

Summer 2024 Logan Peak Performance Track Clinic

Hosted by Utah State University- July 15-16th

LOCATION

Both days: Ralph Maughan Track Stadium- just put Ralph Maughan Track Stadium into GPS (see map below)

CHECK-IN

Check-In will be Monday from 4:30-5pm at the Ralph Maughan Track Stadium. Clinic will begin at 5pm. At check-in you will receive your T-shirt. If you are just coming on Tuesday- check-in will be at the track on Tuesday from 8-8:30am. If you check in on Monday, you do NOT need to check in again on Tuesday.

PARKING

There is free parking located at the Maverick Stadium (located right next to the track) after 5pm on Monday. For Tuesday, if you park at the stadium, you must have a parking pass- this pass can be picked up at registration. We encourage participants to get dropped off if possible. If you need a parking for Tuesday, please notify the clinic director at 719-210-6556 or sarah.griggs@usu.edu ASAP

END OF CLINIC

The clinic ends at 8pm on Monday and 2:00pm on Tuesday. Please pick up your child on time.

WHAT TO BRING

- Workout clothes- each camper should come dressed ready to work out
- Water bottle with name on it
- Comfortable shoes to work out in
- Notebook and pen to take notes
- Any medications necessary (inhaler etc.) It is the responsibility of the camper to notify their event coach of any medical conditions

POLES- Pole Vaulters only

We have a very limited selection of poles smaller than 13' 130. If you need poles smaller than that, it would be best if you could bring your own. However, most of the drills we will do can be done with the poles we have.

MEALS

A pizza dinner will be provided Monday night and a box lunch on Tuesday. If you have any food allergies please contact the clinic director ASAP at 719-210-6556 or sarah.griggs@usu.edu

WEATHER

Weather in Logan in July can be hot in the afternoon. Please come prepared with appropriate clothing and water to hydrate. We will have some water at the track but please have your own water bottle. In case of inclement weather, the camp director will send out information in a timely manner. If there is lightning, we will have to do a lightning delay and wait indoors until it is clear to go outside.

SCHEDULE

Monday July 15th:

Check-in: 4:30-5pm

Instruction: 5-7:30pm

Dinner: 7:30-8pm

Session 1:

Throws: Javelin technique

Jumps: High Jump

Sprints: Hurdles

Distance: Classroom sessions listed below

ALL classes open to ALL event groups:

- Strength and Conditioning/Program Design (classroom 1 & weight room) 5-7:30pm
- Goal Setting 5-6pm (classroom 2)
- Sports Psychology 6-7:30pm (classroom 2)

Tuesday July 16th:

Check-in: 8-8:30am

Session 1 Instruction: 8:30-11:30am

Lunch: 11:30am- 12:00pm

Session 2 Instruction: 12-2pm

Session 1:

Throws: Shot put

Jumps: Pole Vault

Sprints: Sprint Development

Distance: Distance Run, Core Strength & Active Recovery

Session 2:

Throws: Discus

Jumps: Long Jump/Triple Jump

Sprints: Speed & Power

Distance: Classroom sessions listed below

ALL classes are open to ALL event groups:

- Nutrition 12-1pm (classroom 2)
- Racing Strategies 1-2pm (classroom 2)

INSURANCE

Logan Peak Performance Track Clinic DOES NOT provide medical insurance for camp participants. Medical expenses incurred as a result of participating in Logan Peak Performance Track Clinic ARE THE RESPONSIBILITY OF THE FAMILY OF EACH CAMP PARTICIPANT. Participants must carry primary insurance during camp or be self-insured.

ILLNESS & INJURY

If medical treatment for a participant is deemed necessary, Logan Peak Performance Track Clinic will attempt to contact the parent or guardian. In the event the parent/guardian cannot be reached in a timely manner, the participant may be transported off-site to receive medical treatment.

Experienced athletic trainers will be on hand to treat injuries that may occur during workouts. For serious injuries, participants may be taken to the Logan Regional Medical Center emergency room. It is the camp participant's responsibility to follow the trainers' instructions.

CANCELLATIONS & REFUNDS

If you end up cancelling your registration for reasons such as injury, sickness, scheduling conflicts, family emergencies, travel delays, etc. full refunds can be given before July 6th minus a \$15 non-refundable fee. After July 6th, no refunds will be given. To cancel a registration, you must send an email to sarah.griggs@usu.edu. Your registration is not cancelled until you receive an emailed confirmation from our office stating that the cancellation has been processed. Logan Peak Running Camp, LLC cannot be held responsible for any change or cancellation charges required by airlines, travel agencies, other institutions, or any sicknesses.

CLINIC STAFF

Distance Coach/ Clinic Director: Please direct any questions or concerns to Clinic Director

Sarah Griggs- Nardoni
719-210-6556
sarah.griggs@usu.edu

*All other coaches will be from the USU Track & Field Staff

MAP



