Track & Field Camps

INFORMATION

REGISTRATION DEADLINE:
JULY 7

Register before July 1 and receive a $10 discount!

Send completed registration form and deposit payable to St. Norbert College Track & Field to:

St. Norbert College Track & Field Office
Schuldes Sports Center
100 Grant Street
De Pere, WI 54115

COST:
$75; $65 if you register before July 1

Groups of three or more, before July 1: $50 per person (registrations must be sent together)

Completed insurance forms will be required for all athletes on the first day of camp.

ADDITIONAL INFORMATION:

Please contact Megan Kuehl with any questions or concerns.

Phone: 920-403-4321
Fax: 920-403-3128
Email: megan.kuehl@snc.edu

July 10-13, 2017
Sprints, Hurdles, Pole Vault, Throws, Long Jump, Triple Jump, High Jump

Athletes entering grades 7-12
The Camp Experience

The St. Norbert College Track & Field Camp helps young athletes develop their skills, prepare for their upcoming season and take their performance to the next level.

Led by St. Norbert College coaches and working directly with SNC varsity athletes, camp participants will choose from individual technique sessions in the sprints, jumps, hurdles, pole vault and throws. Each camper will receive individualized attention in his or her chosen events, and, through technique analysis, each will get specific tips on how to turn weaker areas into strengths.

The four-day camp will be held at Donald J. Schneider Stadium, 6-8 p.m. each day.

Camp Schedule

July 10
6-6:15 p.m. Introduction
6:15-6:30 p.m. Warm-up (jog, stretch, dynamic)
6:30-7:15 p.m. Technique in Event 1
7:15-8 p.m. Technique in Event 2

July 11
6-6:15 p.m. Recap of previous day
6:15-6:30 p.m. Warm-up (jog, stretch, dynamic)
6:30-7:15 p.m. Technique in Event 1
7:15-8 p.m. Technique in Event 2

July 12
6-6:15 p.m. Determine entries for competition day
6:15-6:30 p.m. Warm-up (jog, stretch, dynamic)
6:30-7:15 p.m. Technique in Event 1
7:15-8 p.m. Technique in Event 2

July 13
6-6:15 p.m. Warm-up (jog, stretch, dynamic)
6:30-7:45 p.m. Summer meet
7:45-8 p.m. Awards ceremony and closure

Camp Leadership

DON AUGUSTINE
Camp Director
St. Norbert College
Head Track & Field Coach

Don Augustine enters his 14th year working as a collegiate-level head coach, during which he has had athletes break and re-break more than 60 school records, set conference meet records 10 times, and qualify for the NCAA National Championships every season since 2004. Augustine coached three consecutive NCAA national champions in the 800-meter run and has had an All-American in cross country, the 5K and the 10K in six straight post-season championship meets! In 2009, Augustine brought SNC to its highest indoor and outdoor national finishes, putting the Green Knight ladies 8th indoors and 10th outdoors. Augustine was a standout middle-distance runner in college and twice earned all-conference academic honors at the Division II level.

MEGAN KUEHL
Assistant Camp Director
St. Norbert College
Assistant Track & Field Coach

Megan Kuehl is St. Norbert College's first full-time track and field/cross country assistant coach. She arrived at St. Norbert after spending two years as an assistant coach at Northern State University in Aberdeen, S.D. She competed collegiately at the University of Montana from 2006 to 2010, specializing in the high jump and hurdles events, helping the Grizzlies to three top-three Big Sky Conference finishes.

CAMP COUNSELORS
Current SNC Athletes

Green Knight track and field team members will provide hands-on coaching in all camp events.
I, the undersigned participant/parent, request voluntary participation for my minor (hereinafter referred to as “Camper”) to participate in the St. Norbert College Track & Field Summer Camp (sprints, hurdles, pole vault, throws, long and triple jumps) occurring on July 10-13, 2017, which is hereinafter referred to as the “Activity.”

CONSENT: I consent to “Camper”s participation in the “Activity” and acknowledge that “Camper” and I fully understand “Camper”s participation may involve risk of serious injury or death, including losses which may result not only from “Camper”s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the “Activity” is being conducted, and/or the rules of this type of event or “Activity”. I understand that if I have any risk concerns, I should discuss the risks associated with participation with the activity coordinators and event staff, before I sign this document and before the activity begins.

