

# KU JUMPS CAMP

All campers will receive specific instruction on the event(s) of their choice. Campers will be evaluated and taught drills to improve their technique in the high jump, long jump, triple jump and/or pole vault. Video will also be used so jumpers can visually see what adjustments need to be made. Campers will also be given drills, shown lifts and hear from speakers to take home valuable information with them so they can have a better understanding of how to be successful in the jumping events.

## FACILITIES

The KU Jumps Camp is conducted on the picturesque campus of Kutztown University. The outdoor track complex consists of an all-weather track, two horizontal jump runways, an all-weather high jump apron, and multiple pole vault runways. There is an indoor track in the field house that can be used in case of inclement weather and a separate weight training facility. In addition, there is an indoor swimming pool, indoor and outdoor basketball courts, and tennis courts for recreational use. All participants will be housed in air-conditioned suites and will be supervised by counselors. Chef prepared meals will be served at one of the university dining halls.



REGISTER ONLINE

[kubears.com/camps](http://kubears.com/camps)

**KUTZTOWN  
UNIVERSITY  
JUMPS  
CAMP  
AUGUST 1-4  
2021**

**BOYS & GIRLS ENTERING  
GRADES 9-12**



# CAMP SCHEDULE

## Arrival

Sunday, August 1, 2021

## Tentative Daily Schedule

7:30 AM - Wake up  
8:00 AM - Breakfast  
9:00 AM - Skill session  
11:30 AM - Lunch  
12:30 PM - Free time  
1:30 PM - Skill session  
4:00 PM - Guest Speaker/Film  
5:00 PM - Dinner  
6:30 PM - Skill session  
9:00 PM - Free time  
10:00 PM - In rooms  
10:30 PM - Lights out

## Departure

Wednesday, August 4, 2021

## COSTS

**Overnight** -- \$395

**Commuter/Day** -- \$320

Register & Pay Online at  
[kubears.com/camps](http://kubears.com/camps)

# CAMP DIRECTOR



AMY FILANOWSKI

Amy Filanowski has been the jumps and multi events coach at Kutztown for three years. She has coached multiple school records, top-10 performances, and PSAC champions during her time at KU. Prior to Kutztown, she was very successful as an assistant coach at Bucknell University, Misericordia University, and Allegheny College.

## CONTACT

610-683-4666

[filanowski@kutztown.edu](mailto:filanowski@kutztown.edu)



# COACHING STAFF



TONY DODDS

Kutztown University  
*Assistant Coach*



REBECCA RHODES

Eastern Oregon  
*Assistant Coach*



OZZIE BROWN

McDaniel College  
*Head Coach*

\*Other coaches will be named as our numbers increase for proper coach/athlete ratio.