

CAMP DETAILS – July 7- 11, 2019

Although held at the same time, the cross country and track & field camps are separately operated. At times, the two camps will meet together for informational or social activities, but camp sessions are different for cross country and track & field. Runners who focus on the middle-distance races (including the mile) and who will not run cross country in the fall should sign up for the track camp. Those who will race XC in the fall should sign up for cross country camp.

Each day of camp will include elements of:

- Fitness
- Technique
- Form
- Fun

Camp discussions include:

- Technique methodology
- Sports nutrition
- Competition strategy
- Precompetition preparation
- Recovery methods
- Strength training information
- Equipment updates

Some activities are designed for all athletes while others are for specific event groups. The camp is held to show young athletes proper technique and mechanics, allow them to “test drive” some college-style workouts, and learn more about how top athletes approach practice each day. Although not a mere “fitness camp,” cross country groups will get their miles in and everyone will sleep well at night.

If any parent, guardian, or camper believes that a camper needs accommodations under the Americans with Disabilities Act, they must contact Debbie Luman about requested accommodations at (785) 864-3486 or dluman@ku.edu before May 31, 2019.

ACCOMMODATIONS

Campers will stay at NAISMITH HALL

Both cross country and track & field camps will stay at Naismith Hall, a privately owned residence hall adjacent to KU’s campus. **Naismith Hall features a pool**, suite-style rooms (every two rooms share a bathroom), and the Rock Chalk Café.

PRICE

Overnight Camp Price \$495

Day Camper Price \$395

(Note to day campers: Distance runs begin at 6AM Mon-Thurs)

A \$100 non-refundable deposit is due with this registration by check, by June 28th.

The full balance of fees can be paid by mail with check or onsite only with credit card (day of check in).

Discount: School teams with 5 or more who sign up together receive a \$25 discount each. (must sign up at the same time so we know that they are a team)

Discount: If siblings attend, the second and all subsequent siblings receive \$25 discount.

Discount: Children of any KAI employee may attend camp as a Day Camper for free.

REGISTRATION

Registration for all overnight campers is at **NAISMITH HALL** from **1pm – 3pm on Sunday, July 7**. The first camp meeting begins at 3:30. Day Campers should check in at Naismith Hall at **3pm** on Sunday, July 7.

DIRECTIONS

- **From Kansas City International Airport to NAISMITH HALL:**
Head North on International Circle towards Terminal Exit. Proceed straight ahead to Cookingham Drive. Turn Left to the I-29 North /US-71 North ramp towards St. Joseph. Merge onto I-29 N/US – 71 N. I-29 N/US-71 N becomes I-29 N/US-71 N/I-435 W. Take the I-435 South exit number 17, towards Topeka. Merge onto I-435 S. I-435 S becomes I-435 S/SR-5 S. Take the I- 70/Kansas Turnpike exit number 12 towards Topeka/ ST. Louis. Merge onto I-70 West/Kansas Turnpike ramp. Merge onto I-70 W (portions toll). Take the exit number 202, towards west Lawrence (US-59 S). Merge onto Mc Donald. Dr. Take the US- 59 South ramp. This will become Iowa Street. Turn left on 19th St. and head down the hill to Naismith Drive. The tall dark brick building is Naismith Hall. Parking is available around the back of the building.
- If you are planning to fly in, please use the Kansas City International Airport. **Schedule a flight to arrive between 10:00 – 2:00pm on Sunday, & return flight on Thursday from 1-5 pm.** If you require transportation between the airport and the campus, please return the enclosed transportation form as quickly as possible. **Airport trip is a 45 minute drive & costs \$25 each way.**

CAMP ADDRESS

Camper's Name
c/o DEBBIE LUMAN
1651 Naismith Drive
Lawrence, KS 66045-7538

CHECK OUT

Check-out is on **Thursday, July 11 from 12:30 – 2:00pm** at **NAISMITH HALL**.

