

Camp Director: Brian Bedard

Bedard had been an assistant coach for 19 seasons at Colorado State before being hired as the head coach in April 2006.



As the throwing events coach, Bedard was honored as the Mountain Regional and NCAA Division I Assistant Coach of the Year in 2005. He has coached 42 conference champions, 30 All-American performances, two national champions, and two USA Olympic Team qualifiers. All of the school records in the throws have come during Bedard's tenure.

Standout throwers of Bedard include: 2007 All American Jason Schutz (199'3" discus); 2008 Olympian and 2005 NCAA hammer throw national champion Loree Smith (187' discus; 56' shot), who was also the runner-up in the indoor weight throw and a five-time All-American; five-time All-American Shelly Borrmann (198'8" discus); two-time Olympian (2004, 2008) and four-time All-American Casey Malone (224' discus); 2001 NCAA discus runner-up Liz Toman (184'); and Drew Loftin, the 2003 NCAA indoor runner-up in the weight throw and outdoor runner-up in the hammer (71' weight, 233' hammer).

Colorado State Throws Camp offers athletes an opportunity to gain an understanding of the technique involved in both the shot put and discus. The camp will offer specific skill instruction and demonstrations by qualified staff and current Ram student-athletes. Coaches are encouraged to observe and ask questions during the camp to further develop coaching techniques. For questions about camp: Brian.Bedard@colostate.edu

Camp Location

The Jack Christiansen track on the CSU campus located at the intersection of Pitkin and College.

Camp Schedule

Day 1 - Saturday, July 14:

9:00 – 9:30 Check-in at J.C. Track
9:30 – 9:45 Camp introductions
9:45 -10:30 Lecture & demo: shot / discus
10:30-12:00 Warm-up / Throwing session
12:00-1:30 Lunch Break
1:30-2:30 Technique Breakdown / Drill Work
2:30-4:00 Throwing Session / Coaching
4:00 Day 1 Camp ends

Day 2 - Sunday, July 15:

9:00 – 9:30 Warm-up / flexibility work
9:30 -10:30 Lecture & demo: shot / discus
10:30-12:00 Throwing session / Coaching
12:00-1:30 Lunch Break
1:30-2:30 Technique Breakdown / Drill Work
2:30-4:00 Throwing Session / Coaching
4:00 Day 2 Picture / Camp Ends

Housing arrangements will be the responsibility of each camper. For hotel & restaurant information, please visit: www.csurams.com Select "CSU Fans" and click "Visiting Fort Collins" from the pull-down menu.

What To Bring

Shot put, discus, jacket, umbrella, sunscreen, water bottle, proper shoes, chair, hat.



REGISTRATION

On-Line Registration:

<http://ramcamps.colostate.edu/>

Name: _____

Address: _____

City/State/Zip: _____

Home Phone #: _____

E-mail: _____

High School Name: _____

Grad Year: _____ P.R. Shot: _____ P.R. Discus: _____

T-Shirt Size - Circle One (Adult Sizes)

S M L XL XXL XXXL

Cost to Attend:

Athletes - \$150

Coaches - \$50

If you are not registering on-line return this form before July 1, 2012

Late registrations will not be guaranteed a T-shirt. Make checks payable to Colorado State Throws Camp Department of Athletics

Prior to July 7, a \$100 refund will be awarded to cancella-
First 40 athletes to reply are guaranteed a spot.

CAMP DISCLAIMER

Colorado State University does not discriminate on the basis of race, age, color, religion, national origin, gender, disability, sexual orientation or veteran status in its programs and activities. Full participation of all individuals is encouraged.

MEDICAL WAIVER

In order for a student to participate in camp, we must have this form by the first day of camp.

Release and Medical Authorization

In order for students to participate in camp activities a parent or guardian must sign this release and medical authorization.

Release and Liability

In consideration of the Colorado State Throws Camp of Colorado State University granting the student permission to participate in the Throws Camp, I hereby assume all risks of his/her personal injury that may result from Throws Camp activity. As parent/guardian, I do hereby release Colorado State University, the Board of Governors of the CSU System, the Colorado State University Throws Camp, and their officers, employees, and agents and all instructors and all participants in said Throws Camp program from liability, including claims and suits at law or inequity, for injury which may result from the student taking part in Throws Camp activities.

