

**CC/Track & Field Technique for
girls and boys grades 7-12.**

Important Camp Dates and Times

- The camp will run for 4 nights
Monday thru Thursday July 6-9,
2009.
- Campers will meet Monday July-
6th on the Huff Center indoor
track between 5:30 and 6:00pm.
- Camp will run from 6:00pm to
8:15pm each evening.
- Cost of the camp is \$40.00 per
camper if paid before July 1st, 2009
\$45.00 per camper if registration is
paid after July 1st, 2009.
- A team discount will be offered
(\$35.00 per camper) to groups of 3
or more who send in their registra-
tion together.
- Come to camp dressed in appropri-
ate workout clothes, and bring
training shoes or spikes for work-
outs.

2009

FIGHTING SCOT
CC/TRACK & FIELD CAMP

JULY 6-9, 2009

HUFF CENTER

MONMOUTH COLLEGE

For more information contact:

Roger Haynes

Track Office phone 309-457-2177

Or email rogerh@monm.edu

**FIGHTING
Scots**

**2009 Track & Field /CC Camp
July 6-9, 2009**



**2008 NCAA III INDOOR POLE VAULT
CHAMPION JONNY HENKINS**

Fighting Scot Cross Country/ Track & Field Camp

The camp is for boys and girls entering grades 7-12 and features individualized instruction in each athlete's area of interest. Instruction will focus on both theory and application of the fundamentals involved in successfully competing in each event.

Athletes will receive:

- Training tips and helpful information on event specific drills and technique.
- Video analysis of your event which will help you fully understand the proper mechanics and techniques involved with your event.
- Instructional handouts that will help with overall conditioning and special preparation for your track and field event.
- **OUTSTANDING FACILITIES** - The Fighting Scots track and field camp will utilize the Huff Athletic Center, Bobby Woll Memorial Field, and Peacock Park facilities.
- The \$22-million dollar Huff Athletic Center includes a Mondo Super-X running surface, the same surface used at the last six Olympic games.

Camp Director - Roger Haynes

Cross Country-Track & Field coach at Monmouth College. Haynes was voted the **NCAA III Indoor National Coach of the Year in 2007.**

Camp Staff

The camp staff will include **Brian Woodard** (throws) and **Dennis Staggs** (sprints/hurdles) and many members of the Midwest Conference champion Fighting Scot men's and women's programs.



THE MONMOUTH COLLEGE PROGRAM

The Fighting Scot men and women have combined to win 54 Midwest Conference team titles, as well as over 430 individual and relay titles.

The Fighting Scots have also competed well on the national stage earning over 150 NCAA All-American awards, including 5 National Champions. **The Fighting Scot men placed 3rd nationally at the 2007 NCAA III outdoor championships!!**

2009 Fighting Scot Cross Country and Track & Field Camp Registration Form

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Home/Emergency Phone: _____

Event Interest #1: _____

Event Interest #2: _____

Entering Grade: _____

Mail to:

Fighting Scot Cross Country/Track & Field Camp
Monmouth College
c/o Roger Haynes
700 East Broadway
Monmouth, IL 61462

Not responsible for accidents or stolen property.
For more information call 309-457-2177 between 10 a.m. and 2 p.m. daily.

My son/daughter has permission to attend the Monmouth Cross Country/Track & Field Camp. I have no knowledge of any physical impairment that would affect or be affected by his/her participation in the camp. I authorize the camp staff to act for me to obtain medical treatment should an emergency arise. I specifically waive and release the camp staff and Monmouth College from liability for any claim for damages which I or my son/daughter may have for injuries sustained in the camp..

Signature of Parent or Legal Guardian/Date