CAMP PHONE

- The track office phone is (785) 864-3486. You can leave important messages for campers at that number.
- Rose Richmond emergency, on-campus phone number during camp will be (785) 691-8138. Please only use this number in case of emergency during the week.

TRAVEL FORM

We assume that a camper is arriving by car unless you send us a completed travel form. **We must receive this completed form before June 28 to guarantee camper pickup.**

HEALTH FORM

You must bring the enclosed completed health form with you to camp.

Campers cannot be admitted without this form, must be signed by parent or legal guardian.

- Health services include an athletic trainer. Please notify the camp staff at check-in if there are any medical situations we need to be aware of, including medications etc.
- Drugs, alcoholic beverages and cigarettes are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or credit.

SPENDING MONEY

Campers may want to bring spending money to purchase snacks or visit the campus bookstore for a souvenir. There will also be an opportunity to purchase exclusive Jayhawk merchandise.

PAYMENTS

Full payment of camp fees must be received in our office no later than June 30. No refunds are given after that date. **A non-refundable \$100 deposit is required with registration form.**

ROOMMATES

- Campers stay 2 per room and are assigned by age, event group and roommate requests.
- If you have a roommate request, please send the enclosed form by June 28. After that, the request can't be guaranteed.
- If you don't have a roommate request, you will be placed in a room with someone near your age. It will be a great opportunity to meet someone new!

ROOM KEY DEPOSIT

NAISMITH HALL requires a room key deposit of \$50. Please bring a separate check made out to "Jayhawk Track Camps" for that amount and it will be held until the key is returned on the last day of camp and returned at checkout.

CANCELLATIONS

We do put a limit on camp numbers and will turn campers away once we hit our limit. For this reason, no refunds are available after June 28th. Remember that a non-refundable \$100 deposit due with this registration form.

ADDITIONAL INFORMATION FOR DAY CAMPERS

(those who are not staying overnight with us in NAISMITH HALL)

DAILY SCHEDULE

- After you've eaten breakfast at home each day, you should arrive at The University of Kansas and check in at NAISMITH HALL with a camp staff member no later than 8:30am. (XC report for 6am run)
- You will eat lunch and dinner in the cafeteria and depart around 9:00pm. If necessary, you may leave earlier in the day, but must make arrangements with the camp director, and check out with a camp staff member each day.

WHAT TO BRING TO CAMP

We recommend that you bring a daily pack with the following items: Track spikes or event specific shoes if you have them, sunglasses, hat, **sunscreen**, **water bottle**, a spare shirt, shorts, swim suit, and towel. **Throwers please bring your own implements. If this is not possible, contact the camp director in advance.**

SPENDING MONEY

- Many campers like to buy snacks in the evening, or take a trip to the bookstore for souvenirs. There will also be a chance to purchase exclusive Jayhawk apparel.

CHECKLIST OF ITEMS TO BRING

Below is a suggested list of clothes, equipment and personal items. We recommend that you do not send unnecessary clothes (which often get lost), or expensive cameras, watches and other valuable items. Don't forget to label **every** article of clothing and equipment. You will be staying in the dorms on campus. There are beds, but no pillows or linens.

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| + Running gear | + Health/personal form |
| + Pajamas and bathrobe | + Laundry bag |
| + Clothes for after running | + 1 sleeping bag, OR 2 twin sheets, 1 blanket+ |
| + Underwear and socks | + Pillow / pillowcase |
| + Shoes (non/Running) | + Bath towels |
| + Sweat shirt | + \$50 key deposit payable to Jayhawk Track Camp |
| + Extra spending money | + Room key deposit |
| + Toilet/personal items | + Hat |
| + Swim suit and towel | + Pen and paper for notes during guest speakers |
| + Hair dryer | |
| + Alarm clock | + Bring track spikes or shoes for your event. |
| + Sun screen | + Throwers, bring your throwing implements. |