Bates College Track & Field Camp
June 26th to June 30th 2005

Bates College Track and Field is proud to be entering its seventeenth year as one of the nation’s best track and field camps for athletes age 12 to 18. The camp is designed to strengthen athletic skills and winning attitudes. Combining top technical coaching and a strong emphasis on sportsmanship, Bates College Track and Field Camp offers the fundamentals which on which outstanding athletic achievements can occur.

STAFF - Athletes are supported by a dedicated, experienced and knowledgeable staff each day in their activities. Each event features at least one head or expert coach and two successful collegiate athletes allowing a low coach to athlete ratio to ensure personal training and attention in all track and field events. Each athlete receives personal and group coaching from coaches and staff who have competed successfully at the high school, college and international levels. Most coaches have worked at track and field camps in previous years and know how to communicate effectively with junior athletes as well as keep the training fun.

PROGRAM - Over the course of the week campers will have the opportunity to measure, watch and analyze their improvements through video and digital photographs of the training sessions. Along with the primary event training sessions there will be time to learn a secondary event, lectures on visualization, relaxation, nutrition, goal setting and commitment. The program is structured to allow for a balance of disciplined training sessions and camp fun and spirit.

FACILITIES - The Bates College Campus provides a beautiful backdrop to camp activities. Bates College is a competitive liberal arts college in Lewiston, Maine, centrally located in Maine’s southern interior region. Campers will stay in Bates College Dormitories, administered by the camp director and supervised by the instructional staff and coaches. Bates’ Dinning Services will provide all meals for campers who have access to a wide range of healthy offerings daily, including unlimited seconds! The Den, or college snack bar will also be open daily.
The Margaret Hopkins Merrill Gymnasium and athletic complex offers an 8 lane Mondo surfaced outdoor track opened in 2002, a 6 lane 200 meter Ruba-Turf indoor track and field house, an 8 lane 25 meter pool, full weight and nautilus training rooms and home to athletic training. A qualified athletic training is a full time staff member and two large hospitals are less than a mile away. Distance runners will be off campus utilizing the same trails and training runs as Bates’ 2004 men’s cross country national qualifiers.

TUITION - The Bates College Track and Field Camp offers both overnight and commuter options to campers. However, we do encourage campers to participate in the overnight program to fully immerse themselves in the activities and culture of the camp. The dormitory accommodations and café style meals offer a wonderful opportunity to meet and make lasting friendships that young people often find in summer camp settings.

**Overnight Tuition:**
- $375 before June 1, 2005
- $400 after June 1, 2005

**Commuter Tuition**
- $345

Transportation to and from the Portland bus (Concord Trailways) and train (Amtrak) stations as well as the Portland International Jetport is available with advanced notice for an additional fee. For directions to Bates College refer to the Bates College website.

All questions and inquiries should be directed to Scott Bennett or Al Fershetian at Batestrackcamp2005@hotmail.com or 207-786-6360