

**NDSU Track and Field
Speed and Conditioning
Camp**

The purpose of the camp is to give the camper a better grasp of the proper warm-up and cool-down protocol, proper running form and technique. This camp is open to beginner to advanced level athletes. Each night a training session will be directed by experienced coaches. A general fitness program will be offered each session, and athletes will also be able to work on starts and long jump, and HJ pits will also be available for use. There will be NO throwing events, pole vault, or hurdles.

Camper Information

All participants must be covered by a family health and accident policy. You cannot enter the Shelly Ellig complex without the proper paperwork! There are no locker room facilities in the Shelly Ellig Indoor Track. All athletes will have to change in the bathrooms or come dressed. NO street shoes can be worn in the track area. Change shoes in the lobby area. You must have a pair of DRY shoes when entering the track area. NO food will be permitted in the track area. It is best to leave all cell phones, iPods, etc. at home as NDSU is not responsible for any lost or stolen items.

WHAT TO BRING!

Training shoes, spikes, water bottle
Notebook, pen, proper workout attire

Camp Schedule

December 6, 13, 20, 21, 27, 28
6:30-8:15pm
January 3, 10, 17, 24, 31 6:30-8:15pm
February 7, 14, 28 6:30-8:15pm

Camp Cost:

**Cost: \$15 per session
Checks payable to NDSU Athletics**

Registration

*The camp is open to all ages!
Registration will take place the day of the clinics.*



North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to: Equal Opportunity Specialist, Old Main 201, 701-231-7708 or Title IX/ADA Coordinator, Old Main 102, 701-231-6409.

**WAIVER: ASSUMPTION OF RISK
RELEASE FORM WILL NEED TO BE
SIGNED PRIOR TO PARTICIPATION IN
CAMP.**

Consent for Medical Treatment Consent to Participate

Validation of Insurance

I/We undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of emergency for (print full name):

_____ a participant in a Bison track & field camp. I/We understand that I/we will be responsible for any expenses incurred on his/her behalf in connection with such treatment. I/We also authorize the camp appointed physician to execute on my/our behalf any permission slips and other appropriate documents and act on my/our behalf in I/we are not immediately available to do so.

Insurance Company _____

Contract Numbers _____

Emergency Daytime Phone Number _____

NO CAMPER WILL BE ADMITTED TO CAMP WITHOUT INSURANCE COVERAGE. Injuries are a part of training camp. It is very important that you are in good shape when you report to camp. The better shape you are in, the less likely you are to sustain an injury. If you receive a major injury, you will be returned home. There are no refunds due to injuries or illness.

As a condition of enrollment, the following disclaimer of liability must be signed and dated by the camper's parent/legal guardian: The camper, in attending the NDSU Track and Field Camp and in using any camp facility, does so at his/her own risk. The University, its Athletic Department and its staff shall not be liable for any damage arising from personal injury sustained by the camper during the camp session and so hereby fully and forever exonerate and discharge the University, the NDSU Track and Field Camp, its staff, its owners, employees and agents, from any and all claims, demands, damages, right of action or cause of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the camper's participation in the camp session and in the use of the facilities.

I certify that to the best of my knowledge, I am in good physical condition and have no disease or injury that would impair my performance in training or competition.

Camper's Signature & Date _____

Parent or Guardian Signature & Date _____