

Please circle **NO MORE** than 2 events per day.

*After all applications have been received,  
a schedule of event times will be sent to campers.*

**July 11:**

Long Jump	High Jump	Sprints
Pole Vault	Throws	Hurdles
	Triple Jump*	

**July 18:**

Long Jump	High Jump	Sprints
Pole Vault	Throws	Hurdles
	Triple Jump*	

**July 25:**

Long Jump	High Jump	Sprints
Pole Vault	Throws	Hurdles
	Triple Jump*	

**Aug 1:**

Long Jump	High Jump	Sprints
Pole Vault	Throws	Hurdles
	Triple Jump*	

*\*Please note that triple jump will only be held  
during the 4:30-6:30 time slot.*

# Illinois College Track and Field Summer Camp



## Camp Overview:

Illinois College will host a track and field summer camp on the outdoor Ware Family Track.

The camp will give an opportunity for high school and junior high pole vaulters, high jumpers, long and triple jumpers, throwers (both boys and girls), hurdlers and sprinters to receive in-depth instruction on the track and field events of their choice from Illinois College coaching staff.



Office of Intercollegiate Athletics  
1101 West College Avenue  
Jacksonville, Illinois 62650  
217.245.3401 | [www.ic.edu/athletics](http://www.ic.edu/athletics)

## :: Individual Instruction

Campers will be broken up into groups of no more than 10-15 people. Instructors, along with camp counselors specializing in each event, will demonstrate everything from specialized warm-ups to individual skills and specific techniques for each event.

## :: Expectations

Campers are expected to have sufficient training shoes (both running and spikes). 1/8 inch spikes are acceptable. We will be limited on the number of implements for throwers, so a camper is allowed to bring his or her own. We will supply poles, but vaulters are also encouraged to bring their own poles that meet IHSA specifications.

## :: Location

Illinois College is located in Jacksonville, Illinois, 30 miles west of Springfield, 90 miles north of St. Louis, 70 miles east of Quincy and 100 miles south of Peoria.

## :: State-of-the-Art Facilities

The 2010 summer camp will be held on the outdoor Ware Family Track at Bruner Fitness and Recreation Center. The NCAA-sanctioned synthetic track was constructed in 2007.

## Camp Director

Rachel Rohn is the assistant track coach at Illinois College. The 2007 Illinois College graduate received a Bachelor of Science degree in sports management and organizational leadership. During her collegiate career, she competed in javelin and weight on the track teams and varsity volleyball. She is currently attending the United States Sports Academy to receive a dual master's degree in sports fitness and sport coaching.

## Important Information:

- :: Camp will be broken into two sessions (2-4 and 4:30-6:30 p.m.) with no more than 10-15 campers in an event per session (depending on the event and space)
- :: Campers can choose up to two events per day in which to participate
- :: Campers will be placed in a session after all applications are received. We will make every effort to keep campers that ride together in the same session.
- :: Secondary insurance cost is included in the fee.
- :: Camp fees are:
  - \$30** for one session per day
  - \$50** for both sessions per day
  - \$100** for all four sessions
  - \$175** for all eight sessions
- :: Make checks payable to: Illinois College Track Camp

## 2010 Illinois College Track and Field Summer Camp Application

Camper Name(s): \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Year in school: \_\_\_\_\_

Event: \_\_\_\_\_

Personal Best: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Days Attending:

Sunday, July 11 \_\_\_\_\_

Sunday, July 18 \_\_\_\_\_

Sunday, July 25 \_\_\_\_\_

Sunday, August 1 \_\_\_\_\_

*Please send application form (with both sides completed) and payment to:*

**Illinois College**  
**Attn: Rachel Rohn**  
**1101 West College Avenue**  
**Jacksonville, Illinois 62650**  
**217.245.3344**  
**Rachel.Rohn@ic.edu**