

CAMP DIRECTOR



John Millar
Associate Head Coach

Millar is in his 19th year as Notre Dame's sprints and hurdles coach. Prior to his arrival, he spent 6 years as an assistant coach at the University of Texas and one year at the University of Tennessee. Millar also served as USA Track and Field's national women's hurdle coordinator. Internationally, he has served as an assistant coach of the USA Junior National Team at the 1993 Pan Am Junior Championships and as head coach of the 1999 United States Women's Team at the World Indoor Championships. He has also traveled as a member of the Canadian National Team, most recently to the 2000 Olympics.

CAMP STAFF



Tim Connelly
Assistant Coach

Connelly has coached the women's cross country program since its inception in 1988, leading the Irish from obscurity to qualifying for the NCAA Cross Country Championships on several occasions, most recently placing 3rd in 2002 and 4th in 2004. During the track season, Connelly is responsible for coaching the women's middle and long distance runners. A 1983 Notre Dame graduate, Connelly served as a graduate assistant until 1986, when he moved on to Syracuse University as an assistant cross country and track coach, returning to Notre Dame two years later.



Amy Henry
Assistant Coach

Henry is in her first year working with the Irish sprinters and hurdlers. A 2002 graduate of Hampton University, Henry was a MEAC All-Conference hurdler during her career. Henry came to Notre Dame after spending the past two years as an assistant at the University of Texas, El Paso.

Garnham joins the Irish staff as the jumps/multi coach. A 1998 graduate of Kent State, Garnham comes to Notre Dame after a three-year stint as the field events coach at the University of Tulsa. He began his coaching career at the University of Buffalo.



Jim Garnham
Assistant Coach

In his second year as Notre Dame's throws coach, **Beltran** has had an immediate impact on the group. A 1999 graduate of the University of Missouri-Kansas City, he has served as the throws coach at both UMCK and St. Francis (PA) University.



Adam Beltran
Assistant Coach

HIGHLIGHTS

Campers will be exposed to the latest techniques in the following event areas: Sprints, Hurdles, Jumps, Throws and Distance Running. All athletes will receive a unique combination of both individual, field and classroom instruction. Our staff is dedicated to teaching the proper techniques and providing the most up to date information, as well as developing the physical and mental skills necessary to improve the participant's level of performance.

The goal of the Cross Country camp is to expose our campers to the education, physical training, and most importantly, motivation that will jump start their season and help them to achieve their goals. The educational components will include injury prevention, strength training, nutrition, cross training, racing and training ideas. The physical training will be designed to enhance the runners' endurance base as they continue their pre-season training. We hope that these, combined with lots of motivation and fun, will lead our campers to success in the fall cross country season and spring track season.

This year's camp is scheduled to take place on Notre Dame's brand new track & field facility.

SAMPLE DAILY SCHEDULE

- 7:00 am Wakeup
- 7:30 am Breakfast
- 9:00 am Morning Training Session
- 12:00 pm Lunch
- 2:00 pm Lecture Session
- 4:00 pm Swimming/Group Activity
- 5:00 pm Dinner
- 6:30 pm Evening Training Session
- 8:00 pm Group Activity



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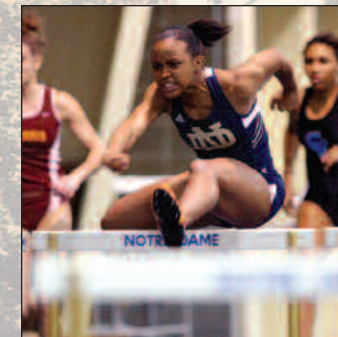
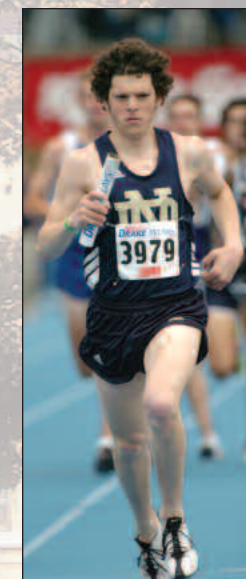


2009 NOTRE DAME® TRACK & FIELD / CROSS COUNTRY CAMP

University of Notre Dame
Notre Dame, Indiana

July 11-15

Boys & Girls
Ages 12 – 18



NOTRE DAME® TRACK & FIELD / CROSS COUNTRY

Application, Consent to Treatment, and Health Form must be completed and sent along with FULL payment to the Camp Office for enrollment. No deposits accepted.

