

Registration Form

Return the below portion with your payment. Registration ends June 10. For more information contact the OBU Track & Field office at 405-878-2133, Head Coach Ford Mastin at 405-570-9952 or by e-mail: ford.mastin@okbu.edu

Name: _____

Address: _____

Phone: _____

T-Shirt Size: _____ Age: _____ Sex: _____

Event of Interest: _____

I hereby release Oklahoma Baptist University and the coaches of the OBU Track & Field Camp from all claim on account of pre-existing injury, pre-existing medical claims on condition or any injury sustained at the camp. I agree to indemnify Oklahoma Baptist University and its respective employees, agents, members and authorized representatives harmless at all times against any and all loses, claims, damages, costs or expenses incurred by the School or claimed against the School by any person in connection with the Applicant's use of the property. I hereby state that my son/daughter is physically fit to participate in the OBU Track & Field Camp.

Parent Signature & Date: _____



LAMAR BASKIN

Oklahoma Baptist University

OBU Track & Field
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Oklahoma Baptist University



2007 Women's Indoor & Men's Outdoor Track & Field
NATIONAL CHAMPIONS

Track & Field Camp June 15-17, 2009



- Sprints
- Hurdles
- Distance
- High Jump
- Triple Jump
- Long Jump
- Pole Vault
- Shot Put
- Discus
- Injury Prevention

GENERAL INFORMATION

Age Groups: 7th—12th Graders

Camp Tuition:

\$120 for overnight campers.

\$65 for campers who will arrive each day.

Each cost includes meals and a t-shirt.

Team rates available. Every 5th member free.

Facilities (Track & Field):

For details of the newly renovated indoor & outdoor track & field facility, please visit the OBU web page at www.okbu.edu

Camp Director: Ford Mastin, OBU track & field head coach.

JONATHAN HILTON

Campus Map: http://www.okbu.edu/about/obu_map.pdf

Camp Objective: The objective of the Bison Track & Field Camp is to promote, teach, and enhance the fundamentals of all track & field events with attention to specific and technical aspects of training, competition, and development. The Bison track & field camp is dedicated to helping athletes of all levels and ability learn the latest training techniques for their event(s).

Make Checks Payable to: OBU Track & Field Cam

For More Information: Call 405-878-2133

ALETHA HUBBARD

MARISSA MOSLEY

CAMP INFORMATION

Dates & Times

Monday, June 15 1:00PM—5:00PM

Tuesday, June 16 9:00AM—5:00PM

Wednesday, June 17 9:00AM—11:00AM

Additional Information:

Day campers will receive 1 meal per day. All meals are included in the overnight camper's package in addition to evening activities. Overnight campers will stay on campus in university housing Monday & Tuesday nights.

*Pole Vault instruction during this camp will be very limited. For detailed vault instruction, check out the

WHAT TO BRING

Workout Clothes, Running Shoes/Spikes, Throwing Implements, Bathing Suit, Towels, Toiletry Items, Bedding

SHERENE PINNOCK

COACHING STAFF



OBU Head Track Coach Ford Mastin could fill a room with the honors he and his teams have won since taking over the program in 1996-97. Most prestigious among the awards are his 1998 & 2007 NAIA Men's Outdoor Track and Field Coach of the Year and his 2005 & 2007 NAIA Women's Indoor Track & Field Coach of the Year awards. He's also captured region and Sooner Athletic Conference coaching awards in cross country and track and field numerous times. His first women's cross country team set a new standard for the OBU program and has progressed to the highest rank of NAIA power. Since arriving in 1996-97, the OBU cross country and track and field program have produced more than 200 All-America awards under Mastin. On the national level, the Bison have had top 10 national finishes in each of Mastin's seasons including an Outdoor National Championship in 2007. The Lady Bison track teams have improved each year and reached the top 10 in indoor track for the first time in 1999. The Lady Bison then went on to capture the 2005 & 2007 NAIA Indoor National Championships.

COACHING STAFF

A graduate of Velma-Alma High School, Johnson earned a degree from OBU in 1999 and a master's degree from Oklahoma State University in 2003. At OBU, Johnson was a two time NAIA Track & Field All-American and won the marathon at the 1999 NAIA Outdoor Track & Field Championships. He earned three NAIA All-America Scholar Athlete awards as well as All-Sooner Athletic Conference honors three times during his OBU career. Johnson joined the OBU coaching staff in 2004 and was voted Sooner Athletic Conference and NAIA Region VI Men's Cross Country Coach of the Year in 2005, 2006 and again in 2007. He has led OBU's men's cross country team to 4th place finishes at the NAIA national cross country meet in both 2005 and 2006. Johnson has coached athletes to four track & field individual national titles, one individual cross county national title and thirteen All American certificates.



Mark Heard came to OBU with 23 years of coaching experience at the high school level. As the head coach in Elk City, Oklahoma his teams won 9 State Championships and 8 State Runner-Up titles in cross country and track & field. During this time, Coach Heard's athletes produced 85 All-State award winners. Coach Heard has been named Coach of the Year three times by the Oklahoma Track Coaches Association. In 1995 he was chosen as the Oklahoma All-Star Jump Coach, and in 1996 Coach Heard was selected as the Oklahoma All-Star Boys Team Head Coach. He has lectured at the Oklahoma Coaches Clinic, and has directed his own vault camps for the past 20 years. At OBU Coach Heard will continue to do what he does best, develop outstanding pole vaulters. With the best pole vault coaching record in Oklahoma high school history, Heard's vaulters won 14 state titles and 7 runner-up performances from 1989 to 2006, including 9 straight championships from 1995 to 2003 and a 1-2-3 sweep in 2001.

