

Coaching Staff:

Melinda Withrow... has returned to Polson High School after a 14-year absence during which time she competed collegiately and professionally at both the Olympic Training Center, as well as Altis. For Polson Melinda was a 3-sport athlete with all-state honors in each sport and apart of the 2003 Girls state championship team. Withrow is a 3-times Olympic Trials Finalist in the Pole Vault and incredibly excited to bring the knowledge she has earned at the highest level, back to Montana athletes.

Greg Hull... coaches the premier elite vaulters at Altis in Phoenix, AZ. He has had athletes in the past five Olympic Games including the 2000 Gold Medalists Stacy Dragila and Nick Hysong, along with April Stienen Bennett, Kelsey Hendry, Tori Pena, and US Champion Kylie Hutson. He also currently serves as Senior Coach for USA Track & Field Olympic Development for the pole vault. A USATF Master Coach, Greg has been successful at the high school, junior college, university, and international levels, including work at both Arizona State and Northern Arizona Universities. Currently he is a premier speaker at coaching clinics throughout the country.

***** Depending on summer competition schedule, there are a handful of Olympic athletes trying to make sure our camp fits into their schedule. Not limited to:**

Michelle Carter: Olympic Gold Medalist Shot Put

Natasha Hasting: Olympic Medalist 400m

Tori Peña: 2x Olympic Pole vaulter

Sharron Day-Monroe: 2x Olympic Finalist Heptathlon

Who can participate?

Any female athlete entering 9th grade through 12th are eligible to participate.

How do I register?

All registration will be done by mail/email.

Attn: Melinda Withrow
111 4th Ave. E.
Polson, MT 59860
mwithrow@polson.k12.mt.us

Essay Entry:

Because of limited space, athletes will be required to submit a one-page essay addressing the following question:

"Who is a female role model in your life, that you look up to for their leadership skills, and why."

****Must be at least 250 words.****

Scholarships:

Based on financial need, high school athletes may apply for a scholarship. Recipients will receive reduced camp fee.

Check-in: July 18th 7:30-9am

Check-out: July 22nd 9am

Both will be done at Polson High School Track.* **Please bring proof of insurance**



July 18-21
Girls

Track & Field Camp
Better Athletes... Better People

Polson High School Track

Camper: \$250

Deposit: \$100

(Deposit due: June 15th)

Essays will be reviewed and athletes will be notified of selection by June 8th. Fees include all instruction, insurance, t-shirt, room and board. All registration and all deposits should be paid for by mail, and all balances are due at check-in.

CONTACT

Melinda Withrow

(406)531-3988

mwithrow@polson.k12.mt.us

Kris Sampson

(406)883-3363

ksampson@polson.k12.mt.us

CAMP REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Grade _____

Guardian _____

Emergency Phone _____

Guardian Email _____

Select your event(s):

Sprint _____ Distance _____ Throws _____

Hurdles _____ Pole Vault _____

Long /Triple _____

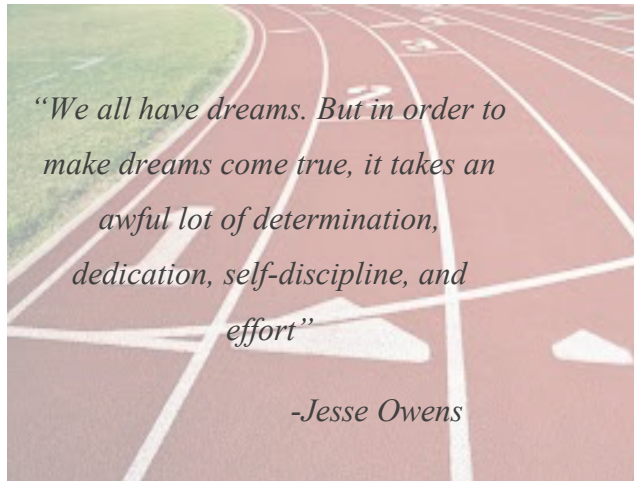
Registration/Essay deadline due June 1, 2018. This form must be completed and essay submitted in order to be considered for participate.

I hereby grant permission for myself / child to attend BIG Sports Girls Summit (BSGS). I verify that I / my child has had a physical exam in the past year and is capable to participate in the activities related to pole vaulting. I agree to indemnify, hold harmless, and defend Melinda Withrow, Kris Sampson, BSGS, USA Track and Field, Polson High School, their agents, employees and sponsors from any and all liability for injury to myself and / or my child, as well as any damage caused by myself and or my child. I understand that track and field, and many other activities related to BSGS are potentially dangerous and could pose risk of injury. Should medical attention be necessary, I hereby authorize any physician or trainer selected by club personnel to conduct medical or surgical procedures. In addition, I hereby grant permission for BIG Sports to use any photographs or videotape of camp related activities for the purpose of advertising or educational materials development.

I HAVE READ AND UNDERSTOOD, AND I AGREE WITH THE INFORMED CONSENT AND RELEASE OUTLINED AS IT RELATES TO MY SELF/SON/DAUGHTER.

Participant signature _____

Parent / Guardian signature _____



What are the accommodations?

Campers will be staying onsite at Polson High School. Campers will have 24-hour supervision by counselors and staff. There will be mandatory lights out and bed checks at 10:30 pm each evening. Campers will eat three meals a day. Apart of our camp is being able to unplug, therefore camper's will hand in their cell phones when they arrive, and will have an hour (from 8pm-9pm) to call home and check in. If there is an emergency and a parent needs to get in touch with their child they are able to call (406)531-3988 at any point in the day.

What do I need to bring?

Campers will need to bring the following items: workout clothes, running shoes, spikes, hat, sunscreen, sleeping bag and/or sheets and blankets, pillow, water bottle, and toiletries (shower towel & lake towel). Please bring appropriate water play clothes, as campers will be spending time at the lake. Weather can vary from hot to cold so be prepared with appropriate clothing. We caution campers from bringing valuables to camp. BIG Sports will not be responsible for lost or stolen items.

Where do I check-in?

Check-in will be held at the Polson High School Track on Wednesday July 18th from 7:30am to 9:00am. All remaining balances will be due at check-in.

Camp Philosophy

Our goal is to foster and develop Balanced, Impactful and Growth minded young people through a holistic approach to athletic development. We feel strongly that the measurement of success is not just about winning and losing but is more about investing in the process and learning about yourself. Along with physical training, we will work on the healthy living, emotional, and mental side of the sport. Ultimately, our goal is to set athletes up for success on and off the track.

Tentative Camp Itinerary:

Day 1:

8:00am Parent drop off/Camp registration
8:45am Ice breakers/Track Skill work
12:00pm Lunch
1:30pm Paddle board yoga on the lake
3:30pm Whole group Leadership talk
5:00pm Dinner
6:30pm Small group
9:00pm Mindfulness time by lake
10:00pm Lights out

Day 2:

7:00am Wake up with mindfulness time, followed by breakfast
9:30am PHS Track for skill work
12:00pm Lunch
1:30pm Community charity work
3:30pm Nutrition talk, girls will help create meal
5:00pm Dinner
6:30pm Small group
9:00pm Mindfulness time by lake
10:00pm Lights out

Day 3:

7:00am Wake up with yoga, followed by breakfast
9:30am PHS Track for skill work
12:00pm Lunch
1:30pm Jump in lake/leadership talk
3:30pm Vision quest Hike
5:00pm packed dinners will be eaten at the top
6:30pm Reflection at peak
8:00pm late night lake
10:00pm lights out

Day 4:

7:00am Wake up with yoga, followed by breakfast
9:00am Parent pick up