

OBU Track & Field Camp Summer 2010

Attention:

Due to an unforeseen **on-campus housing shortage**, the 2010 Track camp at OBU will take on a different format. We will NOT host a traditional "Camp", but we want to meet the needs of athletes wanting to improve by offering Individual and Small Group "Clinics".

These sessions will be like a tutoring practice for individuals wanting to gain information, instruction, and learn-by-doing activities designed to help them learn how to train for specific Track or Cross Country events.

The procedure will be as follows:

1. Parents or athletes contact the OBU Track office to set up a session time.
Our time frame will be from June 7 - July 16, Monday - Friday, from 9:00am to noon.
405-878-2133 Or ford.mastin@okbu.edu
2. Sessions can be from one hour to three hours, depending on your needs and wants.
3. Instruction will be from the Head Coach at OBU, Ford Mastin, or if the time and date can't be provided, by one of the OBU Assistants.
4. Cost will be \$15 an hour. You can arrange for one, two, or three hour sessions.
This cost will include a note book and handouts to help reinforce what the Athletes learn during the session.
5. Small Groups. To meet the needs of small groups, if the athletes have different Events needing instruction, but will be at OBU at the same time, then the OBU Assistants will be used to give the appropriate instruction for each individual.

*** We will work to accommodate all that are interested in improving their performance in our Sport. It is our pledge to educate and motivate everyone who desires excellence.