



UW-LA CROSSE TRACK & FIELD

2020 TRACK & FIELD CLINICS

The UW-La Crosse Track & Field Program would like to invite high school and middle school track athletes to join our coaching staff and athletes to a one-day clinic designed to enhance your skills in your specific event. This clinic is open to all athletes, and all skill levels. Camp staff will work with you, in your specific event, to grow your skills!

EAGLE FLIGHT SCHOOL: POLE VAULT SPECIALISTS

February 22nd, 2020

UWL Campus: Mitchell Hall Fieldhouse

Open to boys and girls grades 9-12

Camp Price: \$75.00 thru February 22
\$85.00 day of registration

Registration: 11:30 a.m. – 12:00

Camp time: 12:00 – 5:00 p.m.

Registration Deadline: Day of registration accepted
with \$10.00 “day-of registration fee” added to total.

One of the top collegiate pole vault programs in the mid-west is ready to take you to new heights. At the UWL Pole Vault Specialists Clinic you will be immersed in technique, drills, and cross training activities that will advance your pole vaulting ability. UWL's men's and women's pole vault coach, Doug Geiwitz, brings his unique style of coaching and 22 years of pole vault coaching experience to this hands on “learn by doing” clinic. Be ready for a good dose of basics drills, plenty of runway time, and a mix of gymnastics and cross training skills as part of the days menu. Vaulters will walk away from this clinic ready for their spring track and field season to “take off”!

UWL TRACK AND FIELD: CAMP OF CHAMPS

Sunday March 1st, 2020

UWL Campus: Mitchell Hall Fieldhouse

Open to boys and girls grades 9-12

Camp Price: \$75.00 thru March 1
\$85.00 day of registration

Registration: 1:00 – 1:30 p.m.

Camp time: 1:30 – 7:30 p.m.

Registration Deadline: Day of registration accepted
with \$10.00 “day-of registration fee” added to total.

With 36 National Team Titles you will be in good hands at UWL's Track and Field Camp of Champs Pre-season Clinic. Get hands on training from UWL Track and Field Coaches and Athletes that will set the foundation for a superb competition season.

- High Jump
- Long Jump
- Triple Jump
- Sprints
- Hurdles
- Pole Vault

EAGLE THROWS CLINIC

Sunday March 22nd, 2020

UWL Campus: Mitchell Hall Fieldhouse and
Outdoor Throws Area (if weather allows)

Open to boys and girls grades 9-12

Camp Price: \$75.00

Registration: 11:30 a.m. – 12:00

Camp time: 12:00 – 6:30 p.m.

Throw Far! This clinic is geared to the high school level shot put and discus throwers looking to learn more about these technical events. Attendees will be grouped with others in their ability range and coached by current UWL Athletes along with high level coaches from around the mid-west. This clinic will provide a hands-on approach to the intricacies of the throwing event. We will focus on technique and provide a wide range of skills and drills for the different components of the shot put and discus throw. This is a great opportunity to set your track and field season in the right direction.

WHERE: All 3 clinics are hosted in our Mitchell Hall Fieldhouse

INCLUDED: Camp T-shirt

CAMP STAFF: All camps will be staffed by our UWL College Coaches, and UWL Track & Field Athletes

REGISTRATION: Registration: Please register in advance at: www.uwlcamps.com OR by filling out the registration form “with payment” and sending it in. Registration and payment at the site the day of is acceptable, however pre-registration guarantees the you will have a t-shirt available for you. Visit uwlcamps.com for online registration, printable registration, and more information!

ALL COACHES ARE INVITED TO ATTEND ANY OF THE CLINICS AT NO COST!

VISIT UWLCAMPS.COM FOR ONLINE REGISTRATION, PRINTABLE REGISTRATION, AND MORE INFORMATION!

2020 TRACK & FIELD CLINICS

Registration Form



Please print clearly. We cannot process incomplete registrations. All information requested must be provided.

Participant's Full Name: _____

Email: _____ Phone: _____

Grade: _____ Age: _____ Gender: _____ T-Shirt Size (adult size): S M L XL XXL

Address: _____

City/State/Zip: _____

Emergency Contact Name: _____

Emergency Phone: _____ Emergency Alternate Phone: _____

Email (necessary for confirmation and camp communication): _____

Special needs for participant(s): _____

Camp Sessions Attending (Check all that apply):

Pole Vault

Sunday, February 22
\$75 thru February 22
\$85 On February 22

No Pole Vault Available

Camp Director: Doug Geiwitz
Camp Administrator: Joshua Buchholtz
Email: jbuchholtz@uwlax.edu
Phone: 608-785-8622
Mobile: 715-308-0102

Camp of Champs

Sunday, March 1
\$75 thru March 1
\$85 on March 1

Camp Director: Derek Stanley
Email: dstanley@uwlax.edu
Office: 608-785-8185

Eagle Throws

Sunday, March 22
\$75 thru March 22
\$85 on March 22

Camp Director: Phil Whitesitt
Email: pwhitesitt@uwlax.edu
Phone: 608-785-8679
Mobile: 608-386-1867

Camp of Champs Options (Up to 2 Options)

I wish to participate in:

- High Jump
- Long Jump
- Triple Jump
- Sprints
- Hurdles
- Pole Vault

Amount Enclosed: \$ _____ Check enclosed, made payable to: UW-La Crosse

Return form to: UW-La Crosse Athletic Camps & Clinics / 25A Mitchell Hall 1725 State St. / La Crosse, WI 54601

WAIVER: Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. By signing this form I agree to hold harmless and indemnify UW-La Crosse, their officers, agents, and employees from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be performed by a physician on my dependent if I cannot be reached in the event of an emergency.

Parent/Guardian Signature: _____ Date: _____