



# UNIVERSITY OF KANSAS TRACK & FIELD AND CROSS COUNTRY CAMP JULY 6-10, 2014





# KANSAS TRACK & FIELD AND CROSS COUNTRY CAMP

The Kansas Track & Field and Cross Country Camp is a mix of guidance, fitness and fun. The KU staff is one of the most experienced in college athletics evidenced by multiple Olympians, All-Americans, NCAA Champions and professional athletes that have been under their tutelage. The same training and technical methods that propelled the Jayhawk women to win the 2013 NCAA Championships will be taught at the camp.

Stanley Redwine and his staff invite you to spend a week at the University of Kansas learning more about cross country or track & field. The coaching staff, along with top athletes from around the nation are excited to share their knowledge and experiences to provide young athletes with a winning edge.

Each day, campers get the opportunity to try sample workouts and focus on technique and mechanics that help propel elite athletes. All events in track & field are covered at the camp. You can choose your event or events of focus.

Get an advantage over your competition next year with a week at the Jayhawk Summer Camp.

## **Areas of instruction:**

- Technique methodology
- Sports nutrition
- Sports psychology
- Competition strategy
- Precompetition preparation
- Recovery methods
- Strength training information



# WORLD-CLASS COACHING STAFF

## **Stanley Redwine, Head Coach**



Kansas track & field and cross country, head coach Stanley Redwine led the Jayhawk women to a 2013 NCAA Outdoor Championship. In his time at KU, he has guided four athletes to the Olympics. In 2012, he coached a current KU athlete to an Olympic gold medal. Redwine has coached 15 NCAA individual champions and over 100 NCAA All-Americans and Academic All-Big 12 student-athletes. Redwine, a member of the KU Athletics Hall of Fame, served as a USA team coach for the 2003 Pan Am Games and the head men's coach for the 2007 USA Pan Am Track & Field Team. As an athlete, Redwine was a four-time All-American at the University of Arkansas. He competed internationally from 1984 through 1996 and was one of the world's top 800m runners with a personal best of 1:44.76.

## **Tom Hays, Vertical Jumps**



Tom Hays is one of the most respected vault coaches in the nation. He recently coached a current KU athlete to a 2013 indoor NCAA title in the pole vault. NCAA pole vault champ Jordan Scott, now a KU alum, won the 2013 USA Indoor Championships under Coach Hays' tutelage. In his career, he has coached four Olympians, ten NCAA champions, five NCAA runner-ups, 25 NCAA All-Americans, two NJCAA champions, 22 NJCAA All-Americans and 57 conference champions. He has also been named USATF National Coach of the Year. As an IAAF Vault Development Coordinator, Hays worked closely with world record holder Sergey Bubka. Hays is a coveted speaker and has taught at camps all over the world. The McLouth, Kan. native competed in the pole vault for the Jayhawks in the mid-80s.

## **Wayne Pate, Horizontal Jumps**



Arguably the best horizontal jumps coach in the NCAA, Wayne Pate has been named the National Assistant Coach of the Year on six occasions.

Coach Pate came to KU in 2007, after several successful coaching stints at Indiana, Purdue, Texas and Tennessee. In the 2013 season, Pate coached Andrea Geubelle to NCAA titles in the long and triple jump. Geubelle ended the 2013 season with the longest triple jump in the U.S. Also, in 2013 he led a current KU athlete to an NCAA title in the heptathlon. In his career, Pate coached 70 All-Americans, ten national champions and three Olympians.

## **Andy Kokhanovsky, Throws**



Coach K. is one of the best teachers of throwing technique in the country. In his short time at KU, he has led athletes to National Championships, All-American status and conference titles. In 2013 alone, Coach K. led three throwers to All-American status. Kokhanovsky graduated from Abilene Christian University in 1998 where he set a Division II national record in the discus and was the national champion. Kokhanovsky represented the Ukraine in the discus at the Olympic Games in Atlanta. In 1989, he won the USSR national championships in the discus and in 1992 was ranked as high as 12th in the world.

