



# University of Sioux Falls Summer Camps



## Sprint/Hurdle Camps

Friday-June 4<sup>th</sup> or Saturday-June 19<sup>th</sup>



Colin Koth  
All-American  
400m School Record Holder- 48.11  
Sophomore- Sioux Falls, SD



Brigitte Gross  
National Qualifier- 60m Hurdles  
School Record Holder- 8.99  
Freshman- Alexandria, SD

## Triple Jump/Long Jump Camps

Friday-June 18<sup>th</sup> or Saturday July 17<sup>th</sup>



Jon Ryan  
3 Time National Qualifier  
LJ School Record Holder- 23'1.5"  
TJ School Record Holder- 45'9"  
Senior-Watertown SD



Sarah Gilbert  
2 Time All-American  
LJ School Record holder- 17'9.75"  
TJ School Record Holder-37'6.75"  
Sophomore-Papillion, NE

## Distance Camps

Full Day Camps

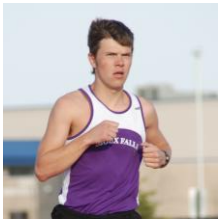
Monday- June 7<sup>th</sup> or Friday-June 18<sup>th</sup>

Four Day Camps

Tuesday-June 8<sup>th</sup> to Friday-June 11<sup>th</sup> (Evenings)

or

Monday-June 21<sup>st</sup> to Thursday-June 24<sup>th</sup> (Mornings)



Joe Noyes  
XC National Qualifier  
Sophomore-Redfield, SD



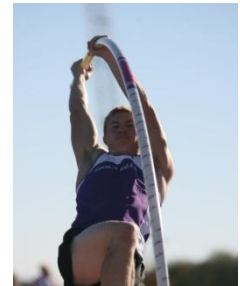
Ashley Unruh  
XC National Qualifier  
5000m School Record Holder-18.48.18  
Sophomore- Freeman, SD

## Pole Vault Camps

Saturday-June 5<sup>th</sup> or Saturday-July 10<sup>th</sup>



Kayla Friesen  
2 Time All-American  
Pole Vault School Record Holder-12'7.5"  
Sophomore- Alliance, NE



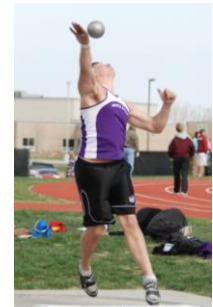
Chad Aurich  
All-American 15'11"  
Senior- Mayor, MN

## Throws Camps

Monday-June 28<sup>th</sup> or Friday-July 9<sup>th</sup>



Macie Cottier  
WY High School State Champ  
Junior-Gillette, WY



Travis Kroger  
2Time SD State Champion  
Sophomore- Canton, SD

## High Jump Camps

Monday-June 28<sup>th</sup> or Friday-July 9<sup>th</sup>



Sarah Gilbert  
2 Time All-American  
HJ School Record Holder- 5'8.75"  
Sophomore- Papillion, NE

# Camp Coaches

## Gene Brooks

Director of Track & Field and Cross Country

- 17 years track and field coaching experience
- Former 8 time NAIA All-American and 5 time National Champion
- 37 NAIA All-Americans (10 of which were national champions)
- Approximately 120 NAIA National Qualifications (Cross Country, Indoor and Outdoor)
- Coached Indoor and Outdoor GPAC record holders in men's long jump and men's and women's pole vault
- Lead USF's men's and women's team to highest GPAC Conference finish in school history (4<sup>th</sup> and 3<sup>rd</sup>)
- Women's team finished a program best 8<sup>th</sup> at the NAIA Indoor National meet in 2010

## Mark Heider

Head Cross Country

- Former 3 time NAIA All-American and 3 time Conference Champion
- Former GPAC Conference Indoor record holder in the 1000m
- Currently holds GPAC Outdoor record holder in the 3,000m steeplechase
- Has coached 6 qualifications for NAIA Cross Country National Championships
- Coached 14 qualifications for NAIA Indoor and Outdoor National Championships

## Reid Ehrisman

Associate Head Track & Field Coach

- Former Indoor Conference Champion (2005) in the pole vault
- Former 6 time qualifier for the NAIA Championships in the pole vault
- Increased personal best in high school to college by over 3 feet
- College personal best of 16'1"
- Has coached 28 Qualifications for the NAIA Indoor and Outdoor Nationals Championships
- Coached 6 NAIA All-Americans in the pole vault
- Coached 3 NAIA National runner-ups in the pole vault
- Has coached 7 school record holders in the pole vault

