



HOW TO REGISTER

**Complete this form:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Home/Emergency Phone \_\_\_\_\_

Area of Interest \_\_\_\_\_ Entering Grade \_\_\_\_\_

My registration fee is enclosed for:  
\_\_\_\_ camper(s) @ \$45 each \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Visit [www.monmouthcollege.edu/athletic-camps](http://www.monmouthcollege.edu/athletic-camps) to download, print and complete these two forms:

Monmouth College Health Form  
Monmouth College Release, Permissions  
and Code of Conduct Form

Mail completed forms and your check  
made payable to:

Fighting Scots Track & Field, Cross Country Camp  
c/o Roger Haynes  
Monmouth College  
700 East Broadway  
Monmouth IL 61462



LIBERATE  
THE POWER WITHIN.

The Fighting Scots Track & Field, Cross Country Camp is for boys and girls entering grades 7-12. The camp features individualized instruction in each athlete's area of interest. Instruction will focus on both theory and application of the fundamentals involved in successfully competing in each event.

Athletes will receive the following:

- Training tips and helpful information on event specific drills and technique.
- Analysis of your event which will help you fully understand the proper mechanics and techniques involved with your event.
- Instructional handouts that will help with overall conditioning and special preparation for your track and field event.
- The opportunity to train and compete on an eight-lane, 400-meter track (which was recently resurfaced as part of a \$4.2 million renovation project) and a Mondo Super-X running surface (the same surface used at the last six Olympic games) in the \$22-million Huff Athletic Center. Campers also work out at the Trotter Fitness Complex, which has the latest equipment available in sports training.

IMPORTANT DATES & TIMES

- The camp runs from 6 to 8 p.m. Monday through Thursday, June 17-20, 2019.
- Campers meet Monday, June 17, on the Huff Center indoor track between 5:30 and 6 p.m.
- The cost of the camp is \$45 per camper.
- Come to camp dressed in appropriate workout clothes. Bring training shoes or spikes for workouts.

CAMP DIRECTOR



With nearly 85 conference titles and 10 individual national champions, Coach **Roger Haynes** '82 has rewritten the Monmouth College record books. He has been voted the Midwest Conference Coach of the Year 22 times since 2010; and in 2007, he was named the NCAA Division III Men's National Coach of the Year for the indoor season by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

He earned a similar honor in 2016 when he was named the Midwest Region Indoor Coach of the Year, the same season junior sprinter Ethan Reschke earned the Region's Track Athlete of the Year. Inducted into the Monmouth College M Club Hall of Fame in 1997, Haynes is a former holder of the Scots' high jump and javelin records. He has been a fixture in Monmouth athletics for nearly 40 years, as a student-athlete, coach and administrator. He continues to rewrite the record books with a track program that has experienced unparalleled success.

The camp staff will include **Brian Woodard** (throws), **Dan Evers** (jumps) and **Jon Welty** (cross country, distance).

For more information, contact **Roger Haynes**:  
Monmouth College Athletic Department  
309-457-2177 direct or 309-457-2176  
[rogerh@monmouthcollege.edu](mailto:rogerh@monmouthcollege.edu)



2019 FIGHTING SCOTS  
TRACK & FIELD  
CROSS COUNTRY CAMP

