



WOLFPACK SPEED DYNAMIC CAMP

June 14 – 17, 2015



Jumps / Sprints / Hurdles

CAMP INFO

With a total of eight power packed sessions, the Wolfpack Speed Dynamic Camp will instruct & demonstrate the proper running technique, sprint mechanics, block starts, relay handoffs for sprinting. Also includes specialized training for short and long hurdlers.

Jumpers will receive technical expertise for proper runway mechanics, take-off and body positions, landing techniques, and proper phase work for each of the horizontal jumps and vertical jumpers.

NEW!!! In addition to speed development specific to track & field, this year we are implementing basic speed training for all sports. Therefore the camp will include speed training for athletes participating in soccer, baseball, softball, basketball and football.

WHO CAN ATTEND

- Boys / Girls
- Ages (13-18)
- HS Coaches

CAMP TOPICS

- Meet Prep
- Nutrition
- Goal Setting
- Weight Training

RECREATIONAL

- Movie/Motivational
- Talent Show
- Pool Party
- Game Night

REGISTRATION

WOLFPACK SPEED DYNAMIC CAMP

P.O. Box 46017

Raleigh, NC 27620

919-812-2001

nctrackcamp@gmail.com

www.nctrackcamp.com

COST: \$350 for Overnight camper including meals / \$300 for Day campers including meals

REFUNDS: The \$100 registration fee is nonrefundable for any reason and is included into the tuition. The registration fee is applied to total cost.

BALANCE: If you are boarding at camp your balance will be \$250.00. Day camper balance is \$200.00. Balances assume you have paid the \$100.00 registration fee. Balances can be paid at time of registration or may be mailed to:

Wolfpack Speed Dynamic Camp
P.O. Box 46017
Raleigh, NC 27620

Make Checks Payable:

Allstar Track Club

CAMP DIRECTORS



Chris Coleman is in his eighth season with the NC State track & field team. Coleman is a former NCAA Division II All-American at St. Augustine's College, and coaches the Wolfpack's long, triple and high jumpers.

Coleman was inducted into the 2010 NCAA Hall of Fame for his accomplishments as a jumper while in college.

He has coached several ACC All-Conference athletes in the long, triple and high jump. Coleman has coached ACC Champions, NCAA Regional qualifiers and National All-Americans.

Coleman was a long jumper & triple jumper for St. Augustine's College. He won the Indoor & Outdoor National Championship in the triple jump in 1995; Conference Champion and Conference MVP in 1994 and 1995; Member of two Indoor National Championships 1992, 95; Four Outdoor National Championships 1992, 93, 94, 95; 14-time All-American in the Long & Triple Jump, 1992-1995. He has a personal best triple jump of 53' 7" and long jump of 24' 7".



Terry Reese, a four-year letter winner at NC State from 1986-89. He coaches the Pack's sprinters, hurdlers and relay runners. Reese has had tremendous success as of late with this group. Athletes have earned All-American honors four times under Reese's watch.

Wolfpack sprinters have won six ACC Championships in the last five years. His latest stars, have ranked 1-2 in school history in the 60 meters on the men's side. In addition, he has coached the ACC Champion in the 400 meter hurdles.

Reese specialized in the hurdles and placed in all eight indoor and outdoor ACC meets in which he competed, including an ACC championship in the 55-meter hurdles at the 1989 ACC Indoor Championships. At NCAA Championships, he finished seventh in the 110 hurdles, earning All-America accolades. Reese is the school record holder in both the 55-meter hurdles (7.17) and the 110-meter high hurdles (13.60). Placing fourth in the 110m hurdles at the 1995 USATF National Championships and ranking eighth in the world that year, Reese finished third at the 1997 USA World Championships trials, and went on to finish sixth at the World Championships in Athens, Greece.

GUEST SPEAKERS

We are expecting several accomplished athletes to present at this year's camp. You will be amongst some of the top athletes in the country from the sprints, hurdles and jumps.

Learn From The Best and You Will Be The Best

CAMP DETAILS

REGISTRATION / CHECK IN: Registration and check-in will be Sunday, **June 14th from 1:00pm to 3:00pm** at University Towers on the campus of NC State University. If you cannot schedule your arrival at this time, please advise the camp staff of your expected arrival time. If you have not selected a roommate, you will be assigned a roommate at this time and a dorm room. **Don't forget to bring proof of Insurance**

***Please report any damages to your room to staff so you will not be charged at check out.**

WHAT TO BRING:

- o Linens (long twin sheets, pillow/pillow case & towels)
- o Running clothes & flats and spikes for you designated event.
- o Casual Clothes
- o Personal items (soap, toothbrush, toothpaste, sunscreen, insect repellents etc.)
- o Spending money (book store, pizza, snacks etc.)
- o Alarm clock, radio etc.

University Towers is a very nice dorm that is: Fully-furnished, carpeted, air-conditioned suites, In-room high-speed Ethernet connections, separate restrooms in each room, large rooms for Movie nights, cook-outs, contests, dances, and socials, swimming pool, pool tables, sand volley ball court, fitness room, in-house cafeteria, Housekeeping service, in-house laundry facility (\$1.00), vending machines, 24-hour locked-door policy and reception desk, security from Raleigh Police, free parking and much, much more.

For more information visit: www.universitytowers.net

DIRECTIONS: University Towers is located at 111 Friendly Drive, near the corner of Hillsborough Street and Dan Allen Drive.

MEALS: Overnight Campers will receive three meals a day. Day Campers will receive lunch and daily snacks. Gatorade and water will be available all day while camp is in progress

CHECK OUT: Camp will end around **4:00pm on Wednesday, June 17th**. Please plan accordingly. Your child is expected to clean his/her room and put all trash in hallway (garbage bags will be provided). Please have a counselor check your child's room before they depart for home. If there are any damages to the room that occur during your child's stay at camp you will be charged accordingly.

CARS: Your child is allowed to drive their car to camp but will **not** be able to use their car during camp at anytime.

CAMP RULES: Your child is expected to follow all camp rules. Failure to do so may result in your child's dismissal from camp. Rules will be handed out to each camper on the first night of camp. Please call 919-812-2001 (Coach Coleman) email at nctrackcamp@gmail.com or visit our website at www.nctrackcamp.com. If you have any questions regarding the information listed above.

Sunday, June 14th

- Check-in 2pm – 3pm
- Session One
- Dinner
- Session Two
- Camp Social

Monday, June 15^h

- Break – FAST
- Session Three
- Lunch
- Session Four
- Dinner
- Camp Social

Tuesday, June 16th

- Break – FAST
- Session Five
- Lunch
- Session Six
- Dinner
- Camp Social

Wednesday, June 17th

- Break – FAST
- Session Seven
- Lunch
- Track Meet
- Check Out