

Why Wabash College Track & Field Camp?

- To receive a thorough knowledge and philosophy of the hurdles and mid distances.
- To emphasize the physiological and psychological aspects of training and competition.
- To learn specific training techniques and conditioning methods for future improvements.
- To receive a professional gait analysis from Adam White (a Wabash graduate and distance stand-out) of Running Central. Gait analysis will help athletes run more efficiently which will help prevent injury.

DAILY SCHEDULE

9:30am-10am: Check-in/Registration (1st day only)

10am-12pm: Hands on training/instruction

12pm-1pm: Lunch (provided for campers)

1:15pm-2pm: Guest Speaker

2pm-3pm: Instruction period

Eligibility: Athletes entering grades 9-12 and graduating seniors.

Camp Fees: \$125 Early registration

\$100 Team discount (5 or more, boys and girls combined)

\$150 Day of

***\$50** deposit due by June 21st. The remaining balance due by June 29th at camp check-in.

Cost of camp includes: lunch, t-shirt, instructional book, analysis and instruction, and prizes.

Registration/Check-in: Allen Field house— Rob Johnson Indoor Track (directions on back of pamphlet).

Personal Needs: Workout clothes- athletic shorts, t-shirt, running shoes, spikes.

*Campers may bring extra clothes and will be given time to change before lunch and guest speaker.

Meet the Coaches:



Coach Clyde Morgan is in his first season as head coach of Wabash Track & Field. Morgan previously served as head coach at

Thiel College in Greenville,

PA from 2004-08, where he instructed eight NCAA Div III All Americans, including one national champion and two runner-ups. In the hurdles, Morgan coached one national runner-up, four All Americans, five national qualifiers, eight PAC Champions and 19 All PAC hurdlers.



Coach Roger Busch is in his second year as the head coach of Wabash Cross

Country and assistant coach of Wabash Track & Field.

Busch has coached a six time

National Qualifier and two time All American in the 800 meter run, including a national runner-up performance in 2006. In 2008, he also coached the first NCAA Cross Country National Qualifier for Wabash since 2001. Between track and cross country, Busch has coached eight NCAC champions and 23 All NCAC performers.