

Santa Barbara

Cross Country ~ Track & Field Camp

at the

University of California at Santa Barbara

July 19th-23rd, 2009

**REGISTER ONLINE TODAY AT:
<http://summercamp.ucsbtrack.com>**

The Perfect Track & Field Training and Learning Environment!



Experience elite, in-depth training and analysis from top NCAA Div. I Coaches preparing you for your 2009-2010 Track & Field season. The week-long camp will give you not only the physical tools with which to improve your marks, but also the mental confidence to execute your goals on meet day. Set in one of the most beautiful locations on the west coast at one of the best universities in the United States, it is a week not to be missed!

The Distances

A signature system of peak performance is the highlight. The week will consist of daily morning and afternoon workout sessions to give you the knowledge of what it takes to train at the highest level. Running on the beautiful ocean bluffs and trails throughout the area, alongside national class athletes, is an experience not to be missed!



The Sprints and Hurdles

You will be equipped with knowledge of proper acceleration mechanics, running and/or hurdling form, strength and conditioning for enhanced speed and power, and the psychological aspects of sprinting and hurdling. Athletes will begin to recognize their own strengths and weaknesses and be equipped with skills to improve or enhance both.



The Throws

The program will consist of high level technical analysis and show you how to become an even more explosive athlete. Knowing where you need to improve in throw after throw in the rings, one will leave Santa Barbara with not only higher goals, but also a way to achieve them.



The Fun

We're serious about training, but we're serious about fun as well. Our aim is for you to **love** Track & Field. One way we accomplish this is by integrating the distance runners, sprinters and throwers throughout the week. From the first bonfire to the farewell bonfire, you'll grow closer with your fellow campers and the camp staff in fun activities on the track, at the dorms and at the beach.

Contact Camp Director David Monico with any questions or Team Discount Information

Email: sbtrackfieldcamp@gmail.com

Phone: 805-452-3580

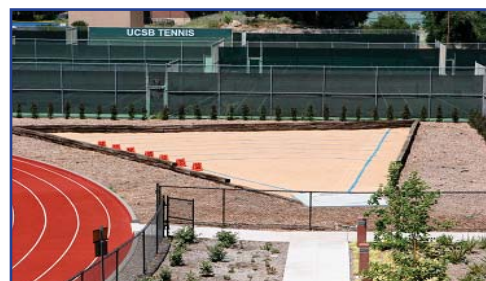
The Facilities

Nestled inbetween the Pacific Ocean and the Santa Ynez Mountains, inside a haven of eucalyptus trees and evergreen, the track & field facilities at UCSB offer the perfect atmosphere for focused and determined training sessions.



For distance runners the miles of trails on the ocean bluff top are ideal for long runs and workouts keeping your legs fresh, while breathing in the ocean air. The track is great for speed training and form work. Running in Santa Barbara alone will be an experience of a lifetime.

The throwing facilities have been called one of the best in the United States by team USA athletes. The combination of three shot put rings, including one of Olympic size and two discus/hammer throw rings allow for many to train at once for maximum benefit to the athlete. Also, state of the art training and weight rooms adjacent to the track make for a great transition from throwing to lifting, thereby enhancing the training benefit.



The Sprinters & Hurdlers will enjoy the warm summer days on UCSB's great track. A nine lane track along with all of your training needs within 50 meters, makes for an efficient environment so that each athlete gets the most of their camp experience.

The Institution

Year after year, UCSB has been named one of the top public institutions in the nation. Indeed it boasts five nobel laureates since 1998. The Track & Field camp will allow you to get to know the university, preparing you for college and NCAA Athletics.

The Living Accommodations

Campers will stay at the beautiful Tropicana Gardens with suite style apartments making for a comfortable and safe week.

Your Registration & Personal Camp Features

- Residents stay overnight at Tropicana Gardens and will be provided with all meals (breakfast, lunch & dinner).
- Commuter: Can arrive at approximately 7am and stay until 10pm. All meals included with registration (breakfast, lunch & dinner).
- With your registration you will also receive:
 - A camp t-shirt
 - Prizes from Clif Bar & Running Warehouse

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General Daily Schedule

Workout Session #1
 Breakfast
 Guest Speaker/Workshop
 Lunch / Rest
 Day's Activity
 Workout Session #2
 Dinner
 Night Activity
 Light's Out

Program Fees

Have 3 or More Teammates?
Team Discounts Available!!!

	Prior to May 1st	After May 1st
Indiv.	\$575*	\$605*
Teams	\$545*	\$575*
Commuter	\$395	\$395

*\$220 non-refundable deposit included

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