

**2005 In The Sector**

**Throws Camp Application**

(Please type or print clearly and return to:  
**Scott Corrado – scorrado@radford.edu**  
**540-831-7824**

**Radford University**  
**PO Box 6913, Radford, VA 24142)**

Name \_\_\_\_\_

Age \_\_\_ Date of Birth \_\_\_\_\_ HT \_\_\_ WT \_\_\_

Home Address \_\_\_\_\_

School Attending \_\_\_\_\_

Grade Next Year \_\_\_\_\_

Gender \_\_\_\_\_

Primary Throwing Event \_\_\_\_\_

Mark \_\_\_\_\_

Secondary Throwing Event \_\_\_\_\_

Mark \_\_\_\_\_

Name and phone number of family physician:  
\_\_\_\_\_  
\_\_\_\_\_

Please note shirt size: L, XL, 2XL, 3XL \_\_\_\_\_

The fee for Camp will be \$195 for day campers and \$350 for resident campers. **The fee ALL CAMPERS includes a \$50 NON-REFUNDABLE DEPOSIT. Resident Campers must include an additional \$50 for refundable key deposit.**

**Day Campers will be served lunch**

- Resident Camper      \$350.00
- Day Camper              \$195.00
- Refundable Key Deposit    \$50.00

**TOTAL**      \$ \_\_\_\_\_

Completely fill out the enclosed application and medical release form. Detach and return at once, along with your tuition deposit or full tuition. Checks should be made payable to: **Faster, Farther, Higher INC.**

On-Line Registration and Credit Cards accepted  
[www.radford.edu/~conf-serv](http://www.radford.edu/~conf-serv)  
Phone 540-831-5800

**OFFICE USE ONLY:**

Deposit Paid \_\_\_\_\_ Additional Payments  
Balance Due \_\_\_\_\_

**WAIVER AND RELEASE**

We, the undersigned, for ourselves and for our heirs, executors and administrators waiver, release and forever discharge the In the Sector Throws Camp, owned and operated by, Faster, Farther, Higher, Inc., its staff, officers, agents, representatives, employees, successors and assigns or and from any and all rights and claims for dangers resulting from injury to person or property which may be sustained or occur during participation in camp activities, or arising from traveling to and from the camp, whether said damages, injury or loss is due to negligence or not.

Applicant signature \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

**MEDICAL RELEASE FORM**

I/We hereby grant permission to Radford University designated medical care personnel to render aid, treatment, and medical care deemed reasonable and necessary to the health and well being and I/we additionally grant, when necessary for protecting the health and well being of:

\_\_\_\_\_ I also grant permission for hospitalization, treatment, or surgery at a competent and/or accredited facility.  
Camper's birth date \_\_\_\_\_  
Home Phone # \_\_\_\_\_  
Home Address \_\_\_\_\_

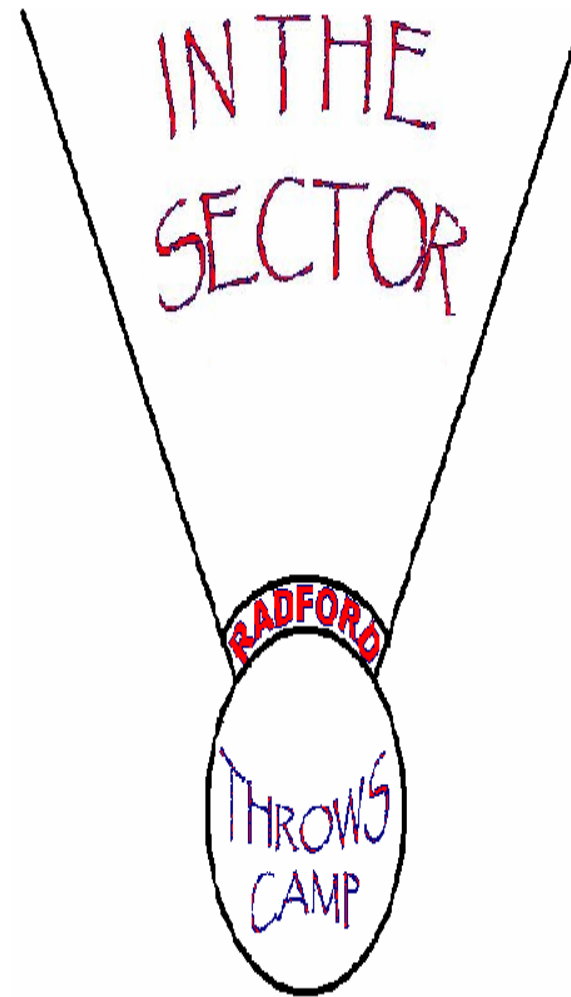
Parent/Guardian Name \_\_\_\_\_  
Parent/Guardian Work Phone # \_\_\_\_\_  
Medical Insurance Name \_\_\_\_\_  
Medical Insurance Policy # \_\_\_\_\_

If parent/guardian cannot be contacted:  
Name of Friend/Relative \_\_\_\_\_  
Phone # of Friend/Relative \_\_\_\_\_

**CAMPER INFORMATION**

Allergies \_\_\_\_\_  
Is camper presently on medication? \_\_\_\_\_

Does camper have any restrictive physical limitations? \_\_\_\_\_  
Parent/Guardian signature \_\_\_\_\_  
Date \_\_\_\_\_



**2005**



Coach Corrado is in his third season as an assistant on the Highlander staff. Coach Corrado comes to Radford after spending seven years as an assistant at the University Of Detroit-Mercy. In his ten-year college tenure, he has coached over 39 Mid-Western Collegiate, Horizon League, and Big South Conference champions. Coach Corrado has mentored 5 Jr. All-Americans and is currently training 2 NCAA Provisional Qualifiers. Prior to UDM, Coach Corrado coached six years in the Michigan High School Athletic System. His knowledge and technical expertise in the throwing events is certain to be beneficial to your high school thrower.

### Camp Coaches, Counselors, Helpers

- **Collegiate Throws Coaches**
- **Past and Present Div I College Throwers**
- **Trainers On-Site**
- **Strength and Conditioning Coach Max Appleby**
- **Coach Appleby will conduct exercises and lifting techniques to improve strength and throwing usage muscles**

## **In The Sector Throws Camps**

When: July 13 – July 16, 2005  
Begins Wed. at 5:00 pm  
and ends Sat. at 1:00 pm

Age for campers 13 – 18

The Camp tuition will include:

Camp T-shirt  
Individual instruction  
Coaches Evaluations  
Certificates and Awards

### What To Bring

- Event Footwear  
(Throwing Shoes)**
- Throwing Implements  
(Shot & Discus)**
- Weight Lifting Belt**
- Plenty of shorts, t-shirts, and socks
  - Swimsuit
  - Casual wear for time around dorms
  - Towel and toiletry items
  - Linens, blankets and pillow
  - Money for snacks & merchandise at the Camp Store
  - Fan

It's a good idea to label all personal items to prevent loss



Probable Guest Coach - Harold Connolly

One of the greatest hammer throwers in track and field history, Harold Connolly was the 1956 Olympic champion who broke the world record in the event seven times, helping place the United States in the forefront of an event that historically had not been one of our nation's best.

### Throwing Events

#### **Introduction to Hammer/Weight throw**

- Throwing Technique
- History of Events

#### **Introduction to Javelin Throw**

- Conditioning and drills
- Throwing Technique

#### **Shot Put**

- Glide technique
- Rotational technique

#### **Discus**

- Technical Drills

**All throwing events will be demonstrated and taught by Qualified Throws Personnel. This to include coaches, current athletes, and special guests.**