

BLACK HILLS STATE UNIVERSITY PARENTS OR GUARDIANS AGREEMENT OF WAIVER OF LIABILITY, INDEMNIFICATION AND MEDICAL RELEASE

(For use by adults during special events and activities if the participant is under 18 years of age.)

Said undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees on behalf of the participant and his/her executors, administrators, heirs, next of kin, successors, and assigns, to:

- a. waive, release, and discharge from any and all liability for participant's death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to participant and his/her estate, the State of South Dakota, and its officers, agents and employees; and
- b. indemnify and hold harmless the State of South Dakota, and its officers, agents and employees from and against any and all liabilities and claims made by other individuals or entities as a result of participant's participation or actions during this activity or event.

The undersigned further consents to and authorizes medical treatment to the participant, which may be deemed advisable in the event of injury, accident or illness during this activity or event.

This release and waiver shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I, the undersigned, acknowledge that I have read and understand the above release.

Parent/Legal Guardian Name: _____

Signature _____

Insurance Company: _____

Insurance Policy Number: _____

Date _____

***Insurance is required to participate in camp.**

Camp Information

Camp Features

- *Technical analysis of running form
- *Sessions on strength training, proper nutrition, goal setting and motivation
- *Developing your training plan
- *Camp T-shirt
- *Camp race
- **Practice and training guidelines
- *Hydro Training
- *Steeplechase training/hurdling
- *Running terminology
- *Meet preparation, racing tactics,



Camp Gear

Campers should bring bedding or sleeping bag, pillow, towels, swimsuits, training clothes, two pair of running shoes, one pair of spikes or racing flats, and personal toiletries. **Also an extra running shirt for T-Shirt exchange**

Registration

Preferred by July 18. Please call if you plan on registering on the first day of camp.

Facilities

Donald E. Young Sports Center, located on the BHSU campus and the on trails in the Black Hills!

Insurance

Each camper must be covered by their own accident and medical insurance.

Meals & Lodging

A nutritious continental breakfast will be served after each morning run. BHSU's dining services will provide lunch and dinner. Resident campers will be housed in on-campus dormitories.

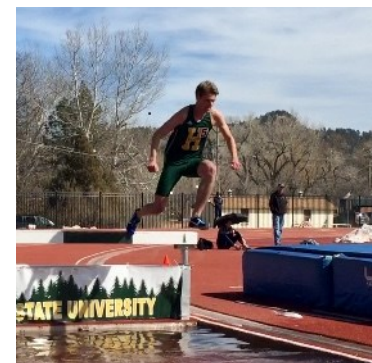
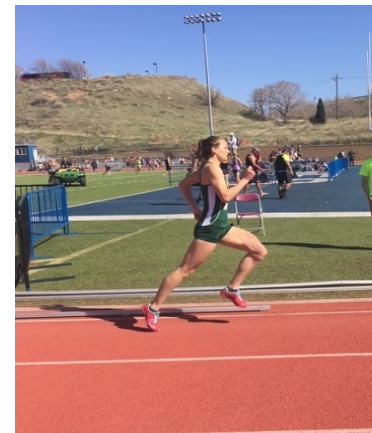
Refunds

Black Hills State University allows no refunds due to personal injury, conflicting camps or tournaments, etc. Deposits will not be refunded.

Registration

Register at www.YellowJacketSportsCamps.com or mail in a registration form. There will be an additional \$20 charge for registering on the first day of camp. **Make checks to BHSU Cross Country**

Black Hills State University Yellow Jacket Distance Running Camp



2018 Distance Running Camp Information

The 18th annual Black Hills State University Distance Running Camp will be held July 25-28, 2018 (Wednesday-Saturday). The camp is for high school or middle school students who desire to learn more about competitive running. The goal of camp is to educate campers about the development process of running and racing at a high level and to help prepare the athlete for cross country and/or track.



Camp Director Scott Walkinshaw

BHSU Head Coach

Coach Walkinshaw is in his 21st year as head cross country coach/assistant track coach for the Yellow Jackets.