## **Elisha Brewer, Sprints/Hurdles**



Coach Brewer enters her ninth year at KU and continues to build upon a remarkable resume. In 2008 she guided Nickesha Anderson to Midwest Indoor

Performer of the Year and All-American status in the 60m, 100m and 200m. Anderson went on to make the Jamaican Olympic team in 2008. Coach Brewer recently guided the KU women to school records in the 4x100 and 4x400. She also mentored Paris Daniels to win the Big 12 Athlete of the Year in 2013. In 2012 she coached a current athlete to Big 12 Freshman of the Year honors. Brewer came to KU from the University of Cincinnati where she saw her athletes break all but one women's sprint and hurdle school records. Upon graduating from Arkansas in 1998, after a stellar college career, she ran professionally.

## **Mike Whittlesey Phd., Distance**



Coach "Whitt" comes to Kansas from the University of North Carolina. While at North Carolina, Whittlesey coached the Tar Heels to two ACC cross country titles. He took the Tar Heel women to the NCAA Championships 10 out of 11 years with top ten team finishes in 1999, 2003, 2004. While at UNC he coached Shalane Flanagan, the American record holder of the 3k, 5k and 10k. Whittlesey peers have honored him with ACC coach of the year twice, National Assistant Coach of the Year and Outdoor Regional Coach of the Year. He has coached 77 All-Americans, 37 Conference Champions, nine NCAA individual champions, and nine NCAA relay team champions.



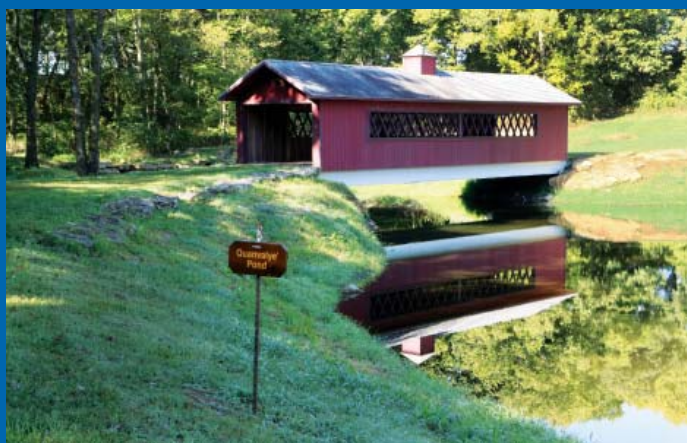
# QUICK CAMP FACTS

- Overnight fee = \$425
- Day camper fee = \$325
- All meals included
- Team discount available
  - \$25 discount for school teams of five or more
- Family discount available
  - \$25 discount for second and all subsequent siblings
- Campers stay in residence halls
- Two campers to a room
- Sunday afternoon check in
- Thursday check out
- Open to boys and girls, ages 12 - 18
- Campers receive KU T-shirt
- Campers receive Gatorade product
- Chances to win adidas apparel
- \$100 deposit due with registration
- Limited registration, so act quickly

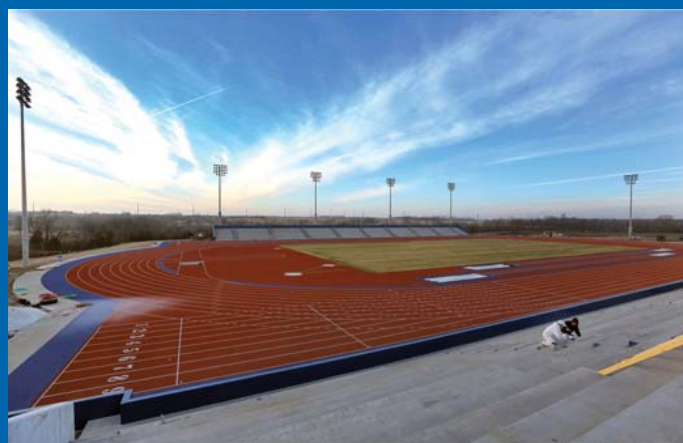
**Campers will enjoy the same facilities used by KU athletes, including Rock Chalk Park, Anschutz Pavilion, local trails and Rim Rock Farm**



Anschutz Pavilion is a 40,000-square-foot building that holds the newly resurfaced indoor track



Legendary Rim Rock Farm is the nation's premier cross country course



Brand new Rock Chalk Park

**Questions? contact Debbie Luman at:  
785-864-3486 or [dluman@ku.edu](mailto:dluman@ku.edu)**