

Capital Region Running School 3rd Annual Summer Camp Sponsored By: Columbia High School



Track and Field Specialty Camp
August 5th-August 9th (9:00am-12:00pm)

Preseason Cross Country Camp
August 12th-August 16th (5:30pm-7:30pm)

Camps Available to Students Entering
Grades 7-12

Columbia High School
Track & Turf Field



CAMP HIGHLIGHTS

Our mission is to promote and enhance the sports of Track & Field and Cross Country in the Capital Region!

This camp will focus on the techniques and trainings of the sprints, hurdles, middle distance, distance and field events. The field events that will be instructed during camp are the long jump, triple jump, high jump, pole vault, shot put, discus and weight throw.

During camp there will be training offered for all running events including sprints, middle distance, distance and cross country. All the middle distance, distance and cross country training programs will be conducted by the University at Albany Head Cross Country and Distance Coach, Matt Jones.

CAMP DIRECTORS

Matt Jones

Coach Matt Jones is currently the Head Cross Country and Assistant Indoor and Outdoor Track Coach for both the Men and Women at the University at Albany. This past season, Jones led the University at Albany Women's Cross Country team to the America East Championship. Over the years, Jones has coached multiple All-Americans at both the Collegiate and High School levels. Jones was also named the 2010 Division I Indoor Track Northeast Assistant Coach of the Year by the USTFCCA. During his time at the High School ranks, Jones coached numerous National and State Champions across multiple events.

Nick Jones

Coach Nick Jones is currently the Head Indoor and Outdoor Track Coach for both Men and Women at SUNY Plattsburgh. During his time at Plattsburgh, Coach Jones has guided five athletes to 7 All-American honors and multiple athletes to All-Region honors. Jones has also led athletes to over 35 school records while at Plattsburgh. Jones' resume also has an appearance at the Division III Cross Country National Championships with both the Men's and Women's programs.

Ryan Jones

Coach Ryan Jones is currently the Head Boys' Indoor and Outdoor Track Coach at Columbia High School. During his five years with the program, Jones has helped seventeen athletes qualify for the NY State Championship Meets. Jones also guided the Columbia Boys' Indoor Track team to the 2018 & 2019 Indoor Track Division II Sectional Championships. Coach Jones was named the 2018 & 2019 Times Union Indoor Track "Coach of the Year".

Cut and Send This Portion To:
Capital Region Running School
Attn: Ryan Jones
20 Marcel Road
Clifton Park, NY 12065

CAMP STAFF

- *Junior Burnett, University at Albany
Specializing in Sprints
- *Andy Welkley, Tamarac High School
Specializing in Throws
- *Doug Hadley, Columbia High School
Head Girls Coach

There will be a variety of other Coaches and College Athletes in attendance at Camp based on availability

CAMP INFORMATION

Track and Field Camp

-This camp is set up to develop the skills of local track and cross country athletes in grades 7th-12th. The events will be broken down to improve the technique for each specific event.

Training Groups Include:

- * Sprints
- * Middle Distance/Distance
- * Hurdles
- * Long Jump/Triple Jump
- * High Jump
- * Pole Vault
- * Shot Put/Discus/Weight Throw

*Campers will have the opportunity to choose the events and groups they would like to work with.

What to bring to the Camps:

- * Running Shoes/Spikes
- * Running Watch
- * Pole Vault Poles (If available)
- * Throwing Implements (If available)
- * Plenty of Water
- * Sunblock

The College Recruiting Process

The coaches will provide the opportunity for the campers to learn about the college recruiting process for the Division I, II and III levels. The coaches and student athletes will answer any questions the campers have about the recruiting process. This may include guest speakers.

CAMP DATES & FEES

Track and Field Specialty Camp
August 5 - August 9 (9:00am - 12:00pm)

Preseason Cross Country Camp
August 12 - August 16 (5:30pm-7:30pm)

Early Bird Fee: \$125 (before July 14th)
Regular Fee/Day of Fee: \$135
Family Rates Available

Rates Available for Attending Both Camps!

***Registering after July 14th does not guarantee a camp shirt**

HOW TO SIGN UP

Send the attached application by mail to:
Capital Region Running School
Attn: Ryan Jones
20 Marcel Road Clifton Park, NY 12065

Email For Questions: RTJone01@gmail.com

Make checks payable to:
Upstate Elite Sports

APPLICATION

First Name _____ Last Name _____

Address _____ Street _____

City _____ State _____ Zip Code _____

Telephone _____

Email _____

Date of Birth _____ Age _____

Camp To Attend:

- ___ Track & Field Camp Early Bird (\$125)
- ___ Track & Field Camp Regular (\$135)
- ___ Family Rate (2 campers) Early Bird (\$225)
- ___ Family Rate (2 campers) Regular (\$245)
- ___ Family Rate (3 campers) Early Bird (\$300)
- ___ Family Rate (3 campers) Regular (\$330)
- ___ **Track & Field & Cross Country Camp Early Bird (\$200)**
- ___ **Track & Field & Cross Country Camp Regular (\$225)**

Interested Events for Camp (circle all):

Sprints Mid-Distance Distance Long/Triple

Hurdles High Jump Pole Vault Shot/Disc

T-Shirt Size (Circle One): Youth- XL Adult- S M L XL

By signing below and submitting this application I affirm that my son/daughter is physically fit to participate in strenuous physical activity and I know of no medical reason prohibiting my child from participating in the Capital Region Running School Camps. I understand that personal injury insurance is not included in the camp fee and I waive the Capital Region Running School Camp, its officers, employees and property owners of any and all responsibility for injury or illness. My child is covered by health insurance by the policy listed below. I also understand that my signature grants the Capital Region Running School Camp Staff my full approval to have my son/daughter treated according to the staff's best judgment in the case of an emergency or injury.

Health Insurance Provider: _____

Policy #: _____

Allergies/Medications: _____

Parent or Guardian Signature