

## Summer 2010 Jumps Camp

Thurs, June 24 – Sat, June 26

Grades 8-12

This overnight camp is designed for long, triple, and high jump athletes of all levels to improve the fundamentals of training and technique.

Led by the Gustavus coaching staff and current athletes, campers will enjoy our outstanding athletic facilities, meals in nationally-ranked dining center, fun evening activities, and lodging in Gustavus residence halls.

### Camp Features & Sessions:

- ◆ Effective warm-up
- ◆ Form running/plyometric drills
- ◆ Video taping/analysis
- ◆ Technique/approach sessions
- ◆ Use of Gymnastics studio for plyo drills and landing sessions
- ◆ Use of pool, hot tub, sauna

### Additional session options:

- ◆ Strength training
- ◆ Flexibility training
- ◆ Nutrition
- ◆ Injury prevention
- ◆ Goal setting & visualization
- ◆ Alternative training styles



# GUSTAVUS

GUSTAVUS ADOLPHUS COLLEGE

### Tentative Camp Schedule:

(A detailed final schedule will be mailed to all participants)

#### Thursday, June 24

4:30-5pm	Check-In/Drop-Off
5:00pm	Welcome/Warm-up
5:15pm	Sessions
6:30pm	Dinner
7:30pm	Pool/Open gym night
9:00pm	Info Session in Res Hall
10:30pm	Lights out

#### Friday, June 25

8:00am	Breakfast
9:00am	Sessions
12:00pm	Lunch/free time
1:30pm	Sessions
4:00pm	Group Activity
5:00pm	Pool/Hot tub open
6:00pm	Dinner
7:00pm	Info Session
7:30pm	Movie/Game night
10:30pm	Lights out

#### Saturday, June 26

7:30am	Breakfast
8:15am	Pool workout
9:00am	Sessions
10:00am	Exhibition jumps meet (Parents are welcome!)
11:00am	Pick-Up

### FOR MORE INFORMATION:

**Call:** Lindsey Weis at 507-380-3509

**E-mail:** [lweis@gustavus.edu](mailto:lweis@gustavus.edu)

**Visit:** [tinyurl.com/gustiejumps](http://tinyurl.com/gustiejumps)

## Camp Coaching Staff:

**Bill Stuewe**, *Asst. Track & Field Coach—  
Long & Triple Jump*



Coach Stuewe has worked with athletes at the high school and college level for more than 20 years. He specializes in long jump and triple jump.

**Lindsey Weis**, *Asst. Track & Field Coach—High Jump*

A former MIAC conference champion in high and triple jump, Coach Weis has worked with high school and collegiate athletes at the Regional, State, and National levels.



**Current Gustavus jumpers** will serve as assistants and counselors for the duration of the camp.

## Overnight/Day Camper Fees:

Overnight camper fee is \$150. This covers all meals and lodging, Gustavus Track & Field spike bag, materials and instruction.

Day camper fee is \$95 and includes any/all sessions and activities, lunch on Friday, Gustavus Track & Field spike bag, materials and instruction.

Ask about our multi-camper discount!

Make checks payable to:  
**Gustavus Jumps Camp**

**Payment is due with registration.**

Space is limited to ensure high quality instruction.