## Erin Elder

Assistant Track & Field-Throws

- Coached Minnesota State Discus Champion in 2008 and 2009
- Custer Throws Camp coach
- Coached numerous throwers to top 3 finishes at Howard Wood Relays
- Coached numerous state qualifiers and conference champions

## Reid Johnson

Assistant Track & Field- Triple Jump and Long Jump

- Former Outdoor NAIA All-American in the Triple Jump (48'8")
- Currently holds USF's Indoor and Outdoor school record in the Triple Jump
- Qualified for 2008 U.S. Indoor National Championships
- Improved personal best from high school to college by 8 feet
- Currently owns a personal best of 49'3" in the triple jump
- Coached 7 National Qualifications in long and triple jump
- Coached male long jumper to 23'8.25" in 2008
- Coached male triple jumper to 48'7" in 2009
- Coached female triple jumper to 37'5.75" in 2010

# Camp Info

## Registration

Please don't wait to register, camps will have a limited enrollment (20) and registration deadline is one week prior to camp date.

## Online Registration

Registration and more camp info is also available at our camp website [www.USFTrackCamps.com](http://www.USFTrackCamps.com).

## Where to meet

Campers should meet at the Lillibridge Track (69th and Cliff Ave.)

## What to bring

Workout clothes, water bottle, running shoes, spikes, pole vault poles if possible otherwise we will provide them.

## Camp Times and Cost

**Sprint/Hurdle Camp (9am-4pm)** \$100; lunch and camp T-shirt

**Sprint Camp (9am-12pm)** \$50; includes camp T-shirt

**Hurdle Camp (1pm-4pm)** \$50; includes camp T-shirt

**Long/Triple Jump (9am-4pm)** \$100; Lunch and camp T-shirt

**Long Jump (9am-12pm)** \$50; includes camp T-shirt

**Triple jump (1pm-4pm)** \$50; includes camp T-shirt

**Shot Put/Discus (9am-4pm)** \$100; Lunch and camp T-shirt

**Shot Put (9am-12pm)** \$50; includes camp T-shirt

**Discus (1pm-4pm)** \$50; includes camp T-shirt

**Pole Vault (9am-4:30pm)** \$100; Lunch and camp T-shirt

**High Jump (1pm-5pm)** \$50; includes camp T-shirt

## Distance Camp

**Full Day (9am-4:30pm)** \$100; lunch and camp T-shirt

## Distance Camp-Four Day

**Evenings 6pm-8:30pm**-\$100; includes camp T-shirt

**Mornings 7:30am-10am**-\$100; includes camp T-shirt

# Camp Registration

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_  
Gender: \_\_\_\_\_ Personal Best: \_\_\_\_\_

## Circle Camp Attending

**Sprint Camp:** June 4<sup>th</sup> or June 19<sup>th</sup>

**Hurdle Camp:** June 4<sup>th</sup> or June 19<sup>th</sup>

### **Distance Camp:**

Full Day: June 7<sup>th</sup> or June 18<sup>th</sup>

Four Day: June 8<sup>th</sup>-11<sup>th</sup> (Evenings) or June 21<sup>st</sup>-24<sup>th</sup> (Mornings)

**Pole Vault Camp:** June 5<sup>th</sup> or July 10<sup>th</sup>

**Long Jump:** June 18<sup>th</sup> or July 17<sup>th</sup>

**Triple Jump:** June 18<sup>th</sup> or July 17<sup>th</sup>

**High Jump:** June 28<sup>th</sup> or July 9<sup>th</sup>

**Shot Put:** June 28<sup>th</sup> or July 9<sup>th</sup>

**Discus:** June 28<sup>th</sup> or July 9<sup>th</sup>

Mail this form with check payable to USF Track and Field.  
Must be post marked one week prior to camp date.

Mailing Address:  
University of Sioux Falls  
1101 W. 22nd St.  
Sioux Falls, SD 57105

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Health Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

**Disclaimer/Parental consent:** I hereby grant permission for my child to attend the 2010 University of Sioux Falls Summer Camps. I verify that my child has had a physical exam in the last year and is capable of participating in the activities related to the camp. I agree to indemnify, hold harmless and defend the University of Sioux Falls, and all coaches/helpers working the camp for all liability for injury to my child, as well as any injury or damage caused by my child. By participating in this camp, I acknowledge and accept the risks of injury inherent in the athletic activities necessary for camp instruction.

I hereby authorize any physician or athletic trainer selected by the camp personnel to order and conduct any medical procedures necessary.

Camper Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

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