

### About the Clinic

The Hurricane Classic Hammer Clinic with Youri Sedykh began 11 years ago. The camp has evolved from a 2-day clinic to a 5-day training camp. We are proud to also add ROTATIONAL shot put instruction by 2005 World Champion and 2-time Olympic silver medalist, Adam Nelson. The camps are open to all levels of throwers, from beginner through elite. Our goal is to provide the highest level of teaching for hammer and rotational shot putters and foster a love for the sport of Track & Field.

### Staff

- **Youri Sedykh**, World Record Holder in the Hammer, Olympic Gold Medallist
- **Carrie Lane**, University of Virginia, Throws Coach
- **Adam Nelson**, 2005 shot put World Champion and 2-time Olympic silver medalist

### Cost

- Hammer Throwers \$350
- Shot Putters \$350
- Coaches \$250
- Weekend Shout Putter \$200
- Weekend Hammer Thrower \$200
- **Team / Coaching Discounts available. Please call Carrie Lane for rates: 434-760-1121**

### Contacts

- Carrie Lane, [cal7q@virginia.edu](mailto:cal7q@virginia.edu), 434-760-1121

(Please feel free to call with any questions)

### Housing

#### Hotels within walking distance

- **Cavalier Inn Best Western** (434) 296-8111
- **EconoLodge** (434) 296-2104
- **Budget Inn** (434) 293-5141

#### Hotels within short driving distance:

Residence Inn, Red Roof Inn, Days Inn, Holiday Inn

\*\*\*If you would like to be matched with other throwers or coaches, please email Carrie Lane at [cal7q@virginia.edu](mailto:cal7q@virginia.edu). Please provide: name, contact phone number, gender, age, coach or athlete status. You will be matched with other participants and you will then be responsible to arrange the condo reservation.

**\*\*\*It is the responsibility of participants to make reservations and payments.**

### Transportation

- A shuttle service will be provided to transport participants to and from airport, to and from throwing venue, and to the grocery store. You must let us know in advance if you need help with transportation.
- Please email Carrie Lane at [cal7q@virginia.edu](mailto:cal7q@virginia.edu) with your flight itinerary and contact phone number. We will publish an airport transportation schedule, as we get closer to your arrival date.

### Deposit Deadline October 15, 2007 (New)

To ensure we keep our numbers up, we ask that all those interested register and pay \$100 deposit by check. If we have less than 30 campers send in deposits, we will cancel the camp. All registrants will be notified and checks will be returned. If there are enough campers registered by October 15, checks will be cashed and campers will be asked to pay the remaining balances online or with an additional check.

### Entry Form

Name: \_\_\_\_\_

School/Club: \_\_\_\_\_

Personal Best:  
(Metric) \_\_\_\_\_

Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Hammer Thrower: \$350 \_\_\_\_\_

Shot Putter: \$350 \_\_\_\_\_

Coach: \$250 \_\_\_\_\_

Weekend Rate: \$200 \_\_\_\_\_

**Total** \_\_\_\_\_

**Make Checks Payable to: Carrie Lane**

Return form by October 15<sup>th</sup>, 2005

to:

Carrie Lane

2416 Barracks Pl. #3

Charlottesville, VA 22901

### Questions??

Please call or email 434-760-1121 or

cal7q@virginia.edu

We are limited on space. If we have to make a cutoff the camp will be conducted on a "first come / first serve" basis.

### Liability Waiver and Release

Upon acceptance of my entry, I for my self, my heirs & assigns, hereby release the the clinic organizers, their coaches, officials, and their staff from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this clinic.

Should officials determine that completion of this clinic would be injurious to my health, I consent to be removed and treated by a physician. I also understand the entry fee is non-refundable.

Signature of Participant

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Date

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and

Parent/Guardian (if under 18)

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Date

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## 11<sup>th</sup> Annual HURRICANE CLASSIC TRAINING CAMP Charlottesville, Virginia

*Featuring*

**Youri Sedykh, World Record  
Holder, Hammer Throw  
December 15-19, 2007**



December 15-19, 2007