

PARENTS' RELEASE AND INDEMNITY AGREEMENT

We (or I) hereby request that you accept the application for the enrollment of our (or my) son/daughter in the Central College Track and Field/Cross Country Camp during the date(s) set forth in this application, and in the consideration of your acceptance of the application, we (or I) hereby release the Board of Trustees of Central College and all its employees from all claims on account of any injuries which may be sustained by our son/daughter while attending the Central College Track and Field/Cross Country Camp; and we (or I) agree to indemnify the Board of Trustees of Central College and its employees for any claim which may hereafter be presented by our (or my) son/daughter as a result of such injuries.

Date _____ Date _____

Athlete's name _____ Parent/Guardian name _____

Athlete's signature _____ Parent/Guardian signature _____

Return with \$50 nonrefundable deposit to:

Joe Dunham, Summer Track and Field/Cross Country Camp, Central College, 812 University, Pella, Iowa 50219

Make checks payable to Central College.

COSTS

The cost is \$200 for commuters and \$240 for residential campers. A nonrefundable reservation deposit of \$50 must accompany your application. The balance is due at registration time when you arrive at camp. Breakfast, lunch, and dinner are provided for all campers.

LODGING

Campers stay in air-conditioned townhouses on the Central campus. Meals are provided in the Central Market, the college's state-of-the-art dining facility.

OUTSTANDING FACILITIES

Central has some of the finest track and field/cross country facilities in the region:

- Ron and Joyce Schipper Stadium features a new 400-meter, eight-lane outdoor track with a BSS 1000 polyurethane track. It features wider turns and dual runways for jumping events.
- New cages and rings for the throwing events have also been added. The facility has been the site of seven Iowa Conference meets.
- Central's cross country course, new in 2004, is designed to accommodate 4,000, 5,000, 6,000 and 8,000-meter races. It is also an ideal training surface for daily runs and race-specific workouts.
- A new Mondotrack six-lane, 200-meter indoor track was installed in H.S. Kuyper Fieldhouse in 2009. It's the same surface used for the 2008 Olympic Games in Beijing.

TENTATIVE CAMP SCHEDULE

Wed., July 14

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|----------|---------------------------|
| 4-5 p.m. | Check-in, P.H. Kuyper Gym |
| 5-6 p.m. | Dinner, Central Market |
| 7-9 p.m. | Practice |

Thurs.-Fri., July 15-16

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|-----------------------|-----------------------------------|
| 7:30-8:30 a.m. | Breakfast, Central Market |
| 9:30-11:30 a.m. | Training clinic/practice |
| 11:30 a.m.-12:30 p.m. | Lunch, Central Market |
| 2-4:30 p.m. | Training clinic/practice |
| 5-6 p.m. | Dinner, Central Market |
| 7-9 p.m. | Recreational practice/social time |

Sat., July 17

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|-----------------------|----------------------------|
| 7:30-8:30 a.m. | Breakfast, Central Market |
| 9:30-11:30 a.m. | Practice |
| 11:30 a.m.-12:30 p.m. | Lunch, Central Market |
| 12-1 p.m. | Check-out, P.H. Kuyper Gym |



cross country track & field Camp

at Central College



July 14-17, 2010

**for boys and girls
entering grades 9-12**

**Featuring instruction in
sprints, jumps, hurdles, throws, and
cross country/middle distance**

