



BUFFALO BULLS™

UB TRACK & FIELD CAMP CONTACT INFO:

Vicki Mitchell, Camp Director
Tel: 716/645-6815 Fax: 716/645-6329
Email: vam3@buffalo.edu

CAMP FEATURES

- Instruction from the UB Track & Field Coach Staff
- Drills and Demonstrations by the UB Coaches and Track & Field Athletes
- Hands-on practice with drills and technique
- Special Guest Speakers on Goal Setting, Nutrition, and Strength Training
- College Talk to High School Juniors and Seniors
- Experience University life in the Residence Halls!
- Free Camp Give-away!

LEARN BY DOING CAMP!!

TYPICAL DAILY SCHEDULE

7:30am Breakfast (overnight campers)
9:00am Dynamic Warmup
10:00am Event Specific Session #1
11:45am Lunch (provided to ALL CAMPERS)
12:30pm Event Specific Session #2
2:00pm Event Specific Session #3
3:45pm Commuter Camper Dismissal
4:00pm Free-time (overnight campers)
5:00pm Dinner (overnight campers)
7:00pm Guest Speaker/Special Session
8:00pm Evening Activity
10:00pm Lights Out

Buffalo Cross Country/Track & Field Summer Camp

July 8—11, 2019

(Overnight campers July 7—11, 2019)

Summer Camp all boys and girls age 12—18

PHILOSOPHY

Our philosophy is to impart each individual with the best and most up-to-date knowledge and techniques available. The campers select the event that they want to focus on during the UB T&F Camp. Each camper will receive individual attention and practice time throughout the camp to maximize their learning potential.

CROSS COUNTRY and MIDDLE DISTANCE CAMP GOALS: Basic form mechanics will be taught and evaluated. Basic physiology of the energy systems will be covered. Training and preparation for racing three seasons (XC, indoor, outdoor) will be discussed, along with strategies for effective racing at the different distances. Steeple Chase training and technique will also be covered.

HIGH JUMP CAMP GOALS: Campers will learn the basic mastery of the high jump approach, take-off, and landing. Various drills will be taught to improve performance. Plenty of hands-on practice time will allow thorough input by coaches leading to improvements.

HORIZONTAL CAMP GOALS: We will begin with sprint mechanics, teaching form for top level sprinting. Approach and take-off will be taught, along with various drills to learn and/or improve the camper's LJ and TJ.

POLE VAULT CAMP GOALS: Each camper will learn the keys to a successful approach, learning steps, adjustments, and practicing short & long approaches. Techniques will include approach, form in the air, and basic biomechanical principles.

SPRINT & HURDLE CAMP GOALS: The goal of the Sprint & Hurdle camp is to teach sprint mechanics, starting blocks, acceleration phase, and racing. Campers may choose to do hurdles (not required) where technique of both the high hurdles and intermediate hurdles will be taught. Forms Drills, Lead-up drills, and extensive practice will be used to teach and evaluate each camper. Weight room training to enhance performance will be discussed.

THROWS CAMP GOALS: Shot put and discus throws will be covered, which includes drills and technique evaluation through film review. Weight Room practice will include the explosive lifts, and learning proper form for effective performance.

Please note: NCAA rules prohibit representative of UB's athletics interests (a booster) who is not naturally or legally responsible for a prospective student-athlete (grades 9-12) from providing any expenses to attend a camp or clinic. Violations of this could result in loss of NCAA eligibility for the prospective student-athlete. If you have questions regarding this or any other NCAA rule, please contact the UB Office of Compliance at (716) 645-3146 or ath-compliance@buffalo.edu

www.ubtrackcamp.com

TEL: 716-645-6815

vam3@buffalo.edu

BUFFALO CROSS COUNTRY/TRACK & FIELD CAMP

LOCATION:

UB Stadium—North Campus

DATES:

July 8—11, 2019

Overnight campers July 7—11, 2019

REGISTRATION DEADLINE:

Wednesday, July 3, 2019

(Please call 716/645.6815 if past that date)

COSTS

Earlybird Registration—online or postmarked by 3/14/19

Overnight Camper—\$495 (includes 4 breakfasts, lunches, and dinners)

