2016 Track & Field Clinic

AT

WILLIAMS COLLEGE

EVENT SPECIFIC CLINIC

-Clinic #1: Sat & Sun June 18-19
-Clinic #2: Sat & Sun July 23-24

-Open to all athletes rising 9th-12th grade
-$250 (includes: 12 hrs of instruction, lunch each day, t-shirt)
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CLINIC DESCRIPTION:

• For boys & girls rising 9th-12th grade.
• A high energy, upbeat yet non-intimidating environment where learning event specific skills are the goals and foundation of this outstanding camp experience.
• Athletes will learn EVENT SPECIFIC training techniques, strength training, plyometrics, mental training, performance nutrition, alternative training methods, competition strategies, recovery modalities and much more.
• All experience levels are welcome. Athletes will be offered an in-depth and technique-filled two days. Athletes will go home with new tools for better training and have a FUN EXPERIENCE.
• Specialized Event Specific Training Groups:
  - Sprints
  - Hurdles
  - Long Jump/ Triple Jump
  - High Jump
  - Pole Vault (must bring own poles)
  - Middle Distance (including steeplechase)
  - Throws (SP, DT and intro to HT, Javelin)

  Campers can choose from all disciplines. Note: for liability reasons, pole vaulters must bring their own poles

PROSPECTIVE WILLIAMS STUDENT-ATHLETES:
This clinic is designed for high school student-athletes who have an interest in competing in collegiate T&F and is a great opportunity to experience Williams. You will get a glimpse into the life of a collegiate T&F student-athlete by interacting with current team members and coaches. You will train with the Williams College Coaches in each session. Using our outstanding athletic facilities allows you the opportunity to sample part of what life would be like for you as a Williams student-athlete. Williams T&F staff will be present at every session and will get to know you on and off the track/field. Current team members will be on hand to answer any questions you might have about Williams College and the T&F program. An additional Prospective Student-Athletes Information Session will be held on the Friday preceding each clinic (Friday June 17 and Friday July 22). Please see attached flyer. To register for Prospect Information Session please email Coach Hoey ndh1@williams.edu

LOCATION & FACILITIES:
The Camp is located at Williams College in stunning Williamstown, MA in the Purple Valley of the Berkshires. Campers will utilize Williams College top-notch athletic facilities including the newly constructed state of the art lighted Lee T&F complex which includes: Eight lane fully lighted facility, 4 Long Jump / Triple Jump Runways, 6 Pole Vault Runways/Boxes, 2 Shot Put Circles inside the oval, 2 Hammer/Discus Cages and a full Javelin Runway. Other facilities used will be: Towne Fieldhouse, Strength & Conditioning Center.
COST:
Clinic Tuition is $250, which includes 12 hours of instruction, lunch on both days and a T-Shirt. Clinic cost does NOT include housing.

VISITOR INFORMATION:
Hotels:
- 1896 House Inn & Motel, Cold Spring Road/Rt. 7 (413)-458-1896
- Maple Terrace Motel, 555 Main St/Rt. 2 (413)-458-9677
- The Orchards, 222 Adams Rd, (800)-225-1517
- The Williams Inn, 1090 Main St. (413)-458-9371

Airports:
- Albany International, Albany, NY 1 hour away
- Hartford International, Hartford, CT, 2 hours away
- Logan Airport, Boston, MA, 2.5 hours away

Campus Map & Directions: http://www.williams.edu/map/

REGISTRATION:
Registration form is attached. Please fill out and send form back to: Nate Hoey, Williams College Track & Field, 22 Spring St. Williamstown, MA 01267

Clinic check-in will take place at the Lee Track & Field Facility Located within the Weston Athletic Complex. Participants must bring waiver and medical forms with them to check-in in order to participate.

TENTATIVE SCHEDULE

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00am</td>
<td></td>
<td>Check-In / Registration</td>
</tr>
<tr>
<td>9:00-9:15am</td>
<td></td>
<td>Introductions</td>
</tr>
<tr>
<td>9:15-10:00am</td>
<td></td>
<td>Active Warm Up #1</td>
</tr>
<tr>
<td>10:00-10:45am</td>
<td></td>
<td>Acceleration</td>
</tr>
<tr>
<td>10:45-11:30am</td>
<td></td>
<td>Event Specific Acceleration</td>
</tr>
<tr>
<td>11:30-12:30pm</td>
<td></td>
<td>Event Specific Group</td>
</tr>
<tr>
<td>12:30-1:30pm</td>
<td></td>
<td>Lunch @ Dining Hall (included)</td>
</tr>
<tr>
<td>1:30-2:00pm</td>
<td></td>
<td>Active Warm Up #2</td>
</tr>
<tr>
<td>2:00-2:45pm</td>
<td></td>
<td>Max Velocity</td>
</tr>
<tr>
<td>2:45-3:45pm</td>
<td></td>
<td>Event Specific Group</td>
</tr>
<tr>
<td>3:45-4:00pm</td>
<td></td>
<td>Cool Down &amp; Restoration Modalities</td>
</tr>
<tr>
<td>4:00pm</td>
<td></td>
<td>End Day 1 and Pick Up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 2</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00-9:00am</td>
<td></td>
<td>Check-In / Registration</td>
</tr>
<tr>
<td>9:00-9:45am</td>
<td></td>
<td>Active Warm Up #3</td>
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<tr>
<td>9:45-11:45am</td>
<td></td>
<td>Event Specific Group</td>
</tr>
<tr>
<td>11:45-12:15pm</td>
<td></td>
<td>Plyometric/Multi-Jump Session</td>
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<tr>
<td>12:15-1:15pm</td>
<td></td>
<td>Lunch @ Dining Hall (included)</td>
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<tr>
<td>1:15-1:45pm</td>
<td></td>
<td>Active Warm Up #4</td>
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<tr>
<td>1:45-3:15pm</td>
<td></td>
<td>Event Specific Group</td>
</tr>
<tr>
<td>3:15-3:40pm</td>
<td></td>
<td>Multi-Throw Session</td>
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<tr>
<td>3:40-4:00pm</td>
<td></td>
<td>General Strength &amp; Core Session</td>
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<tr>
<td>4:00-4:15pm</td>
<td></td>
<td>Cool Down &amp; Restoration Modalities</td>
</tr>
<tr>
<td>4:15-4:30pm</td>
<td></td>
<td>Closing Remarks &amp; Pick Up</td>
</tr>
</tbody>
</table>