CONCUSSION: I, the undersigned, have read the Concussion and Head Injury Information and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors along with the importance of reporting a suspected concussion that occurs during the “Activity”. I understand that “Camper” must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a concussion is suspected. I understand that anyone suspected of a concussion cannot return to practice/play until providing the camp written clearance from an appropriate health care provider. I understand the possible consequences of a camper suspected of a concussion returning to practice/play too soon.

CERTIFICATION OF HEALTH STATUS AND INSURANCE COVERAGE: I certify that “Camper” is in good health and has no physical condition that would prevent participation in the “Activity”. Furthermore, I agree to use “Camper”s personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required, and I acknowledge that I am responsible for all related costs.

RELEASE FOR MEDIA/PRESS COVERAGE: I agree that photographs, pictures, slides, movies, video, or other media coverage of “Camper” may be taken in connection with “Camper”s participation in the “Activity” without compensation from St. Norbert College, the Premonstratensian Fathers, their officers, employees, and agents of each of them and consent to the use of photographs, pictures, slides, movies, videos, or other media coverage for any legal purpose.

ASSUMPTION OF RISKS: Participation in the “Activity” can be dangerous and carries with it certain inherent risks, such as but not limited to being hit or struck by equipment; falling while running and pole vaulting, contact during fall with mats and the ground, that cannot be eliminated regardless of the care taken to avoid injuries. Although the risk of injury is low during the activity, there are still risks. These risks range from, but are not limited to (1) minor injuries such as slips, falls, cuts, scratches, bruises and sprains, (2) major injuries such as eye, joint or back injuries, fractures, concussions, heart attacks, heat stroke, and concussions, (3) catastrophic, life-altering injuries including paralysis, to (4) death. I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, permanent disability, property damage or loss resulting therefrom. Knowing and understanding the risks involved with participation in the activity, I hereby voluntarily and willingly assume responsibility for all risks and dangers associated with “Camper”s participation in the “Activity”.

WAIVER/INDEMNITY: In consideration of “Camper”s participation in the “Activity”, I hereby waive all claims or causes of action against St. Norbert College, Inc., the Premonstratensian Fathers, their Officers, Directors, employees and agents, arising out of “Camper”s participation in the activity and hereby release, hold harmless, and discharge St. Norbert College, Inc., the Premonstratensian Fathers, their officers, directors, employees and agents of each of them from all liability in connection therewith except such loss or damage which was caused by the sole negligence or wilful misconduct of St. Norbert College, Inc., the Premonstratensian Fathers, their officers, employees, representatives and volunteers, and the officers,
WAIVER/INDEMNITY (continued):
directors, employees and agents of each of them. I agree I am financially responsible for any losses resulting from “Camper”s actions and will indemnify St. Norbert College, Inc., the Premonstratensian Fathers, their officers, directors, employees and agents of each of them, for any loss or damage caused by myself/minor during the “Activity”.

SEVERABILITY: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Wisconsin and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

ACKNOWLEDGEMENT OF UNDERSTANDING: I have read this release and hold harmless agreement and understand the terms used in it and their legal significance. This waiver and release is freely and voluntarily given with the understanding that right to legal recourse against St. Norbert College, Inc., the Premonstratensian Fathers, their officers, directors, employees and agents of each of them is knowingly given up, except for such loss or damage which was caused by the sole negligence or willful misconduct of St. Norbert College, Inc., in return for allowing “Camper”s participation in the “Activity”. My signature on this document is intended to bind not only myself but also my successors, heirs, representatives, administrators, and assigns.

Please utilize the space below to provide any medical/prescription information that you request be released to emergency medical providers.

Emergency contact name (print) (Area code) Phone number

(Area code) Phone number

Relationship to the Camper
List Physician Name and Phone Number below:

List known allergies and any other medical/prescription information you request be released to SNC and emergency medical providers.

IN WITNESS WHEREOF, I have executed this affirmation and release at De Pere, WI on the date below:

Parent’s signature (required) date

Camper’s signature (required) date

Camper’s Name (print) (Area code) Phone number

Address

City/State Zip

WITNESS (must be at least 18 years old)

Signature date