### ARKANSAS TRACK & FIELD CAMP

Please note: You may register through our secure website at www.arkansastrackcamps.com

Name			
Birth date/	/		
Address			
City	ST _		Zip
Grade Entering		_ Age	
School			
Phone			
Email			
Emergency Contact			
Emergency Phone			
Allergies			
Current Medications			
T-Shirt Size			
Events		F	РВ
Events		F	РВ

Camp fees: \$100

There is no charge for parents or coaches. Enrollment is limited, early registration is advisable. Payment must be received in full to guarantee your enrollment. There will be a \$25 processing fee on all refunds and cancellations. There Is a \$20 processing fee for all returned checks. Refunds will only be given for medical reasons when accompanied with a letter from your physician.

Checks should be made payable to:

TG Athletics, LLC

Mail application, medical release form, and payment to:

Arkansas Track & Field Camp 10 S. Razorback Road Fayetteville, AR 72701

For questions or additional information please contact Lora Nanak @ (479) 575-6384 or (479) 422-7891.



# RANDAL TYSON TRACK & FIELD CENTER

One of the best indoor facilities in the world, the Tyson Center has been the home of the

NCAA Men's and Women's Indoor Track & Field Championships since its completion in the winter of 2000. The six-lane banked oval has been touted by insiders and the casual fan as perhaps the fastest indoor track in the world thanks to its steep curves and long straightaways and the numbers back it up as 11 of 20 NCAA Championship running records have been broken on its surface.

#### JOHN MCDONNELL FIELD



Home to the most successful program in NCAA history, John McDonnell Field has

been transformed into one of the top outdoor track and field facilities in the nation. Named for legendary head coach John McDonnell, the winner of 42 NCAA national championships, the facility is one of only two IAAF Class 1 certified track and field complexes in the U.S. and the first such facility on a collegiate campus.

Participants are not contracting with the University of Arkansas or the State of Arkansas with regard to participating in this camp, and the University of Arkansas do not run or have any responsibility for the camp."



Date: Sat., Jan. 3, 2015

Time: 1:00 pm to 5:00 pm

Place: Randall Tyson Indoor Track and Complex

Who: ALL male/female
Athletes 6th grade and up

Cost: \$100 per athlete

Registration deadline: December 27th \$125 after Dec. 27, 2015

### **CAMP FEATURES**

#### **EACH ATHLETE WILL RECEIVE**

- A dynamic warm up routine that promotes recruitment of fast twitch muscle fibers.
- Small group instruction and video analysis from camp counselors.
- Knowledge of training

## SPEED ... POWER ... AND EXPLOSION!

The Arkansas All Sports Speed & Conditioning Camp is designed to help all athletes in the sports of: Track & Field, Football, Basketball, Soccer, Baseball and Volleyball. Use Arkansas's world class sprinting and jumping training techniques to improve sprinting and jumping mechanics and ability. These training techniques will help improve your block start, 40 yard dash, speed on the soccer field, time from home plate to first base as well as your jumping ability and quickness for basketball and volleyball.

### **LEARN FROM THE BEST**



Arkansas Speed and
Conditioning camp director
Travis Geopfert has coached
numerous world class track
and field athletes including:

Olympians, World Champion Qualifiers, NCAA National Champions, SEC Champions, All Americans and Junior American and World Record Holders. The Arkansas student-athlete counselors boast numerous National Champion and All American Honors. Their knowledge, experience and ability to demonstrate can help you reach your potential for your individual sport.

## ARKANSAS ALL SPORTS SPEED & CONDITIONING CAMP

MEDICAL RELEASE

physically fit to attend and participate in the Arkansas Track & Field Camp, and know of no impairments that would limit his/her participation in all activities of the camp.  This medical certification requires a doctor's signature or the camp may use his/he 2012-2013 form required by his/her public or private school. However, no camper will be allowed to participate without a doctor's written permission.  Doctor's Signature  Date  Date  I,		
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Date	2012-2013 form required by his/her public or private sch	nool. However, no camper
It,	Doctor's Signature	
of Name of Parent or Guardian the Arkansas Track & Field Camp to act for me according to my best judgment in any emergency requiring medical attention. I hereby release the said camp from any and all liability for any injuries incurrent while at the camp. Insurance is provided. Furthermore, as the parent/guardian of the above named camper, I acknow edge that I am contracting with the Arkansas Track & Field Camp and not the University of Arkansas or any entity of the State of Arkansas.  Signature of Parent/Guardian    MEDIA RELEASE	Date	
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