA Indoor title as a Jayhawk in 2005. Hays' has mentored All – American Jordan Scott to four indoor Big 12 Pole Vault titles in five years. Hays competed for the Jayhawks in the mid-80s before receiving his degree in Education in 1989. Hays spent six years as an assistant at the University of Arizona and seven years at Wichita State. He has coached four Olympians, five NCAA champions, four NCAA runner-ups, 21 NCAA All-Americans, two NJCAA champions, 22 NJCAA All-Americans and 56 conference champions. Hays was the IAAF Vault Development Coordinator and has coached at camps the world over.

Andy Kokhanovsky is in his fifth year with the Kansas track and field coaching staff as throws coach after a stint at University of Louisiana at Monroe from 2001-05. Before his time at ULM, Kokhanovsky coached the throwers and multi events at McNeese State from 1998-2001. Kokhanovsky graduated from Abilene Christian University in 1998 where he set a Division II national record in the discus and was the national champion. Kokhanovsky represented the Ukraine in the discus at the Olympic Games in Atlanta. Before his time in Abilene, he competed at Blinn Junior College where he set the national record for junior colleges in the discus and won the national championship in the discus in 1994 and 1995. In 1989, he won the USSR national championships in the discus and in 1992 was ranked as high as 12th in the world. Andy's pupils include Egor Agafonov two time NCAA champion, Scott Russell 2008 Beijing Olympian, and Zlata Tarasova .

Elisha Brewer is in her sixth year at KU. She came most recently from the University of Cincinnati where she served as assistant coach for the last three seasons, focusing on sprints and hurdles. In her time at Cincinnati, Brewer's sprint hurdle crew has won two Big 12 championships and set 10 school records under her direction. Most notable is All-American/Olympian Nickesha Anderson. Brewer graduated from Arkansas after a stellar college career in 1998 with a degree in communications and served as a graduate assistant strength coach for the next two years while competing professionally.

ACCOMMODATIONS

Both cross country and track and field camps will stay at Naismith Hall, a privately owned residence hall adjacent to KU's campus. Naismith Hall features a pool, suite-style rooms (every two rooms share a bathroom), and the Rock Chalk Café.

PRICE

Overnight Camp Price	\$395	Day Camper Price	\$295
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A \$100 non-refundable deposit is due with this registration.

The full balance of fees is due by July 1, 2010. No refunds are allowed after that date.

- Discount: School teams with 5 or more who sign up together receive a \$25 discount each.
Discount: If siblings attend, the second and all subsequent siblings receive \$25 discount.
Discount: Children of any KUAC employee may attend camp as a Day Camper for free.
All campers must be registered by July 1st, 2010.

REGISTRATION

Registration for all overnight campers is at Naismith Hall from 1pm – 3 pm on Sunday, July 18. The first camp meeting begins at 3:30. Day Campers should check in at Naismith Hall at 3pm on Sunday, July 18.

DIRECTIONS

- **From Kansas City International Airport to Naismith Hall:**
Head North on International Circle towards Terminal Exit. Proceed straight ahead to Cookingham Drive. Turn Left to the I-29 North /US-71 North ramp towards St. Joseph. Merge onto I-29 N/US – 71 N. I-29 N/US-71 N becomes I-29 N/US-71 N/I-435 W. Take the I-435 South exit number 17, towards Topeka. Merge onto I-435 S. I-435 S becomes I-435 S/SR-5 S. Take the I- 70/Kansas Turnpike exit number 12 towards Topeka/ ST. Louis. Merge onto I-70 West/Kansas Turnpike ramp. Merge onto I-70 W (portions toll). Take the exit number 202, towards west Lawrence (US-59 S). Merge onto Mc Donald. Dr. Take the US- 59 South ramp. This will become Iowa Street. Turn left on 19th St. and head down the hill to Naismith Drive. The tall dark brick building is Naismith Hall. Parking is available around the back of the building.
- If you are planning to fly in, please use the Kansas City International Airport. **Schedule a flight to arrive between 10:00- 3:00PM on Sunday.** If you require transportation between the airport and the campus, please return the enclosed transportation form as quickly as possible. **Airport trip is a 45 minute drive & costs \$25 each way.**

CAMP ADDRESS

Camper's Name
c/o DEBBIE LUMAN
1651 Naismith Drive
Lawrence, KS 66045-7538

CHECK OUT

Check-out is on Thursday, July 22 at 4:00 PM from NAISMITH HALL.