Under his guidance, BHSU has made a successful transition from the NAIA to NCAA DII. In his short time in the NCAA, BHSU has broken nine indoor & outdoor distance school records, had athletes earn 16 All-American honors, was the first BHSU team to qualify for a NCAA National Championship, and can claim BHSU's first individual National Champion. In the NAIA years, Walkinshaw guided BHSU to 20 conference cross country championships and 17 top ten national meet finishes including four runner-up team performances. During that time BHSU athletes earned 34 cross country All American honors. BHSU has had the first American finisher thrice at the NAIA Championship meet (one female and two males).



Christine Thorn *Featured Speaker*

Christine is from St. Michael, MN where she competed in Cross Country, Basketball and Track. She played three years of college basketball at Minnesota-Morris before transferring to BHSU for her senior year where she earned 2nd Team All-

Conference Honors. While finishing her degree, Thorn competed in cross country where she earned Second Team All-Conference and All-Regions honors for the Jackets. She competed in two seasons of track where she earned First- and Second Team All-Conference Honors in the Steeplechase! She Continues to compete with the goal of hitting the A standard for the 2020 Olympic Trials!

Distance Running Camp

July 25-28 **Grades 6-12**

Resident Camper (overnight, all meals) \$325
Commuter Camper (all meals) \$280
Resident Coach (overnight, all meals) \$185

*There is a discount of \$15 per camper for five or more athletes from the same school: must be five boys or five girls.

PAST SPEAKERS INCLUDE

Dr. Joe Vigil (Adams State)
Olympian Jim Spivey
Billy Mills (10k Olympic Champion)
Jeff Turning Heart
Dave Little (BHSU)
Scott Underwood (SDSU)
Rich Greeno (Univ. of Sioux Falls)
Del Helsel (Colorado State)
Dennis Newell (Univ. of Mary)
Randy Hassenbank (Iowa)
Orville Hess (Gillette, WY)
Art Baures (Sheridan, WY)
Rick Bishop (Cheyenne Central)
Matt DeWald (Univ. of South Dakota)
Scott Foley (Boise State, BHSU)
Dr. Robert Schurrer



Camp Registration

General Information - Individual Camp 18th Annual BHSU Distance Running Camp

Camper's Name: _____
Address: _____
City: _____ State: _____ Zip: _____
E-Mail: _____
Parent's/Guardian's Name: _____
Home Phone: _____ Work Phone: _____
Grade Entering Fall 2018: _____ Date of Birth: _____

Camp Information (Circle Camp Selection)

Distance Running Camp

Check in Time: 4p.m. Check-Out Time: 11:00 a.m.-12:00p.m.

Resident (housing and meals)..... \$325
5 or more from same school \$310
Commuter (all meals) \$280
Coaches..... \$185

*Everyone must check in at Bordeaux Hall

Registration due by July 21

Camp July 25-28, 2018

BHSU is located in Spearfish, SD in the beautiful Black Hills. The area provides endless miles of running trails and mountain roads for ideal training.

The 114-mile long scenic Mickelson Trail, located within 15 minutes of BHSU consists of 14 different trail heads ranging from 4,000 to 6,200 feet offering a trail that is ideal for distance training.

Spearfish lies in the Northern Black Hills, at an elevation of 3,600 feet and is surrounded by Crow Peak, Lookout Mountain, and Spearfish Mountain. A mild climate contributes to the area's reputation as a training mecca for distance runners.

The Donald E. Young Sports and Fitness Center houses a six-lane 200 meter track, a complete weight and fitness room, an indoor lap pool, and a therapeutic pool.

Mail-In Payment Information

Black Hills State University Cross Country Camp
1200 University Unit 9412, Spearfish, SD 57799-9412
Phone: (605) 642-6486 Fax: (605) 642-6539
Email: Scott.Walkinshaw@BHSU.edu

BHSU CROSS COUNTRY #1