

UC DAVIS LIABILITY FORM

TO BE FILLED OUT COMPLETELY

FACILITIES USE WAIVER

UNIVERSITY OF CALIFORNIA AT DAVIS

(UC Davis throws and distance track clinic)

Waiver of Liability, Assumption of Risk, and Indemnity Agreement
Waiver: In consideration of permission to use, today and on all future dates, the property, facilities, staff, equipment and services of the University of California, Davis, I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue The Regents of the University of California, its directors, officers, employees, and agents from liability from any and all claims including the negligence of the University of California, Davis, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, classes, observation, and use of facilities, premises, or equipment.

Signature of Parent of Minor

Date

Assumption of Risks: Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The University of California, Davis has facilities for and provides for activities such as weight lifting, running, aerobic activities, classes and sporting activities. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movements involving speed and change of direction, and others involve sustained physical activity which places stress on the cardiovascular system.

The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the University of California, Davis. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement at the University of California, Davis and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Parent of Minor

Date



ITINERARY

Throwers:

8:30 – 9 AM

9 – 11 AM

11 – 11:45 AM

12 – 1 PM

1 – 3 PM

3 – 3:45 PM

Registration

Shot Put Technique and Drills

Q&A

Lunch

Discus Technique and Drills

Q&A

Runners:

8:30 – 9 AM

9 – 10:15 AM

10:30 – 11:45 AM

(Dynamic Flexibility, Neuromuscular Training)

12:00 – 1:00 PM

1:00 – 2:15 PM

2:30 – 3:45 PM

Registration

Classroom Session #1

Learn-By-Doing Session #1

Lunch

Classroom Session #2

Learn-By-Doing Session #2

(General Strength Circuits, Plyometric Training, Core Stability)

WHO:

This is an athletes clinic that is open to athletes of any age and skill level.

COST:

Pre-Registration: \$30 per person
Registration closes Feb 8 at 5:00 p.m.

COACHES FREE WITH 10 ATHLETES

**50% returned up to two weeks
prior to camp**

**No returns less than 14 days
prior to camp**

UC DAVIS

THROWS & DISTANCE TRACK CLINIC

2007



February 11, 2007

For more information:

Andy Bloom at 530-752-5124
or e-mail ambloom@ucdavis.edu

www.ucdavisaggies.com



ABOUT THE STAFF

ANDY BLOOM is a 2000 US Olympian in the shot put and the Head Strength and Conditioning Coach at the University of California, Davis. He finished fourth in the Sydney Olympic shot put. Bloom also represented the United States in the World Championships on three occasions in the discus and twice in the shot put. In 1999 Bloom became one of only two men to rank in the top five in the world in both the shot put and discus in the last forty years. In 2000 Bloom ranked 2nd in the world in the shot put. He has lifetime bests of 71'7" and 224'7".

Currently, Bloom supervises the strength and conditioning programs for 24 varsity sports at UC Davis, including all of the track team workouts. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and is certified through the National Association of Speed and Explosion.

CHRIS PUPPIONE is the Associate Director of Cross Country and the Distance Track & Field coach, in his third year at UC Davis. He has coached 25 athletes to All-Independent honors in both cross country and track & field. Five more of Puppione's charges have posted UC Davis all-time marks in the 3000, 5000, and 10000 meters, as well as in the 3000-meter steeplechase. Most recently, Puppione guided Chris Ferren-Cirino to the fastest 8k clocking in Aggie Cross Country history, as well as the NCAA Division I Independent Cross Country Title. Puppione holds an M.S. in Exercise Science, as well as a certification from the National Academy of Sports Medicine as a Performance Enhancement Specialist. Puppione is also certified through USA Track & Field as a Level I, Level II (Endurance, Sprints & Hurdles, Relays), and Level III (Endurance) coach.

**50% returned up to two weeks
prior to camp**

**No returns less than 14 days
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For more information link contact:
Andy Bloom at 530-752-5124
or e-mail ambloom@ucdavis.edu

CLINIC EXPLANATIONS

This clinic is intended for throwers and distance runners of any age and ability. Come and learn about your event and the training methods necessary for success. Coach Bloom and Coach Puppione will share their expertise with you and provide you with a blue print to improve your performance.

Throwers: This clinic will expose you to foundations of shot put and discus technique and provide you with the drills necessary to improve your technique and performance. You will NOT need implements. Learn how to incorporate plyometric training, running, and medball training into your training cycle. In addition, there will be an opportunity to learn about strength training. At some clinics you only get a few repetitions but here you will have the opportunity to perform hundreds of repetitions under the skillful watch of the clinicians. Bring your shoes and be ready to work.

Runners: This clinic will be a mixture of classroom and active learning, where athletes will be exposed to the broad spectrum of training modalities that can help them reach their full potential in the distance events. The learn-by-doing segments of the clinic will cover many of the ancillary training elements involved in developing more complete distance runners, with topics ranging from core strengthening, dynamic flexibility, neuromuscular training, plyometrics, and general strength circuits. Classroom sessions will also be held where athletes will have the opportunity to learn about the more intricate details about training for the distance events. The discussions will cover base training, lactate threshold training, and event-specific training, as well as other important elements that go into building a better race day performance. By becoming students of the sport, athletes will find themselves better equipped and armed with the knowledge they will need to take a more active role in their athletic development.

ITINERARY

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Runners:

8:30 – 9 AM	Registration
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10:30 – 11:45 AM	Learn-By-Doing Session #1 <i>(Dynamic Flexibility, Neuromuscular Training)</i>
12:00 – 1:00 PM	Lunch
1:00 – 2:15 PM	Classroom Session #2
2:30 – 3:45 PM	Learn-By-Doing Session #2 <i>(General Strength Circuits, Plyometric Training, Core Stability)</i>

Cost: Pre-Registration: \$30 per person if received by February 8.
COACHES FREE with 10 athletes.

UC DAVIS Throws and Distance Track Clinic Series **REGISTRATION**

Please complete **BOTH** sides of information and **MAIL** this form to:
UC DAVIS THROWS & DISTANCE TRACK CLINIC
Attn: Susie Gaines / 264 Hickey Gym
ONE SHIELDS AVENUE • DAVIS, CA 95616

Name _____

School affiliation _____

Home Address _____

City _____ State _____ Zip _____

Home Phone _____

E-Mail _____

Emergency Contact Name _____

Emergency Contact Phone _____

Insurance Carrier _____

Policy Number _____

☐ **Throws and Distance Track Clinic**

February 11, 2007

T-SHIRT SIZES(S)

Youth Sizes: ☐ Small ☐ Medium ☐ Large

Adult Sizes: ☐ Small ☐ Medium ☐ Large ☐ X-Large

Enclosed is a check payable to UC Regents in the amount of:

\$ _____

(Please send one check per participant, for payment in full)

Charge my credit card:

☐ Mastercard ☐ Visa ☐ Discover ☐ AMEX

Cardholder's Name _____

Card Number: _____

3-Digit Security Code _____

Amount _____ Exp. _____

Cardholder's Signature _____ Date _____