



# CO-ED THROWS CAMP

## June 27-30, 2010

### WHY CAMP WITH THE FIGHTING ILLINI?

- ✦ To receive a thorough knowledge and philosophy of throwing events.
- ✦ To emphasize the physiological and psychological aspects of training and competition.
- ✦ To learn specific training techniques and conditioning methods.
- ✦ To learn from methods of testing and evaluation for future improvements.
- ✦ To learn specific weight training exercises and systematic training routines for total development.

### CAMP GOALS

- ✦ To provide individual instruction and program advising for each athlete.
- ✦ To aid in the development of conference, 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 instruction in the hammer and javelin events.

### CAMP INFORMATION

**ELIGIBILITY:** Open to any and all boys and girls 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 27 between 5:00 and 6:00 p.m., check-out June 30 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, shoes and implements needed for at least 7 sessions. For resident campers, bring your own blanket, toiletries, towels, washcloths, and soap.

### Mike Turk - Camp director

- ✦ Interim Head Coach, University of Illinois Men's Track & Field
- ✦ 25 Years of Coaching experience including 20 years at NCAA DI level
- ✦ Coached numerous All-Americans, USATF National Finalists and Olympic Trial participants
- ✦ USATF Coaches Education Level 2 staff
- ✦ Authored several articles and videos on the throwing events



### Larry Judge

- ✦ USATF Master Coach
- ✦ Coached hundreds of All-Americans, 11 NCAA Champions, 8 Olympians, 2 American Record Holders, and 2 World Record Holders
- ✦ USATF Coaches Education Chairman for the Throws
- ✦ Associate Professor at Ball State University



### Gia Lewis

- ✦ Former Illini All American in Discus
- ✦ Finished 5th at USATF Championships in 2009
- ✦ Top 50 world ranking in Discus
- ✦ Discus PR is 60.38 (198'1)

### Erin Gilreath

- ✦ 2004 Olympian in the Hammer throw
- ✦ American Record Holder in the Hammer throw
- ✦ Assistant Coach at Anderson University

## CO-ED THROWS CAMP • JUNE 27-30, 2010 • REGISTRATION FORM

#### Please print

Camper Name \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ 2010-11 Grade \_\_\_\_\_

2010-11 School \_\_\_\_\_

Are you a returning Fighting Illini Camper?  Yes  No

T-Shirt size (adult):  small  medium  large  x-large

#### Return registration form with fee to the processing center:

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

Questions? Call the Sport Camps & Clinics office at 217-244-7278

"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/Guardian's Signature \_\_\_\_\_

**CAMP FEE:**  Resident \$350  Commuter \$250

**METHOD OF PAYMENT:**  Cash  Check  Money Order  
Credit Card:  Mastercard  Visa  Discover  American Express

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ V Code \_\_\_\_\_

**No refunds after AUGUST 31, 2010**

**Make check payable to the University of Illinois**

**REGISTER ONLINE!** Camp information and online registration available at [www.fightingillini.com/camps](http://www.fightingillini.com/camps)