

CAMP SCHEDULE

Monday, June 26

-Sprints/Relays

Tuesday, June 27

-Hurdles

Wednesday, June 28

-High Jump, Pole Vault

Thursday, June 29

-Long Jump, Triple Jump

Friday, June 30

-Shot Put, Discus, Javelin



PARKING

Parking at the Vollmer Bowl is free, but there is limited amount of space.

HOUSING

Campers must arrange for their own housing. The LC Coaching Staff will not be responsible for campers except during camp hours and lunch

FEES

The cost of the camp is \$30 for the first day and \$10 for each additional day. The first \$30 is non-refundable and must be received with a completed application by Friday, June 23rd. Applications received after June 23rd will be charged a \$10 late fee.

2017 Warrior Track & Field Camp

Lewis-Clark State College

Attn: Coach Cyrus Hall

500 8th Ave.

Lewiston, ID 83501



TRACK & FIELD



2017

SUMMER

CAMP

June 26-30

Ages 12 & up

pole vault –hurdles –sprints

javelin –discus –relays –shot put

high, long & triple jumps

\$30 for 1 day + \$10 for each extra day

*Includes a t-shirt

CAMP STAFF



Cyrus Hall, is finishing his 3rd year at LCSC as Head Assistant Coach. He primarily coaches sprints, hurdles, jumps and javelin. He will coach the sprints, and hurdle events in the camp. LCSC has broken 28 school records in his short time in Lewiston.

Stogy Sandahl is in his 4rd year at LCSC coaching throwers. He will coach the shot put, and discus events in the camp. Coach Sandahl has 25 years of throwing and coaching experience.



Matt Kelley, is in his 2nd year at LCSC coaching pole vaulters and jumpers. He will coach the pole vault, long and triple jump in the camp.

***In addition to the LCSC Coaches, there may be other coaches and Warrior Track & Field Athletes assisting with the camp.



CAMP INFORMATION

DATES

June 26-30, 2017 from 9:00am-12:00pm

LOCATION

Lewiston High School's Sweeney Track at the Vollmer Bowl. 1114 9th Ave. Lewiston, ID 83501

WHAT TO BRING

Campers must bring their own spikes/throwing shoes. Vaulters will need to bring their own poles. LCSC will provide the throwing equipment. Campers are also encouraged to bring water, sunscreen and sweats.

CAMP CONDUCT

Campers are expected to be on time, and to leave their phones/iPods off. Campers may not leave a session without first notifying Coach Hall. Anyone who is disruptive will be dismissed from camp and their parents will be notified. Camp staff will not be responsible for campers after 5pm.

CONTACT

Cyrus Hall
(office) 208.792.2520
(cell) 208.750.5024
(email) cbhall@lcsc.edu
500 8th Ave.
Lewiston, ID 83501

2017 CAMP APPLICATION

Fill out complete, clip and mail full payment to:

LCSC Track &Field Camp, 500 8th Ave. Lewiston, ID 83501

Make check payable to LCSC Track Camp

_____		<input type="checkbox"/>	<input type="checkbox"/>
Camper's Name (print)		Male	Female

Parent/Legal Guardian			

Street Address			

City/State/Zip			
_____		_____	
Daytime Phone		Emergency Phone	

Email			
_____		_____	
High School/Junior High		Grade (Fall 2017)	

Adult Shirt size: S M L XL XXL (circle one)

Day of Participation: (please circle)

Monday –Sprints/Hurdles Tuesday –Hurdles

Wednesday –Vertical Jumps Thursday –Horizontal Jumps

Friday –Throws

Medical Waiver –Must be signed

I understand by the nature of the activity that there exists the possibility of an accident, and I assume the risk and responsibility while attending Lewis-Clark State College Track and Field Camp. I, as parent/guardian of a minor student permit emergency care to be administered to him/her as deemed necessary by the LCSC coaches, staff, or athletic trainers. I will allow the involved hospital and/or doctor to administer the required treatment for the emergency condition. I also understand that Lewis-Clark State College does not have insurance coverage for injuries to sport camp participants.

Signature of Parent/Guardian
Special Medical Concerns: _____