Commuter Camper—\$295 (includes 4 lunches)

Regular Registration—online or postmarked by 6/14/19

Overnight Camper—\$540 (includes 4 breakfasts, lunches, and dinners)

Commuter Camper—\$315 (includes 4 lunches)

Late Registration—Between 6/15/18—7/3/19

Overnight Camper—\$570 (includes 4 breakfasts, lunches, and dinners)

Commuter Camper—\$330 (includes 4 lunches)

Register and pay with credit card online at www.ubtrackcamp.com

Or mail in application with full payment to:

Vicki Mitchell – Camp Director

University at Buffalo Track & Field Office

162 Alumni Arena | Buffalo | NY | 14260

Checks payable to “UB FOUNDATION”

HOUSING & MEALS:

All overnight campers will be housed (2-3 per room) on the UB North campus—Ellicott Complex. **Roommate requests can be made during the registration process.** Superb meals are provided in the campus dining halls for overnight campers, and lunch is provided daily at the track stadium during the camp. Please contact camp director with food allergies.

CHECK-IN/CHECK-OUT

OVERNIGHT CAMPERS:

Check-in: 7/7/19 @ 5-6pm, Ellicott Dorm Complex

Check-out: 7/12/18 @ 4:15pm, Ellicott Dorm Complex

COMMUTER CAMPERS:

Check-in:

7/8/19 @ 8:30am, UB Stadium

7/9/19—7/11/19 @ 8:45am, UB Stadium

Check-out:

7/8/19—7/11/19 @ 3:45pm, UB Stadium

REGISTRATION FORM (or www.ubtrackcamp.com)

Last Name: _____ First Name: _____

Address: _____

City: _____ State/Prov: _____ Zip: _____

Home Phone: _____ Height: _____ Weight: _____

Emergency Phone: _____ Age (on 7/8/19): _____ Gender: _____

Email: _____

School: _____ H.S. Coach: _____

CAMP EVENT: SELECT up to TWO events. Please include performance marks (if known)

Pole Vault Best Mark: _____ Horizontal Jumps Best Mark: _____

High Jump Best Mark: _____ Throws Best Mark: _____

Sprints/Hurdles Best Mark: _____ X-C/Mid-Distance Best Mark: _____

Please indicate your registration type:

EARLYBIRD Registration—postmarked by 3/14/10

Overnight Camper—\$495 (includes 4 breakfasts, Lunches, Dinners)****

Commuter Camper—\$295 (includes 4 lunches)

Regular Registration—online or postmarked by 6/14/19

Overnight Camper—\$540 (includes 4 breakfasts, lunches, and dinners)

Commuter Camper—\$315 (includes 4 lunches)

Late Registration—Between 6/15/19—7/3/19

Overnight Camper—\$570 (includes 4 breakfasts, lunches, and dinners)

Commuter Camper—\$330 (includes 4 lunches)

**** Overnight campers are required to send a separate check in the amount of \$50 for the room key security deposit. This check will be returned following room check-out when the key is returned.

**** Email Roommate Requests directly to vam@buffalo.edu.

Payment in-full must accompany registration form.

Make checks payable to “UB FOUNDATION.”

Mail completed form & payment to UB Track Camp, 162 Alumni Arena, University at Buffalo, Buffalo, NY 14260

I hereby request that my child be admitted to the UB Track & Field Camp and authorize the directors or any member of the staff to act for me according to their best judgement in any emergency requiring medical attention for which I will pay all costs. I understand that any camper who does not abide by the rules and regulations of the camp is subject to dismissal without reimbursement or recourse.

Parent/Guardian signature

Date

Refund / Cancellation Policy: Refunds will be given with a one week notice of cancellation, minus a \$50 administrative fee.

Required Health Form: Registrants will receive a required Health Form via email that must be completed and returned prior to participating on the first day of camp. Or download @ www.ubtrackcamp.com

Questions Contact: Vicki Mitchell, Camp Director | Tel: 716/645-6815 | Fax: 716/645-6329 | Email: vam3@buffalo.edu