CAMP PHONE

- The track office phone is (785) 864-3486. You can leave important messages for campers at that number.
- Milan Donley's emergency, on-campus phone number during camp will be (785) 331-9911. Please only use this number in case of emergency during the week.

TRAVEL FORM

We assume that a camper is arriving by car unless you send us a completed travel form. **We must receive this completed form before July 1 to guarantee camper pickup.**

HEALTH FORM

You must bring the enclosed completed health form with you to camp.

Campers cannot be admitted without this form.

- Health services include an athletic trainer. Please notify the camp staff at check-in if there are any medical situations we need to be aware of, including medications etc.
- Drugs, alcoholic beverages and cigarettes are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or credit.

SPENDING MONEY

Campers may want to bring spending money to purchase snacks or visit the campus bookstore for a souvenir. There will also be an opportunity to purchase exclusive Jayhawk merchandise.

PAYMENTS

Full payment of camp fees must be received in our office no later than July 1. No refunds are given after that date. **A non-refundable \$100 deposit is required with registration form.**

ROOMMATES

- Campers stay 2 per room and are assigned by age, event group, and roommate requests.
- If you have a roommate request, please send the enclosed form by July 1. After that, the request can't be guaranteed.
- If you don't have a roommate request, you will be placed in a room with someone near your age. It will be a great opportunity to meet someone new!

ROOM KEY DEPOSIT

Naismith Hall requires a room key deposit of \$50.00. Please bring a separate check made out to "Jayhawk Track Camps" for that amount and it will be held until the key is returned on the last day of camp and returned at checkout.

CANCELLATIONS

We do put a limit on camp numbers and will turn campers away once we hit our limit. For this reason, no refunds are available after July 1. Remember that either a non-refundable \$100 deposit or full camp fee is due with this registration form.

ADDITIONAL INFORMATION FOR DAY CAMPERS

(those who are not staying overnight with us in Naismith Hall)

DAILY SCHEDULE

- After you've eaten breakfast at home each day, you should arrive at The University of Kansas and check in at Naismith Hall with a camp staff member no later than 8:30 a.m.
- You will eat lunch and dinner in the cafeteria and depart around 9:00pm. If necessary, you may leave earlier in the day, but must make arrangements with the camp director, Milan Donley, and check out with a camp staff member each day.

WHAT TO BRING TO CAMP

Along with yourself, we recommend that you bring a daily pack with the following items: Track Spikes or event specific shoes if you have them, sunglasses, hat, **sunscreen, water bottle**, a spare shirt, shorts, swim suit, and towel. **Throwers please bring your own implements. If this is not possible, contact the camp director in advance.**

SPENDING MONEY

- Many campers like to buy snacks in the evening, or take a trip to the bookstore for souvenirs. There will also be a chance to purchase exclusive Jayhawk apparel.

CHECKLIST OF ITEMS TO BRING

Below is a suggested list of clothes, equipment and personal items. We recommend that you do not send unnecessary clothes (which often get lost), or expensive cameras, watches and other valuable items. Don't forget to label **every** article of clothing and equipment! You will be staying in the dorms on campus. There are beds but no pillows or linens.

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| + Running Gear | + Health/Personal form |
| + Pajamas and bathrobe | + Laundry bag |
| + Clothes for after running | + 1 sleeping bag, OR 2 twin sheets, 1 blanket+ |
| + Underwear and socks | + pillow / pillowcase |
| + Shoes (non/Running) | + Bath towels |
| + Sweat Shirt | + \$50 key deposit payable to Jayhawk Track Camp |
| + Extra spending money | + Room key deposit |
| + Toilet/personal items | + Hat |
| + Swim Suit and Towel | + Pen and paper for notes during guest speakers |
| + Hair dryer | + Disposable camera |
| + Alarm clock. | + Bring track spikes or shoes for your event. |
| + Sun Screen | + Throwers, bring your throwing implements. |

ROOMMATE REQUEST FORM

If you have a roommate request, please return this form to us before July 1. After that, we cannot confirm roommate requests.

Camper's Name

Camper's Age

Name of First Roommate Requested

Name of Second Roommate Requested

**Before July 1 Detach and Mail to: Jayhawk Track Camps
1651 Naismith Dr**

TRAVEL FORM

If your child **will not be arriving by car**, please fill out this form and return it to us as soon as possible. We must receive this completed form in our office no later than July 1st. Kansas City International Airport is approximately 50 miles from campus. We will send a camp staff member to pick up and drop off a camper for an additional fee of \$25 each way. ***If paying by check, please make check payable to "Jayhawk Track Camps" and have your child bring it to camp.*** A camp staff member dressed in camp clothing will be there to meet your child with their name on a sign. Don't forget to give your child the camp phone number while traveling alone (Office Phone: 785-864-3486, Emergency Phone: 785-331-9911).

