



Train Smart Run Fast Camp SPRINT and HURDLE

DATE: SPRINT - MONDAY, JUNE 27, 2016 - THURSDAY, JUNE 30, 2016 *Each camp separate
 HURDLE – MONDAY, JULY 11, 2016 – THURSDAY JULY 14, 2016

PLACE: Penfield High School Track | 25 High School Drive | Penfield, New York 14526

TIME: 9:00 AM – 11:30 AM

COACHES: Ken Rasmussen (585) 329-7170 (keratl@rit.edu)
 Aubrey Sheffield (585) 880-8907 (aubrey_sheffield@yahoo.com)

Registration Form for T.S.R.F TRACK CAMP

Name _____ Phone _____

Address _____ Age _____ Grade _____

City _____ State _____ Zip _____ Emergency phone # _____

HURDLE CAMP ____ SPRINT CAMP ____ SHIRT SIZE: S ____ M ____ L ____ XL ____
 (Check Appropriate Camp)

I hereby authorize the staff of the T.S.R.F SUMMER TRACK CAMP to act for me according to their best judgment in any emergency requiring medical attention, and hereby waive and release the camp from any and all liabilities for injuries incurred while at camp.

INSURANCE RELEASE: We (I) the parents or guardian of _____ understand that we (I) are responsible for any hospital expense or insurance coverage needed during participation in the T.S.R.F TRACK CAMP.

INSURANCE CO. _____ POLICY# _____

SIGNATURE _____

COST: \$140 for EACH camp

(Each Participant will receive a T-shirt, link to photos & videos highlighting the week long training)

Checks Payable To: Penfield Track and Field Boosters

Mail Payment and Registration Form to:
 Penfield Track and Field Booster Club
 c/o Aubrey Sheffield
 Penfield High School Athletic Department
 25 High School Drive
 Penfield, NY 14526



Coach Ken Rasmussen

Coach **Ken Rasmussen** comes with over 40 years of coaching experience with expertise in the areas of sprinting, hurdling, jumping and relays. He is a well recognized coach in the Western New York area.

Rasmussen is currently coaching indoor and outdoor track & field at RIT. In addition, from 1988-2007, he served as head coach of the Cross Country, Indoor & Outdoor Track & Field teams at Edison Tech.

Highlights from his coaching career include:

- 70 State Champions (High School & College Levels) ●
- 36 All Americans ● 13 Indoor/Outdoor Sectional Titles ●
- 7 Section V Records ● 100's of All Stars & Section V Champions ●
- 1 National Champion

Notable Athletic Accomplishments:

- Pent - Hailey Burkhart (RIT) – State Champion 2015-2016 (Indoor)
- 110H Myles Garner (RIT) – State Champion 2015
- Cameron Lee (RIT) – All American 2011/2012 (Indoor)
- Men 4x200 Relay (RIT) State Champion 2012/2013 (Indoor)
- Men 4x200 Relay (RIT) State Champion 2011/2012 (Indoor)
- 400 Hurdles – Matt Marion (RIT) State Champion 2011 (Outdoor) All American
- 500m & Pentathlon – Matt Marion (RIT) State Champion 2011 (Indoor)
- 400 Hurdles – Matt Marion (RIT) State Champion 2010 (Outdoor) (All American)
- 400m – Brecht Moulin (RIT) State Champion 2010 (Outdoor)
- Men 4x400 Relay (RIT) State Champion 2010 (Outdoor)
- Women 4x100 Relay (RIT) State Champions 2009 (Outdoor)
- Men 4x400 Relay (RIT) State Champions 2009 (Outdoor)
- 400m Hurdles - Matt Marion (RIT) State Champion & MVP 2009 (Outdoor)
- Men 4x400 Relay (RIT) State Champions 2008/2009 (Indoor)
- 500m – Brecht Moulin (RIT) State Champion 2008/2009 (Indoor)
- 100m Hurdles – Lekeisha Perez (RIT) State Champion 2008 (Outdoor)
- 500m – Ryan Warner (RIT) State Champion 2007/2008 (Indoor)
- 55m Hurdles – Lekeisha Perez (RIT) State Champion 2007/2008 (Indoor)
- 300 Meter – Maddie Kopp (Spencerport) State Champion 2012/2013 (Indoor)
- 100 Hurdles – Isabel Hirtelen Booker (HAC) State Champion 2010-2012 (Outdoor)
- 400 Meter All-American 2011 (Outdoor) 300 Meter All-American 2013 (Indoor)
- Triple Jump – Jahari Ross (Edison) National Champion 2011 (Indoor Nationals)
- Men 4x400 Relay (Edison) All Americans 2011 (Indoor Nationals)

- 60m – Darian Johnson - (Edison) All American 2011 (Indoor Nationals)
- 400m – Jonathan Santana (Edison) State Champion 2009 (Outdoor)
- Men 4x400 Relay (Edison) State Champions 2009 (Outdoor)
- Men 4x100 Relay (Edison) All Americans 2009 (Outdoor Nationals)
- Men 4x400 Relay (Edison) All Americans 2009 (Outdoor Nationals)
- Men Sprint/Medley Relay (Edison) All Americans 2009 (Outdoor Nationals)
- 110 Hurdles – Brett Harrington (Edison) State Champion 2009 (Outdoor)
- Men 4x55 Hurdle Shuttle Relay (Edison) All Americans 2008/2009 (Indoor Nationals)
- Men 4x400 Relay (Edison) All Americans 2008/2009 (Indoor Nationals)
- 55m Hurdles – Brett Harrington (Edison) State Champion 2008/2009
- Triple Jump – Sametra Kelly (Edison) State Champion 2007/2008 (Indoor), 2008 (Outdoor)

Coach Aubrey Sheffield

Coach **Aubrey Sheffield** comes with over 20 years of coaching experience with mastery in sprinting, relays, middle distance and team organization. He is a well recognized coach in Section V.

Coach Sheffield is a former Edison record holding runner. Currently Coach Sheffield is an assistant coach at Penfield High School and also coaches for Maximum Velocity Track Club and he is proud to say that he was a former high school runner for Coach Rasmussen.

Highlights from coaching career include:

- From 1995-Present- Coached Many Individual Athletes to City, Sectional, MOC, State, & National Titles
- 13 Indoor/Outdoor Sectional Titles
- National Champion 2011 4x200 (Darien Johnson, Shyquan Jones, Jaron Moorer, Eddie Williams)
- National Champion 2011 Triple Jump – Jahari Ross
- National Champion 2012 Freshman 60 meter – Daekwan Garfield
- National Champion – 2013 Kaishaun Cathey
- Section V Record Girls 4x200 relay – (Tanisha Love, Demonica Stanley, Nyasiah Mercado, Billie Carroll)
- Indoor Track & Field Sectional Team Titles (2005, 2008, 2009)
- Outdoor Track & Field Sectional Team Titles (2004, 2006, 2007, 2008, 2009,2010)
- City Catholic Track & Field Team Titles (2000 - 2012)
- Rush Henrietta High School Basketball Coach (2001-2004 - 3 State Championships)
- 8 time RCAC Outdoor Track & Field Coach of the Year – 2006-2013