



Sports and Track Camp

August 3-7, 2009

Ohio State School for the Blind

5220 North High Street, Columbus, Ohio 43214

(614) 752-1152

Purpose:

The Ohio State School for the Blind will be offering a five day sports and track camp for students who are blind or visually impaired, in the 7th-12th grades. This camp is meant for students who are willing to train for track competition. The camp will be held August 3-7, 2009. The purpose of this track camp is:

- To provide an opportunity to focus on the specialized skills, techniques and form for various track and field events: i.e., high jump, triple jump, shot put, long jump, sprint and distance running events.
- To motivate campers to want to execute skills at their highest level.
- To guide students in setting realistic goals while training and in competition.
- To have athletes understand the importance of conditioning with a gradual increase of load and intensity.
- To engage athletes in the planning of a personal fitness/condition program and to implement it at home.
- To help athletes understand the importance of high performance nutrition.
- To guide the athletes in the use of visual imagery and the importance of mind attentiveness while performing specialized skills.

Participants:

Twenty to twenty-four campers in grades 7-12, who are very interested in track competition and training hard, are welcome to attend. Students would have the opportunity to try out for OSSB's track team and possibly compete during the competitive track season in the fall. There is a \$75.00 fee to cover room and board.

Transportation:

Parents must provide transportation for students, to and from the OSSB campus. Students need to arrive at OSSB between 4:00 P.M. and 6:00 P.M. on Sunday, August 2nd, and be picked up on Friday, August 7th, 2009 at 1:00 P.M.