CAMPER'S NAME: Last			First	MI
ADDRESS: Street		City		
		()		
State	Zip	Telephone		
Grade in Fall	Age (during camp)	Gender		

Please indicate the events you wish to participate in:

<input type="checkbox"/> Sprints/Hurdles	<input type="checkbox"/> Middle Distance
<input type="checkbox"/> Long/Triple Jump	<input type="checkbox"/> High Jump
<input type="checkbox"/> Pole Vault	<input type="checkbox"/> Shot, Discus, Javelin, Hammer
<input type="checkbox"/> Cross Country	

SCHEDULE AND FEES

- BOARDING CAMP – JULY 11–15** (\$565)
- NON-BOARDING CAMP – JULY 11–15** (\$385)

PAYMENT BY: Check MasterCard Visa

Please make checks payable to the Notre Dame Track & Field/Cross Country Camp. Please send check and application to the address on next panel. Checking account debit cards will not be accepted. **In accordance with NCAA regulations, a high school student's expenses must be paid by the student's parent or legal guardian. No third party payment will be accepted.**

CARD #	EXP. DATE
CARDHOLDER NAME (print)	SIGNATURE
()	()
PHONE: Home	Work

ADDRESS: (If different from above)



2009 APPLICATION

ND SUMMER TRACK & FIELD/CROSS COUNTRY CAMP

University of Notre Dame
P.O. Box 767 • Notre Dame, IN 46556-5678
(574) 631-8788 University Camps

JULY 11–15

**CONSENT TO TREATMENT
LIMITATION AND WAIVER OF LIABILITY**

In consideration of my child's acceptance in the Notre Dame Summer Track & Field/Cross Country Camp, I individually and on behalf of my minor child, do hereby release and forever discharge the University of Notre Dame du Lac and its officers, trustees, employees, contractors and representatives from all liability of any kind for any claim, demand, action, cause of action, damage, judgment, cost or expense which arises out of, occurs during or relates in any manner to my child's participation in, attendance at, activities at, or incidental to the aforementioned summer camp. In the event of an accident, injury (including death), illness or other damage sustained by my child while traveling to or from, or during his or her attendance at, the Notre Dame Summer Sports Camp(s), I understand and hereby acknowledge that my only remedy and my child's only remedy will be the coverage, if any, provided by the medical insurance policy covering participants in the Notre Dame Summer Sports Camps as explained in this brochure and set forth in the insurance policy. I hereby grant permission to the staff and physicians of the University of Notre Dame and any other medical provider or surgical consultant deemed advisable by Notre Dame, and any hospital or similar facility, to render the above-named camper any medical, surgical, or other treatment that they deem necessary. I understand that the University will exercise its best efforts to inform me in the event of such treatment.

I also understand and acknowledge by my signature below that the University of Notre Dame does not have the medical staff or resources available during summer camps to store or administer prescription or non-prescription medications for my child. I have decided as the child's parent or legal guardian that my son or daughter is capable of taking his or her own medication(s) throughout his or her stay at Notre Dame, or that one of my child's parents or his or her legal guardian will be personally present and available to administer the medication to my child throughout the camp. I know that Notre Dame staff will not store or administer medications, prescription or non-prescription, for my child during the camp. If I decide that my child can take his or her own medication during camp, I will make arrangements, as needed, to remind my child to take his or her medication. If my child possesses any medications (prescription or non-prescription) during camp, I understand that it will be my child's sole responsibility to safeguard and self-administer the medication at all times. The University will not be responsible for lost or stolen medication(s). I, individually, and on behalf of my child and our respective heirs, successors, personal representatives and assigns hereby release and forever discharge the University and its officers, trustees, employees, contractors and representatives from all liability of any kind for any claim, demand, action, cause of action, damage, judgment, cost or expense which arises out of or relates in any manner to the use, misuse, theft, loss or failure to adequately safeguard my child's medication at any time.

I also understand and acknowledge that the University of Notre Dame may transport my child to off-site athletic facilities. I, individually and on behalf of my minor child, do hereby release and forever discharge the University of Notre Dame du Lac and its officers, trustees, employees, contractors and representatives from all liability of any kind for any claim, demand, action, cause of action, damage, judgment, cost or expense which arises out of, occurs during or is related to, in any, the travel to off-site athletic facilities.

