

ASHLAND UNIVERSITY

ELITE HURDLE & SPRINT CAMP

December 29 & 30, 2019 | Grades 6th - 12th Track Athlete

SPRINT CAMP: 8 a.m.-11 a.m. / **HURDLES CAMP:** 12-4 p.m.

COST: \$150 for 2 day Sprint OR Hurdle Session

PLACE: Ashland University's Conard Field House

CAMP DETAILS:

This two-part camp is specifically designed to give Junior High & High School athletes the tools to begin their indoor and outdoor season. Each day is designed and planned by two-time National Assistant Coach of the Year Ernie Clark. Coach Clark's All-American sprinters and hurdlers will assist with instruction and student-athlete input as well. Come join Coach Clark and his elite athletes to get faster and sharper! Join us and see why his athletes have drastic improvement under his instruction and motivation. Wish you were faster? WISH GRANTED!

BRING TO CAMP: Training shoes, water, energy bar, sports drink, sprint spikes. Lunch and Housing are NOT provided.

CAMP STAFF:

Coach Clark enters his fifth season as the sprints/hurdles coach with AU after an astonishing season. In 2019 Coach Clark was named National Assistant Coach of the Year for the second year in a row. His Ashland University career has now produced 49 NCAA DII National Qualifiers and 31 NCAA All-Americans, and 8 NCAA DII National Champions. This past indoor season the AU Men's team became NCAA DII INDOOR & OUTDOOR NATIONAL CHAMPIONS! Coach Clark's athletes have recorded 124 new marks on the Top 10 list in school history in hurdles, sprints, and relays, including seven new school records. Coach Clark's elite collegiate athletes will assist him throughout the camp. Coach Clark looks forward to coaching and teaching future NCAA Champions!



FOR MORE INFORMATION, CONTACT

Coach Ernie Clark

eclark10@ashland.edu | O: 419.289.5395 | Cell: 812.340.3008



2019 ASHLAND UNIVERSITY ELITE HURDLE & SPRINT CAMP

Athlete's Name: _____ Age: _____ Male ___ Female ___

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Name of Parent or Guardian: _____ Parent's Phone Number: _____

SELECT CAMP YOU WILL ATTEND:

Sprint Camp: 8 a.m. – 11 a.m. December 29 & 30 2-Days \$150.00
Hurdle Camp: 12 p.m. – 4 p.m. December 29 & 30 2-Days \$150.00

Parent/Guardian: _____

Please complete camp registration form and return with payment (check or money order) to:
Ashland University Hurdles & Elite Sprint Camp | Attn: Ernie Clark | 401 College Avenue | Ashland, Ohio 44805