

2008 NTC Summer Track and Field Camp Registration

Registration is for camp instruction only. Campers are responsible for their own lodging, food and transportation. Local accommodations and transportation information can be found on the back of this brochure, on www.usantc.com, or by calling (352) 241-7144, ext. 4206

Cost is \$200. A non-refundable deposit of \$100, payable by check, is due with registration. Checks should be made payable to NTC.

First Name : _____

Last Name: _____

Date of Birth: ____/____/____ Age _____

Address: _____

City: _____ State: _____

Zip Code: _____ Gender: Male Female

Email: _____

Phone: (_____) _____

Work Phone: (_____) _____

Emergency Contact: _____

Emergency Contact Phone: (_____) _____

UASTF #: _____

To join USATF, visit www.usatf.org or register on site \$20 youth/\$30 adults

List track and field background/experience:

T-Shirt Size: Small Medium Large XL

Method of Payment (NO REFUNDS):

Make check or money order payable to NTC and mail or FAX (fax only credit card purchases) completed entry form to: Andy Vince or Anabell Montes, NTC, 1099 Citrus Tower Blvd. Clermont, FL 34711 OR Fax: (352) 241-7162

Check Visa MasterCard Discover AMEX
CC#: _____

Expiration Date: _____ Total \$: _____

Card Holder's Signature: _____

**-BOTH SIDES OF REGISTRATION
FORM MUST BE FILLED OUT-**

~ Facility Information ~

Location:

The National Training Center is located in Clermont, Florida, 30 miles from Orlando.
1099 Citrus Tower Blvd.
Clermont, FL 34711

Facility:

The Track & Field Complex includes a 400 meter, outdoor track with two throwing areas, two long jump and triple jump runways with pits at each end, two pole vault runways, two javelin runways and a high jump pit and apron.

Accommodations:

Athletes must arrange their own lodging, food and transportation. The nearest lodging option is the Hampton Inn & Suites, which is located adjacent to the National Training Center. Mention the "National Training Center" to get a discounted rate, (352) 536-6600. Alternative discounted options can be found on the NTC website, www.usantc.com.

Transportation:

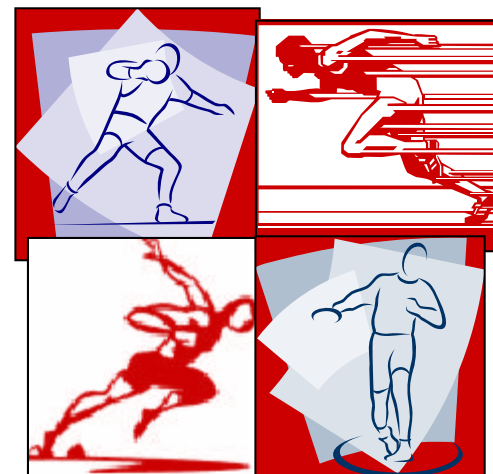
The National Training Center is located 35 minutes from Orlando International Airport. The NTC offers discounted car rentals with Enterprise Rental Car and Dollar Rent-a-Car. For more information on rental cars and shuttle services, please visit www.usantc.com.

Attractions:

The National Training Center is pleased to offer discounted theme park tickets for Walt Disney World Resorts, Universal Studios, Wet N Wild Water Park and Arabian Nights Dinner Theater. Tickets must be ordered at least two business days in advance. Please call Kristy Cullen, (352) 241-7144, ext. 4254, kristy.cullen@orhs.org, for more information.

Athlete Information:

Water will be provided. Athletes are encouraged to bring their own sports drinks and food/snacks.



NTC Summer Track and Field Camp

Monday, June 23
thru
Friday, June 27, 2008
Sprints, Hurdles, Throws
and Middle Distance
Events



Clermont, Florida
www.usantc.com

**Track/Sprint, Hurdles and Middle Distance
Throws/Shot & Discus
Introducing Hammer and Javelin**

This camp will place each athlete in his/her area with in track and field. This camp is designed for all athletes, ages 11 and up, all abilities. Athletes will be grouped by ability and skill.

