

Summer Track & Field Camp – July 16-19 • 9 a.m.-3 p.m. daily

Sprints, hurdles, throws, pole vault, long, triple & high jumps

Facilities

Athletes will utilize The Capital Center's outstanding indoor training facilities. The facility features a new 200 meter ISS-1000 six-lane track by Martin Surfacing, two 26-foot jumping pits with in-ground jumping boards, two pole vault areas, a cement in-ground throwing ring, and all new blocks and hurdles. The facility will host several indoor collegiate meets this year. Last year we hosted the Ohio Athletic Conference Championships.

The Capital Center is a state-of-the-art facility with a 2,200-seat performance arena, an indoor track, a multipurpose forum, a fitness center, and classrooms. The Capital Center hosts athletic events, commencement activities, convocations, rallies, concerts and other gatherings of the CAP Family and the Bexley community. It provides opportunities for intramural activities and athletics, including Capital's NCAA Division III men's and women's track & field program. The adjacent Bernlohr Stadium includes a press box and seating capacity for 3,000 people.

Clinic Philosophy

The purpose of this clinic is to introduce young track & field athletes to the concepts that are used in the training of university track & field athletes. We will look at the warm-up and cool down phases for a practice/meet. Then, we will move into strength development and finally look at techniques specific to track & field events.

The concept we stress the most is that track & field athletes have to know themselves and understand their event(s). An athlete needs to know and understand why and how certain drills and exercises are done and how they apply to what he/she is trying to accomplish.

Suggested Equipment

Each participant should bring T-shirts, gym shorts, socks, sweats, running shoes, spikes (1/4"), specialty shoes and a water bottle. All throwers must supply their own implements.

Costs/Cancellations

The fee is \$250, no extra charges. A non-refundable \$100 administrative fee will be retained from each application.

Directions to Capital's Campus

From the east on I-70: Exit at Livingston Avenue. Turn right at the light and go four blocks to Francis Avenue and turn left. Francis dead ends into Mound Street. Turn left onto Mound and go one block to Pleasant Ridge Avenue. Turn right onto Pleasant Ridge. The Capital Center is on the northeast corner of Mound and Pleasant Ridge.

From the west on I-70: Exit at the Bexley/Main Street exit. Follow the ramp around onto Alum Creek Drive, which will dead end into Main Street. Turn right on Main Street and go four blocks to Pleasant Ridge Avenue. Turn right on Pleasant Ridge. The Capital Center will be on your left, at the corner of Pleasant Ridge and Mound Street.

Camp Coach

KUNLE LAWSON

Kunle Lawson, a former NCAA Division III student-athlete and assistant coach with more than 15 years of track & field experience at the college level, was named Capital University head men's and women's track & field coach on Sept. 7, 2011.

Prior to Capital, Lawson had served as assistant track & field/cross country coach at the University of Richmond since 2007. While at Richmond, Lawson mentored several conference champions, as well as a handful of regional and national qualifiers, in a number of events.

As a student-athlete, he was a two-time Old Dominion Athletic Conference champion in the discus during his four-year career at Lynchburg (Va.) College.

Prior to Richmond, Lawson held assistant coaching positions at the Ohio University (2005-07) and Lynchburg (1997-2003).

Lawson also has a variety of experiences in strength & conditioning, serving short stints with the Pittsburgh Pirates and Chicago Cubs minor league affiliates in 2004 and 2005, respectively.

Lawson earned a bachelor's in business management from Lynchburg in 1997, and returned to the school to earn a bachelor's in exercise physiology in 2005. He received his master's in coaching education from Ohio University in 2007.

Lawson holds several certifications from various organizations, including a USA Track & Field Level II Certification in throws, jumps and combined events.

For more information about the Capital Track & Field Summer Camp

www.capital.edu/athletics

To print a copy of the camp application, go to the above Web site, click to Camps & Clinics • click to Track & Field
Fill out the application and return in the mail.

Kunle Lawson, Head Track & Field Coach
614-236-6919 • klawson@capital.edu

Capital Track & Field Clinic Application Form

Name _____ Year in school (grades 7-12) _____
Parent's/guardian's name _____ Telephone -- home _____ cell phone _____
Street _____ City _____ State _____ ZIP _____
School _____ Primary Event _____ Secondary Event _____ T-shirt size: S _____ M _____ L _____ XL _____
E-mail address _____ Best Marks _____

I hereby authorize the directors of the Capital Track & Field Clinic to act on my behalf according to their best judgment in any emergency requiring discipline or medical attention. My child is physically fit to participate in camp activities according to our family physician.

Signature of parent/guardian _____

Application must be accompanied by at least a \$100 reservation fee (subtracted from camp fee) or \$250 check (full amount). Total camp fee is \$250 if submitted before June 15, \$310 if submitted after June 15. Discount of \$50 for each camper available for siblings and Capital employees. Team rate (for 8 or more campers registered together) is \$200 each before June 15 or \$250 each after June 15.

Mail this form with a check (made payable to Crusader Track & Field Clinic) to:

Capital University • Crusader Track & Field Clinic • Kunle Lawson • The Capital Center • 1 College and Main • Columbus, OH 43209-2394

The Capital Center

Clinic Facilities

Camp will be conducted in The Capital Center, Capital's athletic complex that opened in 2001.

**Capital
University**
Ask. Think. Lead.



Capital University Track & Field Clinic

*A great way for athletes in grades 7-12
to learn the basics and develop
fundamentally in track & field events!*



**2012 Summer Day Camp
Open to boys and girls grades
7-12**

Sprints

Hurdles

Throws

Pole Vault

Long Jump

High Jump

Triple Jump

*Monday, July 16 through
Thursday, July 19, 2012
9 a.m.-3 p.m. daily*