

Registration Form

July 17-21, 2016

Resident (\$500) Commuter (\$400)

Camper's Name _____

Male Female

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age _____

Home Phone (_____) _____

Cell Phone (_____) _____

EMAIL: _____

EVENT(S) _____

Grade in school for Fall 2016 _____

School _____

Coach _____

T-shirt size: S M L XL XXL

Roommate preference _____

Parent Signature _____

A non-refundable deposit of \$100 must accompany this form. Upon receipt of your deposit, you will be sent a health form and other information. Enrollment is limited, so please register early.

Please make checks payable to:

Richard Alexander
Bucknell University
Athletics Department
Lewisburg, PA 17837
(570) 664-7026
bisontfxc@gmail.com

OR REGISTER ONLINE:

CAMP DIRECTOR:



Richard Alexander: Assistant Track and Field/Cross Country coach at Bucknell University where he also competed as a student-athlete. Over his 13 year coaching career, Coach Alexander has coached the sprints, hurdles, jumps and multi-event athletes as well as individual and relay conference champions, IC4A/ECAC qualifiers and champions and national qualifiers. He has been a part of 13 team championships.

Camp Staff will include coaches from universities throughout NCAA Division 1, 2 and 3 programs with expertise in the throws, jumps, sprints, hurdles, and distance running events. Several high school coaches as well as current and former Bucknell University Track & Field/Cross Country student-athletes will also serve as counselors.

A certified athletics trainer will be on staff for any campers who may need medical assistance.

GUEST SPEAKERS:

The Bison Track and field/cross country camp hosts speakers each day to inform campers on the topics most relevant to the track and field athlete.

Past speakers have included Olympians, Medical Doctors, Nutritionists, Sport Psychologist, Professional runners, and several collegiate track and field coaches and athletes.

2016 BISON Co-Ed Track & Field and Cross Country Camp



Held on the campus of
**BUCKNELL
UNIVERSITY**

**Sunday, July 17—
Thursday, July 21**



*Christy Mathewson Memorial Stadium
Home of the Bucknell Bison*

BISON TRACK & FIELD/CROSS COUNTRY CAMP

Is designed to educate athletes in all areas of training and competing. Each participant will learn the physiology, psychology, and biomechanical aspects of training specific to their event. Coaches from all areas will be on staff to provide individualized instruction. Our goals for each camper are to learn from the staff, increase their passion for cross country and track & field, and grow from their new friendships.

WHO SHOULD ATTEND

Open to all boys and girls entering 7th through 12th grades in the Fall of 2016 who are interested in learning more about training, preparation, and competition in track and field and cross country. From the novice who has never done track and field, to the experience who is hoping to make states and beyond. Plus all types in-between.

ROOMMATE PREFERENCE

All dorm rooms are double capacity, so campers may indicate one roommate preference. Please make sure you choose the same roommate who chooses you. If you have no preference, you will be housed with someone of your own age.

ATTENTION POLE VAULTERS

We will need a minimum of 5 pole vaulters to run the pole vault section of the camp. Also, all vaulters must bring their own pole(s).

CHECK-IN AND CHECK-OUT

Check-in

Sunday, July 17 from 1:00 – 3:00pm

Check-out

Thursday, July 21 from 10:00am—Noon

Sample Daily Itinerary

7:30- 8:15am	Breakfast
8:30am	Group talk
9:30am	Workout
12:00pm	LUNCH
1:00pm	Guest speaker
2:00pm	Group Talk
3:15pm	Workout
5:30pm	Dinner
6:45pm	Guest Speaker
8:00pm	Activity
9:30pm	Dorm curfew
11:00pm	Lights out

Notes: This is a teaching camp so we will not do more than two workouts per day. Group talks will include weight lifting, stretching, strategy, training logs, etc.

TRAIL RUNNING

Distance runners will be taken off campus for trail running in scenic RB Winter State Park and the Montour Preserve. R. B. Winter State Park covers 695 acres. Located within Bald Eagle State Forest, it lies in a shallow basin surrounded by rocky ridges covered with an oak and pine forest. The focal point of the park is Halfway Lake which is filled by spring-fed mountain streams and contained by a hand-laid, native sandstone dam.



Gerhard Fieldhouse Indoor Track

Individualized Instruction

- At the Bison Cross Country and Track & Field Camp, you will receive plenty of one-on-one attention with caring, knowledgeable and highly successful coaches and athletes.
- Campers will receive event-specific instruction with coaches and athletes from all event groups who will provide focused instruction including video analysis.
- Camper to counselor ratio of 5 to 1.

Location and Facilities

- The camp is located on the 300 acre campus of Bucknell University in Lewisburg, PA in the heart of the beautiful Susquehanna River Valley. Bucknell's campus is located adjacent to US Route 15, just 6 miles south of Interstate 80 and 55 miles north of Harrisburg, PA.
- Bucknell's facilities include an 8-lane outdoor track with new jumping and throwing areas, a fieldhouse which includes a 200 meter indoor track, jumping and throwing areas, a 100 meter straightaway, and basketball, tennis, and racquetball courts.
- Additional facilities include a state of the art fitness center, Olympic size swimming pool, weight room facilities, and an athletic training facility.
- Campers will be housed in air-conditioned dormitories on campus which will be monitored 24 hours a day by camp staff.