

Summer 2025 Logan Peak Performance Track Clinic

Hosted by Utah State University- July 14-15th

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 8:30-9:00am at the Ralph Maughan Track Stadium. Clinic will begin at 9:00am. 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 8:30-9:00am. If you check in on Monday, you do NOT need to check in again on Tuesday.

PARKING

There is parking located at the Maverick Stadium (located right next to the track) but 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 pass, please notify the clinic director at 719-210-6556 or sarah.griggs@usu.edu ASAP

END OF CLINIC

The clinic ends at 3pm 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, some of the drills we will do can be done with the poles we have.

THROWING IMPLEMENTS- Throwers only

Throwers are encouraged to bring their own implements if they want to, but it is not required.

MEALS

A box lunch will be provided both days. 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. 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

We are doing a slightly different format this year than we have done at our past clinics. ALL events will be on Monday July 14th except javelin and pole vault. If you want to attend Monday and then add on the javelin or pole vault clinic, you can do so when you register. You can also just attend the javelin or pole vault clinic.

Clinic Schedule:

Monday July 14th:

8:30-9:00am- Check In
9:00-11:30am Session 1- Shot put, Long/Triple Jump, Sprints, Distance
11:30-12:00pm Lunch
12:00-1:00pm Guest Speaker
1:00-3:00 Session 2- Discus, High Jump, Sprints, Distance
3:00-3:30pm Competition

Tuesday July 15th: Javelin

9:00-11:00 Session 1
11:00-11:30 Lunch
11:30-1:30 Session 2

Tuesday July 15th: Pole Vault

9:00-12:00 Session 1
12:00-12:30 Lunch
12:30-3:30 Session 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 1st minus a \$15 non-refundable fee. After July 1st, 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



