

WAIVER FORM

PLEASE PRINT CLEARLY.

List any medical conditions: _____

Medications: _____

Medical Insurance: _____

Policy # (required): _____

Physician's Name: _____

Phone Number: _____

(Name of Participant)

I am the parent or legal guardian of the child named above. In case of a medical emergency or medical necessity, I authorize all medical, surgical, and diagnostic procedures for my child as may be performed or prescribed by a treating physician, until I can be notified. I accept full responsibility for the costs of all medical treatment my child may receive. Furthermore, I understand the risks and hazards associated with my child's participation in the Seattle University Youth, Speed or Base Camps. I certify that my child is physically fit to participate in all camp activities and that he/she is covered by health or accident insurance (required for camp attendance.). In consideration of the instruction my child will receive during the camp, I hereby release Seattle University and its officers, employees, and agents from all liability for any injuries, claims, or damages incurred by me, my child, or on behalf of my child arising from, or in connection with, my child's attendance at and participation in the Seattle University Youth, Speed or Base Camps. Finally, if Seattle University photographs or videotapes activities, I hereby grant to Seattle University the irrevocable, assignable, worldwide right and license to use, alter and publish my child's image, alone or together with other images and texts, for university publications and for all other purposes reasonably related to promotion of the university in any manner and in any medium now known or later developed, without the need of my prior approval.

(Signature of parent or guardian)



SEATTLE UNIVERSITY YOUTH CAMP

JULY 30-AUG 2, 2007 MONDAY-THURSDAY

This camp is designed to teach young children (ages 8-13) the basics of track and field in a safe and fun environment. Each camper will be taught the drills and fundamentals of all track and field events, as well as participation in event and skills sessions. By exposing our youth to proper body mechanics and safety issues in track and field (as well as all sports), we hope to provide an early start to a long and enjoyable life in athletic activities. All levels of skill are welcome and will be instructed at their own pace. Camp will begin at 9:00 a.m. and finish at 12:00 noon daily. Healthy snacks and drinks will be provided for each camper.

General Information

- ALL SKILL LEVELS INVITED!
- Instruction by College coaches, instructors, and Current Student Athletes.
- Free Camp T-shirt
- Access to Seattle University facilities

REGISTER BY
JUNE 20TH
TO ENSURE
SHIRT SIZE!

Costs

- 4 sessions (3 hours each) \$110.00
12 hours of total instruction time
- * Family discount (up to three siblings) \$210.00
Dates: July 30, 31, August 1, 2; 9:00 a.m. to noon

Seattle University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, marital status, sexual or political orientation, or status as a Vietnam-era or special disabled veteran in the administration of any of its education policies, admission policies, scholarship and loan programs, athletics, and other school-administered policies and programs, or in its employment related policies and practices. All University policies, practices and procedures are administered in a manner consistent with Seattle University's Catholic and Jesuit identity and character. Inquiries relating to these policies may be referred to the University's Associate Vice President of Human Resources and Equal Opportunity Officer.

Consistent with the requirements of Title IX of the Education Amendments of 1972 and its implementing regulations, Seattle University has designated three individuals responsible for coordinating the University's Title IX compliance. Students or employees with concerns or complaints about discrimination on the basis of sex in employment or an education program or activity may contact any one of the following Title IX coordinators: Philip Irwin, Associate Vice President for Human Resources and Equal Opportunity Officer, University Services Building 107, (206) 296-5869, irwinp@seattleu.edu; Dr. Jacob Diaz, Assistant Vice President and Dean of Students, Student Center 140B, (206) 296-6066, diazj@seattleu.edu; Dr. Jacquelyn Miller, Associate Provost for Academic Administration, Hunthausen 121, (206) 296-5446, jcmiller@seattleu.edu.

SEATTLE UNIVERSITY

Conn 100
901 12th Ave.
PO Box 222000
Seattle, WA 98122



SEATTLE UNIVERSITY™



SPEED
CAMP

AGES 14 & UP

JULY 23-AUG 8, 2007 MONDAYS AND WEDNESDAYS

BASE
CAMP

AGES 14 & UP



JULY 24-AUG 9, 2007 TUESDAYS AND THURSDAYS



YOUTH
TRACK & FIELD
CAMP

AGES 8-13

JULY 30-AUG 2, 2007 MONDAY-THURSDAY



SEATTLE UNIVERSITY
SPEED CAMP

JULY 23-AUG 8, 2007 MONDAYS AND WEDNESDAYS

This camp is designed to build speed and power for all athletes (ages 14 & up) who want to improve their overall explosiveness and athleticism. While many of our techniques derive from track and field athletics, all of the drills and exercises work to increase the speed and agility necessary for success in all sports. We will spend each session on speed specific drills, plyometrics, concepts, and exercises tailored to your sport. Athletes will work on their reaction time, explosiveness, acceleration, and peak velocity. A packet containing training aspects will also be provided for each athlete to develop their own personalized speed development system. Working on the field, in the weight room, and in the classroom, all athletes will receive both instruction and personalized education in speed and power. The Seattle University Speed Camp will provide you with a valuable experience in a fun and safe environment!

General Information

- ALL SPORTS INVITED!
- Multi-faceted training in the weight room, on the field, and in the classroom.
- Instruction by College coaches and Student Athletes.
- Free Camp T-shirt.
- Access to Seattle University facilities.
- 6 Sessions spread over 3 weeks help gauge development and allow a proper progression.

