The purpose of the 2010 summer jumps camp is to provide athletes with the necessary tools to improve technique and performance in speed, weight training and jump events. This includes an emphasis on knowledge, work ethic, and self-discipline. It is our aim to lead athletes to personal development and overall jump enhancement.

**Schedule**

**1 Day Camp**
9:30 am - Check in
10:00am - Opening remarks
10:30am- Warm-up & Drills
Noon- Lunch (provided)
12:30 - 2:30pm- Instruction/Workout
3:00 pm- Closing remarks

**4 Day Camp**
9:30 am - Check in
10:00-11:50pm Instruction/Workout
12:00- Closing Remarks

**What to Bring**
Training shoes and/or track spikes, workout clothing and water/sports drink bottle

**For Questions Contact**
Katrina Brumfield
Office: (315) 223-2535
Email: kdbrumfield@utica.edu
Assistant Track & Field Coach Katrina Brumfield oversees the men's and women's jumpers at Utica College. In her first year of coaching she has coached a Conference High Jump Champion, ECAC qualifiers, an All-Conference long and triple jumper. As a four year letter winner at Mansfield University she compiled an impressive track and field resume which included being named Mansfield University Athlete of the Year twice, a Pennsylvania State Athletic (PSAC) All-Conference selection and she was also an NCAA Division II National qualifier. She set eight school records in her time at Mansfield, including the indoor and outdoor 800 meter relay, 1600 meter relay and high jump records. She also set the outdoor 400 meter relay and the indoor sprint medley relay records.

Other Supporting Staff includes:

**Head Coach:** Jason Rose *(Utica College)*

**UC Athletes:**

**PSAC All-Stars:** *(Pennsylvania State Athletic Conference)*

**Nafee Harris (IUP)**

2 Time Div-II National Long Jump Champion

**Erica Ferguson (Mansfield University)**

All-PSAC Athlete

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**Location**

**From the East or West**
1. Take the New York State Thruway to Exit 31 (Utica).
2. After the toll booth, follow Route 790 to the North/South Arterial (Route 12).
3. Take Route 12 South to the Burrstone Road exit.
4. At the end of the exit ramp, turn right onto Burrstone Road.
5. Stay in the right lane on Burrstone Road and continue across Genesee Street.
6. You will be on Memorial Parkway East.
7. Follow Memorial Parkway approximately 3 miles.
8. At the intersection of Sherman Drive and Memorial Parkway, turn left.
9. MVCC will be on your right.
10. Turn right at the first traffic light into the visitor parking lot.

**From the North**
1. Follow Route 12 South into Utica.
2. Get off at the Burrstone Road exit.
3. At the end of the exit ramp, turn right onto Burrstone Road.
4. Stay in the right lane on Burrstone Road and continue across Genesee Street.
5. You will be on Memorial Parkway East.
6. Follow Memorial Parkway approximately 3 miles.
7. At the intersection of Sherman Drive and Memorial Parkway, turn left.
8. MVCC will be on your right.
9. Turn right at the first traffic light into the visitor parking lot.

**From the South**
1. Follow Route 12 North into Utica.
2. From the Southeast take Route 8 North to Route 12 North
3. From the Southwest take Route 12 North
4. Get off at the Burrstone Road exit.
5. At the end of the exit ramp, turn right onto Burrstone Road.
6. Stay in the right lane on Burrstone Road and continue across Genesee Street.
7. You will be on Memorial Parkway East.
8. Follow Memorial Parkway approximately 3 miles.
9. At the intersection of Sherman Drive and Memorial Parkway, turn left.
10. MVCC will be on your right.
11. Turn right at the first traffic light into the visitor parking lot.

**From Rome Campus to Utica Campus**
1. Depart Rome campus onto Bell Ave.
2. Take a left at the first light onto Floyd Ave.
3. Take a right at the first right onto Hill Road
4. Follow Hill Road, which turns into Route 825
5. Follow Route 825 through the traffic circles to the Route 49 East exit (toward Utica)
6. Merge onto Route 49
7. Merge onto NY-5W toward downtown Utica
8. Take the Burrstone Road ramp toward Utica College
9. Keep right at the fork to go onto Burrstone Road
10. Turn slight right onto Memorial Parkway
11. Turn Left at the light onto Schoolcraft Road
12. Turn slight left onto Sherman Drive
13. Turn Right into the campus driveway or follow the Utica Campus Map to the appropriate on-campus parking lot

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**1 Day Camp**
July 18th, 24th, and 25th

**4 Day Camp**
July 26-29th

No Limits Jump Camp will be held on the campus of Mohawk Valley Community College: Utica