

# The University of Iowa Coed Track and Field/Cross Country Summer Camp

## July 18-22, 2010



### GENERAL INFORMATION

Ages 10-18.

**Check-in:** Sunday, July 18, 1 - 3 p.m. in the Martha Lounge of Hillcrest Dormitory.

**Housing:** Two campers per room. Room assignments will be made in advance. Roommate preferences received less than two weeks before camp start date may not be possible. Sheets, pillow, pillowcase and blanket are provided. Meals are served in University dining facilities. Trainers and medical staff are available 24 hours a day.

**Commuters:** Lunch and dinner is included in the commuter fee.

**Orientation:** An orientation meeting will be held before your first session, explaining Sports Camps rules and regulations.

**Items to Bring to Camp:** Training gear and workout attire will be needed. Campers must furnish towels and toiletry items. Bring along shorts, jeans, summer shirts, swimsuit, alarm clock, small fan and extra spending money for snacks, soft drinks, game room and the Hawk Shop. We discourage you from bringing any valuables to camp. The University of Iowa is not responsible for lost or stolen articles.

**Transportation:** If transportation is needed to and from the Eastern Iowa Airport (CID), or the Iowa City Bus Depot, please notify our office (in writing) of your travel schedule, two weeks prior to arrival. There is a \$25.00 fee for round trip transportation from the airport, no charge from the bus depot.

**Costs and Cancellations:** Resident fee is \$435 and commuter fee is \$385 with full tuition due by July 1. Your fee **less the nonrefundable/nontransferable deposit** will be refunded to you if you cancel your enrollment. Written requests for refunds must be sent to the Sports Camps Office, 203 Field House, University of Iowa, Iowa City, IA 52242. Requests must be made prior to August 15.

**Confirmation and Medical:** Each camper will receive a confirmation letter and the MANDATORY medical authorization/release form. For more information about housing, what to bring to camp, rules & regulations, medical information, FAQs and driving directions, visit our website: [www.iowasportscamps.com](http://www.iowasportscamps.com) or contact us at 319-335-7961.



### CLINICIANS

#### Larry Wieczorek—Distance

Head Men's Track and Field/  
Cross Country Coach of the Hawkeyes.  
NCAA Regional Coach of the Year in cross country.

#### Scott Cappos—Throws

Coach of more than 20 Big Ten Champions  
and All-Americans.  
Coach of three National Champions.

#### Joey Woody—Hurdles

Drake Relays Hall of Fame runner, NCAA Champion,  
World Champion and World Record Holder.

#### Layne Anderson—Distance

Head Women's Track and Field/Cross Country Coach.  
Has led Iowa to the highest NCAA finish  
in school history.

#### Clive Roberts—Sprints/Jumps

The focus is on women's sprints,  
and long and triple jump for both teams.

#### Christi Smith—Jumps

Former NCAA Champion, working with men's and  
women's high jump, pole vault and combined events.

**For additional information,**  
please call 319-335-7961.

Online registration at:  
[www.iowasportscamps.com](http://www.iowasportscamps.com)  
Email: [sportcamps@hawkeyesports.com](mailto:sportcamps@hawkeyesports.com)



### SUMMER CAMP ACTIVITIES

#### Typical Schedule:

6:30 a.m. .... Wake Up/Breakfast  
8:30-10:00 a.m. .... Sports Session  
11:30 a.m. .... Lunch  
1:30-3:30 p.m. .... Sports Session  
5:00-6:00 p.m. .... Dinner  
6:30-8:00 p.m. .... Sports Session  
8:30-10:00 p.m. .... Recreation  
11:00 p.m. .... Lights Out



### The Iowa Coed Track and Field/ Cross Country Camp WILL:

- Improve your technical skills
- Teach you the latest scientific training methods
- Provide expert coaching and instruction
- Provide guest speakers, recent topics: Weight training and conditioning, nutrition, proper attire/shoes for training, exercise



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