PARENT OR LEGAL GUARDIAN'S NAME (printed)

SIGNATURE _____ **DATE** _____

() _____ () _____

PHONE: Day _____ Night _____

() _____

PHONE: Emergency _____

PLEASE DO NOT USE STAPLES

FOR OFFICE USE ONLY:

CAMP CODE _____
AMOUNT _____
CK # _____ / B- _____

CAMPER'S HEALTH FORM

To be completed and signed by camper's parents or legal guardians

- | | |
|---|--|
| <input type="checkbox"/> ASTHMA | <input type="checkbox"/> HEAD INJURY/CONCUSSIONS |
| <input type="checkbox"/> BLEEDING DISORDERS | <input type="checkbox"/> HEART DISEASE |
| <input type="checkbox"/> CONVULSIONS/SEIZURES | <input type="checkbox"/> RHEUMATIC FEVER |
| <input type="checkbox"/> DIABETES | |

ALLERGIES TO DRUGS _____

ALLERGIES TO FOODS _____
(that require dining hall intervention)

LAST TETANUS IMMUNIZATION (date): _____

CURRENT MEDICATIONS: _____

CHRONIC OR RECURRING ILLNESSES: _____

OPERATIONS/INJURIES (including dates): _____

PHYSICAL RESTRICTIONS*: _____

PHYSICIAN TELEPHONE _____

DENTIST TELEPHONE _____

NAME OF INSURANCE _____

TELEPHONE NUMBER FOR CLAIMS _____

CONTRACT NUMBER _____

GROUP NUMBER _____

NAME OF EMPLOYER _____

EMPLOYER PHONE NUMBER _____

NAME OF POLICY HOLDER _____

PARENT AUTHORIZATION/RELEASE OF INFORMATION

This health history is correct to the best of my knowledge and my son or daughter has my permission to participate in camp activities with the exception of those noted above*.

I authorize University of Notre Dame Health Services to release medical information regarding the above named participant to interested parties including parents and family physician.

PARENT OR LEGAL GUARDIAN MUST SIGN

I have read and I understand the camp program and application process as described in this brochure.

PARENT OR LEGAL GUARDIAN MUST SIGN

Please Read Carefully and Retain for Your Information

SITE:

The setting for the Notre Dame Summer Track & Field/Cross Country Camp is the nationally renowned campus of the University of Notre Dame, located on the outskirts of South Bend, Indiana, 90 miles east of Chicago on the Indiana Toll Road. All campers will reside in one of the residence halls normally occupied by undergraduate students of the University. Meals will be served in the North Dining Hall. Many of the nation's finest athletic facilities will be utilized during each camp session.

APPLICATION PROCEDURES:

All prospective campers must submit the completed application portion of this brochure. Applications will be processed on a first-come, first-served basis until all sessions are filled. Acceptance of a camper will be verified upon receipt of the camp confirmation packet. Please read the confirmation packet carefully as it details the camp schedule, items to bring, as well as roommate & transportation information. **If after reviewing the confirmation packet, you have additional questions, please contact the camp office at ndcamps@nd.edu or (574) 631-8788. Before sending in this application, please make sure all 3 signature spots are signed by a parent or legal guardian and full payment is included, or your application will be returned.** Please note: There will be a \$25 walk-up fee for any application not received by the camp office prior to the start of registration.

If a camp has been filled prior to the receipt of a camper's application, the camp office will offer you the opportunity to have the application held on a waiting list if desired. If the application cannot be accepted for any reason, the application and camp fee will be returned by mail.

ROOMMATE REQUEST:

Please **do not** include your roommate request with your application, as it **will not** be considered. A roommate request form will be included in the confirmation packet, which can be filled out and returned to the summer camp office. Please keep in mind that we do our best to meet all roommate requests, however, due to accommodation limitations we cannot always meet every request, and we will be under no obligation to honor requests received less than seven days prior to the start of the camp. The majority of our dorm rooms are doubles, but campers could be placed in singles, triples, or quads, depending on the dorm in which the camp is residing. We **do not** accept requests for triples or quads.

INSURANCE:

Accidental death and dismemberment coverage is provided according to schedule and with a maximum principal sum of \$1,000; medical expense coverage is provided with a maximum of \$50,000. Claims up to \$250 per claim will be paid on the excess basis, meaning that family or employer group coverage must pay its maximum first. This refers to medical expenses incurred because of injury related in any way to my child's participation in, attendance at, activities at, or incidental to camp activities. Hernias are not covered. The contracting of illness of disease by camper is not covered under this plan. Payment for medication and/or hospitalization needed by camper as a result of illness of disease is the responsibility of the camper and his/her parents. Any additional coverage desired will also be the responsibility of his/her parents.

TRANSPORTATION:

For those needing to fly to South Bend, please call Anthony Travel, the Official Travel Partner of Notre Dame, at 1-800-366-3772. Identify yourself as attending the summer sports camps, and their on-campus sports travel professionals will research the most cost-effective flight options for you and provide invaluable consultative advice on traveling to campus.

REFUND PROCEDURES

If an accepted application is withdrawn for any reason up until **8** days prior to the start of the camp session, you will receive a refund less a **\$75** cancellation fee. **No** refund will be issued within **1 week** of a camp session's start date.

DETACH HERE