REGISTER BY
JUNE 20TH
TO ENSURE
SHIRT SIZE!

Cost

- 3 Week session (6 classes - 3 hours each) **\$200.00**
18 hours of total instruction time
Dates: July 23, 25, 30, August 1, 6, and 8 2:00 p.m. to 5:00 p.m.

Additional Brochures can be printed at :

<http://seattleredhawks.cstv.com/camps/sea-camps.html>

BONUS COMBO CAMP

If you are seeking the benefits of both the speed camp and base camp, you can combine the two camps into a three week training session designed to prepare you for an upcoming season. You will receive ALL the training and educational components of both camps at a discounted rate. If you are looking for the competitive edge in your sport, this is the camp combination for you!

Cost

- 3 Week cycle (12 classes - 3 hours each) **\$350.00**
36 hours of total instruction time
Dates: July 23, 24, 25, 26, 30, 31, August 1, 2, 6, 7, 8, 9

CAMP DIRECTORS

Eric Schueffner (Speed Camp & Youth Camp)

Schueffner is entering his 2nd year as assistant coach for the Seattle University track and field program, coaching sprints, jumps, hurdles, relays, and multi-event athletes. Prior to his time at SU, Schueffner was an assistant coach at the University of Wisconsin (2004-2006) and La Follette High School in Madison, Wisconsin (2000-2004).

Schueffner was a two-time all-conference selection at the University of Wisconsin-Whitewater, and named conference scholar-athlete in 1996. He is currently working on his masters degree in Sports Administration and Leadership at Seattle University.

Trisha Steidl (Base Camp)

Steidl is entering her 2nd year as head coach for the Seattle University cross country and track and field teams. Prior to SU, Steidl had coached distance and middle distance athletes at Edmonds-Woodway High School, the University of Portland, and Seattle Pacific University.

A highly accomplished competitor, Steidl rowed for the University of Washington women's rowing team that won three NCAA Division I national championships between 1995 and 1999; she also qualified for the 2000 US Olympic Trials in rowing. Most recently, Steidl has made her mark on the Northwest long-distance running scene, narrowly missing a qualifying time for the 2004 Olympic Trials in the marathon.

CAMP INSTRUCTORS

Kristen Christopher

Currently the strength and conditioning instructor at Seattle University, Kristen also coaches the SU track and field throwing events.

Becca Gillespy

Becca is the founder of polevaultpower.com, coaches numerous vaulters in the Seattle area, and is working on her master's degree at Seattle University.

Uli Steidl

Steidl, the top post-collegiate distance runner in Washington, is also an assistant coach on the Seattle University staff.

***Additional staff and speaker**

Our camps will host additional speakers and instructors, bringing a wealth of expertise and perspectives to our training sessions.



SEATTLE UNIVERSITY
BASE CAMP

JULY 24-AUG 9, 2007 TUESDAYS AND THURSDAYS

This camp is designed to develop strength and endurance for athletes (ages 14 and up). While it is mainly geared towards cross country and track distance runners, it is also suitable for athletes from other sports that require a lot of stamina. We will spend each day on different aspects of endurance training, such as easy/recovery runs, tempo runs, fartleks, intervals, hill running, cross training, weights for endurance athletes, core strengthening, proper running form, selecting the right shoe, injury prevention / treatment of common distance running injuries, and nutrition. Working on the track/road/trail, in the weight room and in the classroom, all athletes will receive instruction and personalized education in all aspects of endurance training. By the end of camp athletes will, with the help of coaches, develop their own personal training plan. The Seattle University Base Camp is an excellent way to prepare for your next season in a safe and enjoyable environment!

General Information

- ALL SPORTS INVITED!
- Advanced training in the weight room, on the track, trail, road, and in the classroom.
- Instruction by College coaches and Student Athletes.
- Free Camp T-shirt.
- Access to Seattle University facilities.
- 6 Sessions spread over 3 weeks help teach development and allow a proper base training progression.

Costs

- 3 Week session (6 classes - 3 hours each) **\$200.00**
18 hours of total instruction time
Dates: July 24, 26, 31, August 2, 7, and 9 2:00 p.m. to 5:00 p.m.

Additional Brochures can be printed at :

<http://seattleredhawks.cstv.com/camps/sea-camps.html>

CAMP REGISTRATION

PLEASE PRINT CLEARLY AND COMPLETE ALL AREAS OF THE REGISTRATION FORM. THANK YOU.

Once we receive your registration, we will send detailed information

Campers Name: _____

Shirt size: (circle one) 10-12 14-16 S M L XL

Camper's Grade: _____

Camper's School: _____

Home address: _____

City: _____

State: _____ Zip: _____

Email: _____

Home Phone: _____

Cell Phone: _____

Emergency contact: _____

Phone numbers: _____

CAMP SELECTION

YOUTH TRACK & FIELD CAMP: **Cost: \$110/ea.**
 Cost: \$210/family

SPEED CAMP: **Cost: \$200**

BASE CAMP: **Cost: \$200**

COMBO CAMP: **Cost: \$350**
(Both Speed and Base Camps)

*Please use one form for each camper! **Total:** _____

Please cut off panel at dotted line and return with check to:

Seattle University Track and Field
c/o Eric Schueffner
Conn 100
901 12th Ave.
PO Box 222000
Seattle, WA 98122

**Please make check payable to Seattle University Track and Field and mark "camps" in the memo box.