

WHERE: High School Gymnasiums, Western
Dubuque High School, Epworth, Iowa

WHEN: Thursday/Friday December 28-29, 2017

TIME: 9:30am-3:30pm

WHAT: Training in track & field events,
individualized workout sessions, speed work,
coordination, flexibility, technical coaching

AGES: 7th – 12th Grade

COST: **\$65** per camper

Shirt Size:

Youth S	Youth M	Youth L
Adult S	Adult M Adult L	
Adult XL	Adult XXL	

Lunch: Provided by Quizno's

What to Bring: Plenty of water and a snack
(Protein bar, granola bar, etc), **WARM CLOTHES.**

Checks payable to **WDHS Track & Field**. Campers
may register through the 1st day of camp (check
only).

Forms/payment can be mailed to:

*Western Dubuque High School
c/o Tom Jasper
304 5th Avenue SW
Epworth, Iowa 52045*

Camp Schedule

Thursday, December 28 (Day 1)

9:00a.m – Check-In – Commons

9:30a.m – Class Room Session 1

10:15a.m – Session 1
Sprints/Distance/Throws

12:00p.m – Lunch – Old Cafeteria

12:45p.m – Class Room Session 2

1:30p.m – Session 2
Hurdles/Long Jump/Distance/Throws

3:30p.m – Check Out

Friday, December 29 (Day 2)

9:10a.m – Check-In/Report

9:30a.m – Class Room Session – 1

10:30a.m – Session 1
Sprints/Distance/Throws

12:00p.m – Lunch – Old Cafeteria

12:45p.m – Class Room Session 2

1:30p.m – Session 2
Hurdles/High Jump/Distance/Throws

3:30p.m – Check Out

**If you have any questions please contact Tom Jasper
@ tom.jasper@wdbqschools.org or**

563-543-8049.

W1N_{THE}DAY

Name: _____

Grade: _____

School: _____

Parent/Guardian: _____

Email: _____

Address: _____

Primary Contact #: _____

Alternate#: _____

In case of emergency
contact: _____

Relationship: _____

Primary Contact #: _____

Alternate#: _____

Allergies/medical
concerns: _____

I give _____
Permission to attend the Northeast Iowa Track & Field
Camp. I realize that there is a risk of injury during any
physical activity and agree to hold harmless the WDCCSD
Board of Education and their employees and agents from
all liability and costs that could arise out of this activity.

Parent/Guardian
Signature: _____

Camper
Signature _____

Ernie Clark – Sprinters/Hurdlers

Bloomington North, Indiana University (2015)

Ashland University (2016)

Coach Clark enters his third season with AU after an astonishing year producing 13 NCAA DII National Qualifiers and 2 NCAA Champions and 10 NCAA All-Americans. Coach Clark's athletes produced 32 new marks on the Top 10 list in school history in the hurdles, sprints, and relays last season and 5 NEW school records. His star pupil, sophomore Myles Pringle, picked up the indoor NCAA DII title with an indoor PR of 46.11 and outdoor 400m title in 45.77. Both performances put him among the best in the U.S. Clark's Hurdle Squad produced the fastest female freshman in the conference and the fastest male freshman in the conference. Freshman Arthur Greenlee IV, freshman Ashland U record holder in the 60mH & 110mHH, placed 15th in the nation as the highest placing true freshman in the NCAA DII Championships.

-Clark's athletes qualified for the 2017 Indoor/Outdoor NCAA Championships in the 60m, 200m, 400m, 110mHH, 400mIH, 4x100m relay, and 4x400m relay.

-Coach Ernie Clark was selected as the 2017 USTFCCCA Assistant Coach of the year for his athlete's accomplishments.

Tim Richey – Jumps/Sprinters

White River Valley, Lawrence Central, Ball State jumps coach (2015), UINDY jumps/vault (2015-16)

Coach Richey has coached at the high school level in Indiana for 18 years.

Putting together 3 state championships in 10 years as a head coach Richey has a state runner up, and many top 5 team finishes to go along with that.

As a jumps coach, Richey has had many individual state champs in both boys and girls competition.

Richey's top hs jumpers include:

Girls HJ 5'10" /Boys 6'10"

Girls LJ 19'7" /Boys 24'4"

Girls PV 13'3" /Boys 16'9"

Coach Richey has coached at the college level for the last 4 years, establishing quality jump programs at Ball State and the University of Indianapolis.

Richey is certified in multi events with the USTFCCCA and Level 2 Jumps with USATF.

Coach Richey is a sought after clinician speaking in many states speaking on jumps, and jump training.

Brad Wymer – Throwers

Solon (IA) Track & Field Assistant Coach

An Assistant Coach of the Year award recipient, and member of four State Track and Field Team titles, Coach Wymer has mentored four High School All-Americans, 19 state champions, nine state runners-up, and 13 Drake Relay Champions. Under his guidance, his throwers have set meet records in the discus at the state meet (both boys and girls) and at the Drake Relays (girls), as well as a state meet record in the shot put (girls). Rio Paralympic games place winner in the discus and Junior World Champion in the discus

Nathan Hopp – Distance

Linn Mar/Cedar Rapids Xavier

Since taking over as Head Girls Track & Field Coach at Linn-Mar in 2013 or program has had:

-14 Individual State Titles & 3 Relay State Titles

-27 Individual State Meet Place winners & 10 Relay State Meet Place winners

- 5th or better in 4A State Meet the past 4 seasons, including a 2nd place finish in 2015

-16 Individual Conference Meet titles & 8 Relay Conference Meet titles

In 2015 won Linn-Mar's first ever MVC Divisional Meet title in Girls Track & Field

3 time Regional/At Large Coach of the Year recognition by Iowa

Association of Track Coaches (IATC)

As Head/Assistant Boys Cross Country Coach at Xavier High School:

State Qualifying Meet Champions in track in 2014 & 2015. Also won State Qualifying Meet in cross country 2016Have had four teams qualify for the State Cross Country Meet (2012, 2015, 2016, and 2017)

Have had 12 athletes qualify individually for the State Cross Country Meet

Mark Ressler – Distance

Dubuque Hempstead

Coach Ressler recently finished his 11th year at the helm of the Dubuque Hempstead Boy's Cross Country program. During those 11 years, his program has qualified as a team for the 4A State XC Meet the past five years; his team has emerged into one of the top programs in Iowa. His 2017 squad recently placed as State Runner-ups at the 2017 State Cross Country Meet. In 2013 and 2016, his team was crowned MVC Champions and Coach Ressler was named MVC Mississippi/Valley Conference Coach of the Year in both 2013 and 2016. In addition, he recently earned the recognition of 2017 Iowa Association of Track Coaches 4A At-Large-Coach-of-the-Year.

In the past 11 years, he has coached 13 Cross Country athletes to 1st Team All MVC, 11 athletes to 2nd Team All MVC, and 8 athletes to Honorable Mention All MVC. During Coach Ressler's eight years of coaching Track and Field at Hempstead, his 4 x 800 teams were a constant State Qualifier for seven straight years while his 2015 4x800 team medaled with a 6th place finish. Among the 36 middle distance and distance events that have qualified for the State Track Meet over his eight years, Ressler's events medaled in the following: 1600m Medley in 2015, 2014, 2009, and 2008; 3200m Run in 2014 and 2013; 4 x 800 Relay in 2015; and the 4 x 400 Relay in 2015 and 2014.

NORTHEAST IOWA TRACK AND FIELD CAMP



Thurs, December 28, 9:30 AM – 3:30 PM

Fri, December 29, 9:30 AM – 3:30 PM

@ Western Dubuque High School