Time: Monday, June 23 Friday, June 27 9:00 a.m. – 12:30 pm – National Training Center Track & Field Complex

Staff:

Andy Vince-Throws Former British Director of Throws, U23 National Team Head Coach and Scottish National Team Coach for nine years. Vince competed for Great Britain in the shot put where he was the British Champion. Vince holds an United Kingdom Athletics Performance Level 4 Coaching Certification and also is licensed to coach in the USA by USATF.

Anabell Montes-Sprints and Hurdles MS in Human Performance. Montes has worked as a assistant coach for five years in which she coached several All-Americans. She was a member of Colombia's South-American Champion in the 4X400 meter relay. She was also a member of Colombia's Junior National Team. Montes is a two-time NAIA National Champion in the 400 meter hurdles and earned All-American honors in 2003 and 2004. She is also a USATF Level I coach.

Ralph Florvella-Middle Distance was a district champion two years in a row in the 800 meters, 4X400 and 4X800 meter relays. He also qualified for Nationals in the 4X400 and 4X800 meter relays both as a junior and senior in college. Florvella became All-American in the 4X800 at Nationals and won the most improve tile for achievements in the 800 meters. He was the region XIV champion in the 800 meters. He is also a USATF Level I coach.

Costs:

\$200 per athlete, 20% off for second sibling, call for team discounts.

Also available coach/parent/guardian participant pass, \$50.

This pass enables the participant to interact with course delivery syllabus.

Intensive individual training sessions will be available to all campers in the afternoon for an additional charge of \$30 per session or \$100 for the week.

For more information on this camp, please contact,

Anabell Montes (352) 241-7144 ext. 4206
andrew.vince@orhs.org, or Anabell Montes,
anabell.montes@orhs.org.

About this Camp:

This track and field camp is an intensive instructional camp designed to provide the best possible sprinting, hurdling and throwing instruction for all athletes, ages 11 and up. Emphasis is placed on improving each individual's skill and knowledge of the event.

The goal of this camp is to give each athlete an enjoyable experience by mixing fun with technical development. Camp sessions are designed to improve the fundamental skills required to hurdle, sprint, run middle distance events throw properly. Special instructional exercises will be demonstrated to enhance proper technical development tailored for different age and ability levels.

Each camper will receive specific, quality instruction on how to improve technique in his/her event. Campers will be placed into groups of similar ability. Competitions will take place within some sessions.



1099 Citrus Tower Blvd.
Clermont, Florida 34711
(352) 241-7144
www.usantc.com

INFORMED CONSENT:I have been informed that South Lake Hospital, Inc. (SLH) and the National Training Center (NTC) and its owners, officers and employees will not be responsible for any damages, accidents or injuries that may happen to the User, its agents, servants, employees, or property of any of the participants or persons who are participating in this request, including but not limited to those causes which results from the negligence of the User, its agents, servants, employees or that of the Hospital and said User hereby releases the Hospital, its employees and agents from and agrees to indemnify it against any and all claims for any such cause which results in injury. This assumption of risk includes environmental theft and contagion risks in addition to risk associated with use of the center's equipment and facilities, and to include any location where NTC services are provided. Alterations to this Liability Agreement will not be accepted and are not permitted unless expressly authorized by a manager of SLH and NTC. SLH and NTC staff are not authorized to make any changes to this agreement. I hereby apply for permission for use of NTC facilities and services. I understand that this application is subject to the review and approval of the program's management. I understand that participation may be suspended or terminated by SLH and NTC if I am in violation of the center's rules, regulations and policies, conduct myself in a manner which management deems inappropriate or disruptive or make false representation of information contained in this application. I will not be entitled to any refund of program fees. I am responsible for any outstanding balance due. I understand that the training dates, times and services as scheduled are subject to approval by the NTC and subject to change at any time by discretion of the NTC. I grant the SLH, NTC and all sponsors the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. I further agree I will not seek remuneration for such photos and publicity. SLH, NTC and all sponsors are, however, under no obligation to exercise said rights herein granted.

Print Participant Name

Signature of Participant or Parent/Legal Guardian if under 18 years of age

Date

Cost: \$200 per athlete 20% discount off for second sibling, call for team discounts.

Mail to: Andy Vince or Anabell Montes
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Clermont, Florida 34711

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