PROSPECTIVE STUDENT-ATHLETE INFO SESSION

- Friday June 17 and Friday July 22
- The day prior to each clinic will be an Informational Day (please see separate flyer)
- To register for Prospect Information Session please email Coach Hoey (ndh1@williams.edu)

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>4:00pm</td>
<td>Tour @ Weston Admission Office</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Highlight Video</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Q&amp;A with Coaches</td>
</tr>
</tbody>
</table>
**2016 Track & Field Clinic at WILLIAMS**

**Registration Form**

**PLEASE CHECK ONE:**
June 18-19 _____  July 23-24 _____

Name: __________________________________________________________________________________________

Email Address: _________________________________________________________________________________

Home Address: __________________________________________________________________________________

City: ___________________________________________  State: _______________  Zip: _____________________

Birthdate (MM/DD/YYYY): ___________________  Grade Entering Fall 2016: _____________________________

Parent / Guardian: ____________________________________________________________

Work Phone: ___________________________________  Cell Phone: _____________________________________

Insurance Carrier: ________________________________ Policy #: _______________________________________

High School: ___________________________________________________________________________________

High School Coach: ________________

Coach Phone: ___________________________________  Coach Email: ___________________________________

T-Shirt Size (unisex): Adult     S____  M____  L____  XL____

Event Group:

_____ Sprints  _____ Long Jump / Triple Jump  _____ Pole Vault  _____ Middle Distance & Steeple

_____ Hurdles  _____ High Jump  _____ Throws (SP, DT, Jav, HT)

Payment Enclosed by Check (please indicate):

___ $100.00 Deposit (Required)
___ $250.00 Clinic Fee Paid In Full

**RELEASE OF LIABILITY / RISK ACKNOWLEDGEMENT**

Upon entering events sponsored by Chase Athletics, LLC, I/we agree to abide by the rules of Chase Athletics. I/We understand and appreciate the participation or observation of the sport constitutes to me/us the possibility of serious injury, including permanent paralysis or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Chase Athletics and its staff from any liability therefore.

PARTICIPANT SIGNATURE: _________________________________________________________________________

PARENT / GUARDIAN SIGNATURE: __________________________________________________________________

To enroll, please complete the above forms and mail back with a non-refundable check to Chase Athletics, LLC. Mail to Nate Hoey, Williams College Track & Field, 22 Spring St. Williamstown, MA 01267. Questions, call (413)597-2447 or email ndh1@williams.edu
WILLIAMS COLLEGE
Williamstown, Massachusetts
Release, Waiver, and Covenant Not to Sue

Re: ___________________________________

(Participant’s Name)

_____________________________________

(Participant’s Street Address)

_____________________________________

(City, State, Country, ZIP or Postal Code)

_____________________________________

(Participant’s Date of Birth)

_____________________________________

(Telephone Number)

I, ______________________________________, of

(Name of Parent or Legal Guardian)

_____________________________________

(City and State of Residence of Parent or Legal Guardian)

as parent/legal guardian of the above-named “Participant,” who is under 18 years of age, do hereby give my consent for his/her participation in the __Track & Field Clinic__ to be held on the

(Type of Camp or Program)

Williams College campus, conducted by the __Chase Athletics, LLC__,

(Name of Organization conducting camp/program)

from ___________________ through ___________________.

(Beginning Date of Program) (Ending Date of Program)

(hereinafter referred to as “camp/program”).

I acknowledge that the camp/program, while held on the Williams College campus, is an independent operation that is not sponsored, conducted or overseen by Williams College. I further acknowledge that Participant’s participation in the camp/program is completely voluntary. In consideration for the Participant’s being allowed to participate in the camp/program, I, on behalf of myself and the Participant, hereby release, waive, and covenant not to sue the President and Trustees of Williams College, its officers, trustees, employees, agents, volunteers and all related or affiliated parties (collectively “Williams”) from and for any liability, actions, or claims that I or the Participant may now or hereafter have, either before or after the Participant reaches the age of majority, for any loss, injury or damage of any kind arising from or relating in any way to Participant’s participation in the camp/program or his/her presence upon or use of Williams’s premises or facilities, including but not limited to any liability, action or claim arising from the alleged negligence of Williams.

I am 18 years of age or older. I have read and understand this Release, Waiver and Covenant Not to Sue. I agree that this agreement shall be effective and binding upon me, the Participant, our respective heirs, assigns, personal representatives, and estates, and all members of our family, both before and after the Participants reaches majority.

Signature of Parent/Legal Guardian: _________________________________ Date: ________________