

Insurance Disclaimer

I/We, _____
(Participant Full Name), understand that the WSU Athletic Camp and instructors will not be held responsible for injuries or loss of property while the previously-named participant attending the camp. I/We do hereby release the State of Minnesota, Winona State University, its officers, agents, and employees from all liability, including claims and suits in law or equity for any injury—fatal or otherwise. I hereby certify that my child is provided coverage via personal health and accident insurance in effect which is sufficient to cover any and all of the expenses which might occur.

The signature below absolves the WSU Athletic Camp of all responsibility for loss of personal property and bodily injury. Furthermore, I/We realize the risks involved to the participant in recreational and instructional activities, even when well supervised and managed, pose a risk of physical injury to my child, and I/we agree to assume such a risk on behalf of my child. I/We will pay, or cover through insurance, any medical or hospital expenses, doctor bills or other subsequent to attending the WSU Athletic Camp. I/We hereby authorize the staff of the WSU Throws Camp to act for me according to their best judgment in any emergency requiring medical attention.

I/We further understand the camp retains the right to use, for publicity and advertising purposes, photographs of campers taken at camp.

Campers Signature: Date:

Parent/Guardian Signature: Date:

Camp Staff

The 2011-2012 season is Coach Mike Turgeon's eight year as throws coach for WSU. Coach Turgeon guided twelve WSU All-American throwers and a National Champion.



Coach Turgeon had an athlete compete at the 2008 US Olympic Trials and US Indoor Championships where he saw his athlete have two of the best performance of his career.

Prior to coaching at WSU, coach Turgeon had great success as a college student-athlete. He is a six time All-American, and has been a two time National Champion in the discus throw.

Coach Turgeon is joined by coach Phil Whitesitt UW-La Crosse Men's Throws coach. Other All-American including the throwers from Winona State that together will aid in the skills development of the campers.

Contact Coach Turgeon with any questions!

Email: mturgeon@winona.edu
Office Phone: 507-457-2757



For more information check out
www.WarriorThrowsCamps.com

Winona State Warriors

**Sunday
March 18,
2012**



**One on One
Instruction**



**Grades 7-12
Boys & Girls**

**Coaches
Welcome**



9:30 am to 3:30 pm

**Winona, Minnesota
Memorial Hall (McCown Gymnasium)**

Camp Benefits

- One on one instruction
- Age/ability level instruction
- Video taping
- Meeting people with similar interest
- Variety of activities
- Great Food
- Learn by doing
- Technique packet
- FUN CAMP

Camp Schedule

- 9:00 - 9:30 Camp registration
- 9:30 - 9:45 Camp safety & intro of camp staff
- 9:45 - 10:00 Large group activity
- 10:00 - 10:15 Throwers warm-up
- 10:15-10:45 Technique session #1
- 10:45- 11:00 Weight throw demonstration
- 11:00 - 11:30 Technique session #2
- 11:30-11:45 Small group Q&A session
- 11:45-12:15 Technique session #3
- 12:15 - 1:00 Lunch (*included in price*)
- 1:00 - 1:30 "Throws Challenge"
- 1:30 - 2:00 Technique session #4
- 2:00 - 2:30 Weight throw & javelin introduction
- 2:30 - 3:00 Technique session #5
- 3:00 - 3:30 Camp Competition
- 3:30 Camp Closure

What to Bring

- Throwing shoes
- Indoor shot put & rubber discus
- Small towel (no larger than 2 feet)
- Pen
- Great Attitude

**Lunch & T-Shirt provided
to all campers and coaches**

Throwing Camp

Warrior Throws Camp returns for its sixth year. This is a day camp designed for student athletes in grades 7-12 and all ability levels. Campers will be split up into ability/age groups to receive the proper level of instruction. The throwing camp is divided into multiple activities which will cover a wide variety of throwing activities. If you want to have fun and learn excellent throwing techniques then this is the camp for you.



Picture of 2009 Throws Camp

CAMP COST

- _____ \$50.00 for Day Camp (Received **before** 3-9)
- _____ \$60.00 for Day Camp (Received **after** 3-9)
- _____ \$15.00 for Coaches (Lunch & T-Shirt included)
Free to coaches with two or more athletes

Make Checks Payable to:
WSU Track & Field

or

Online Registration Available:
www.WarriorThrowsCamps.com



Sunday March 18, 2012

9:30 am to 3:30 pm

**Memorial Hall
McCown Gymnasium**

Winona State University Warrior 2012 Throws Camp

PERSONAL INFORMATION

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

High School: _____

High School Coach: _____

Grade: _____ # of Years Throwing: _____

Home Phone: (_____) _____

Parent Name: _____

Parent Cell Phone: (_____) _____

Email: _____

Shot Put Best _____ Discus Best _____

Circle Camp Events to Participate in:

Shot Put Glide Shot Put Spin Discus

Circle Shirt Size: S M L XL XXL

If paying by check or cash send in the following
form or register online at
www.WarriorThrowsCamps.com

**The insurance disclaimer must be signed on the
back of this form**

- A confirmation email will be sent.
- Mail registration and check to:
WSU Track and Field Throws Camp
220D Wabasha Hall
Winona State University
P.O. Box 5838
Winona, MN 55987