

Indiana State University Throws Camp June 13th - June 15th

Overview:

Coach Judge will cover throwing techniques for the shot put, discus, javelin, hammer and weight throws.

The camp will also cover weight room procedures and Olympic Lift techniques.

Dates:

The 2006 Throwing camp will be held between Tuesday, June 13 and conclude Thursday, June 15.

Eligibility:

All young men and women between the ages of 12 and 17 who want to become better track and field athletes.

Check-In/Out:

Check-in will be Tuesday, June 13th between 10 a.m. and Noon at the Hulman Memorial Student Union Commons Area. First session begins at 1:30 p.m. Check-out will be Thursday, June 15th following the early afternoon session (approximately 3:00 p.m.)

Mail applications to:

Adam Judge, Assistant Track Coach
Track Office
Indiana State University
Terre Haute, IN 47809

For more information contact:

Adam Judge, Assistant Track Coach
Phone: 812-237-4044
E-mail: ajudge@isugw.indstate.edu

Residential/Day Camper Fees:

Resident camper fee is \$265.00. This covers room & board, medical insurance, camp T-shirt and all instruction. A registration deposit of \$100.00 must accompany your application. The balance is due at check-in.

Day camper fee is \$215.00. This covers noon and evening meals, medical insurance, camp T-shirt and all instruction. A registration deposit of \$50.00 must accompany your application. The balance is due at check-in.

Coaches interested in attending, contact Adam Judge at (812) 237-4044.

Family Discount:

This discount applies to resident campers only. The first camper will be charged the regular rate, every sibling thereafter will be charged a rate of \$215.00. Deposit doesn't change.

To Enroll:

Fill out the application and return it with your check payable to Adam Judge. Detailed camp schedule, parental release form and medical release form will be sent out following receipt of the application.

Transportation

Throwers must provide their own transportation to and from camp.

Items to bring:

All campers must provide their own implements. Please be sure to clearly mark each implement with either your name or your school's initials. Campers may also want to bring throwing shoes or other smooth bottom shoes for throwing. In case of rain campers may want to bring an old towel to wipe off implements between throws. Other useful items may include: workout clothing, casual clothing, swim suit, sun block, toiletries, fan and bedding (such as blankets and pillows).

Adam Judge's Throw Camp

Registration Form

Track Office, Indiana State University, Terre Haute, IN 47809

Name _____ Height _____ Weight _____

Address _____ City _____ State _____ Zip _____

Parent's Name _____ Phone (_____) _____

Varsity Coach _____ School _____

Throwing Events (circle): Shot Discus Hammer Weight Javelin Roommate Preference _____

Age at camp _____ Grade in Sept. '05 _____ Men's Size T-shirt M L XL XXL

Applicant's signature _____

*Minimum of \$100.00 Non-refundable Deposit must accompany this application - \$50.00 for Day Camp