Please try to arrive between 10AM-2PM on Sunday and depart after 6PM on Thursday.

If you need pickup, please detach the completed form below and return it by July 1 to: Jayhawk Track Camps, 1651 Naismith Dr, Lawrence, KS 66045 or fax to (785) 864-5525.

_____	_____
Camper's Name	Phone Number
<u>TO CAMP:</u>	
Arriving by: Air Train Bus (circle one)	
Arrival Date: _____	Time: _____
Departure City: _____	Airline: _____ # _____
Connecting Information: _____	
<u>FROM CAMP:</u>	
Departing by: Air Train Bus (circle one)	
Departing Date: _____	Time: _____
Arrival City: _____	Airline: _____ # _____
Connecting Information: _____	
2010 JAYHAWK TRACK & FIELD AND CROSS COUNTRY CAMP REGISTRATION FORM	

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

E-mail: _____ Shirt Size: _____ (adult or youth)

Name of School: _____ Coach: _____

Circle One: Boy or Girl

Circle One: Track & Field or Cross Country

Year in School: _____ Years in Track & Field / XC _____

In what other sports do you participate? _____

Primary Event Area (circle one): -Sprints- -Hurdles- -Pole Vault- -High Jump-
-Mile or Longer - -Cross Country- -Long/Triple Jump- -Middle Distance-

What are your goals for the upcoming season: _____

What do you hope to accomplish this week in camp? _____

Parents or Guardians

Name _____

Please list your personal bests:

100m _____

Long Jump _____

200m _____

Triple Jump _____

400m _____

High Jump _____

800m _____

Pole Vault _____

1600m/Mile _____

Shot Put _____

3200m/2 Mile _____

Discus _____

100/110 Hurdles _____

Javelin _____

300/400 Hurdles _____

5,000m _____

10,000m _____

Please return this form with either you full camp fee or camp deposit to:

BRING THIS FORM WITH YOU TO CAMP CHECK – IN

Jayhawk Track Camps 1651 Naismith Dr, Lawrence, KS 66045

JAYHAWK SUMMER CAMP HEALTH & RELEASE FORM

Camper's Name : _____

Circle One: Boy / Girl Age: _____ Weight: _____ Height: _____

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Number: Evening: _____ Day: _____

Are there any activities in which the above camper should not participate? _____

Are there any medical conditions that will require special attention: _____

Please list any prescription medications that the camper is currently taking: _____

I hereby certify that the above named camper is physically able to participate in the Jayhawk Summer Camp and that I know of no restrictions, physical impairments, or any other facts that in any manner limit the above named camper's participation.

Signed: _____ Date: _____

Please circle those illnesses or conditions that the camper has had: German Measles, Measles, Mumps, Asthma, Chicken Pox, Pneumonia, Diabetes, High Blood Pressure

Immunizations <i>(show dates)</i>	Allergies <i>(yes or no)</i>	Drug Reactions <i>(yes or no)</i>
Tetanus Toxoid _____	Hay Fever _____	Sulpha _____
Polio Vaccine _____	Asthma _____	Penicillin _____
Tuberculin Test _____	Eczema _____	Antibiotics _____
Measles _____	Insect Stings _____	Aspirin _____
Rubella _____	Other _____	Other _____
Mumps _____	Other _____	Other _____

Physician's Name: _____ Phone: _____

Health Insurance Information:

Carrier Name: _____ Policy Number: _____

Name of Policy Holder: _____ Holder's Date of Birth: _____

I, the parent or guardian of _____, give permission for the named camper to receive emergency medical or surgical treatment and hospitalization if necessary. I understand that every attempt will be made to contact me, or the emergency contact named above, before taking any action. I hereby waive and release the staff, camp management, university, and sponsors of the Jayhawk Summer Camp from any liability for any injury or illness incurred while at camp. I UNDERSTAND THAT THERE IS RISK OF INJURY TO THE NAMED CAMPER AS A RESULT OF CAMP ACTIVITIES, AND KNOWINGLY AND VOLUNTARILY ASSUME ALL RISK OF SUCH INJURY. I will be financially responsible for any medical attention needed during camp or resulting from an injury received at camp. My medical insurance shall be the insurance coverage for any medical treatment. I further understand that Jayhawk Track Camps retains the right to use, for publicity and advertising purposes, photographs of campers taken at camp.

Signed: _____ Date: _____