Parent/Guardian Signature

Date

Medical Authorization

I request and authorize the proper personnel of this camp to refer to an appropriate medical facility, for treatment of illness, injury or both; and I further authorize the physician(s) selected by the camp personnel to treat said injury or illness as they think best for the most advantageous welfare of the patient if that should be a circumstance.

Camper's Name

I agree to assume all costs related to such treatment. I understand that I will be responsible to any medical or other charges in connection with student's attendance in this camp.

Insurance Company

Policy Number



2-601660

CSU Throws Camp
Department of Athletics
0120 Campus Delivery
Fort Collins, CO 80523

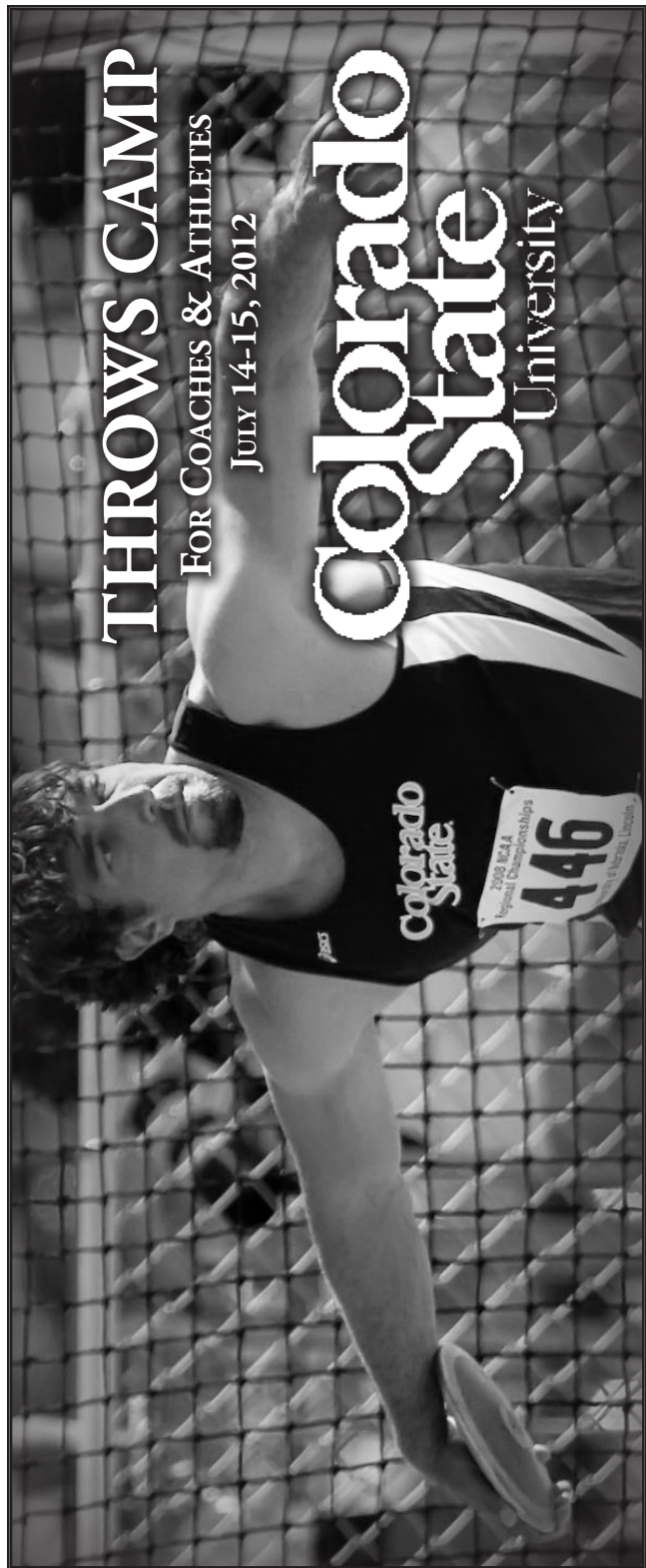


Photo Courtesy of Joe Berg