

Head Coach Angela Fitch



Angela Fitch is the first-ever head coach for the newly-created track & field teams, which began varsity competition during the spring of the 2016-17 academic year. In her first season at Brandywine, the team sent eight players to the USCAA National Championship in Delhi, N.Y.

Most recently, Fitch coached track & field at Kell High School in Marietta, Ga., for four years. While at Kell, Fitch led the girl's team to a third-place showing in the state, while helping mentor four 2016 graduates who received NCAA Division I scholarships.

From 2006-2014, Fitch was a USA Track & Field independent coach, where she taught fundamentals and techniques of all track & field events, while also coordinating team travel arrangements. Fitch earned her USA Track & Field Level I coaching certification in June 2016 and is a USATF certified official as well.

Fitch's coaching career began in 2001 at NCAA Division II Bowie State as she served as the women's sprint and hurdles coach. During her three-year stint at Bowie State, Fitch mentored 10 NCAA All-Americans, while also aiding in academic advisement and recruiting.

A two-year member of the track & field teams at La-Salle University, Fitch was an NCAA indoor qualifier at the 60-meter sprint after winning the Metro Atlantic Athletic Conference championship. She completed her bachelor's degree in education at Coppin State University and earned a master's degree in the same field from McDaniel College.



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Camp Information



Date 1: June 24, 2017

Date 2: July 15, 2017

9AM - 12PM

All ages/disciplines

welcome!

Cost: \$25 per camper

\$35 per coach

Location: Penn State Brandywine

Registration:

**Visit our camps page at
[www.psubrandywineathletics.com
/information/camps](http://www.psubrandywineathletics.com/information/camps)**

PENN STATE BRANDYWINE Speed, Quickness & Agility Clinic

Do you want to develop a quicker response time? Or the ability to jump higher or move quicker when in competition? If so, this is the clinic for you! The clinic will help you to develop your ability to accelerate, decelerate, stabilize and quickly change directions with proper posture. Through a series of interactive activities, each participant will be able to walk away with a new skill set to build upon.

If you want to jump higher, run faster, or be able to maneuver around your opponent, come check out one of our clinics!

Speed is defined as the ability to move the body in one direction as fast as possible. Agility is the ability to accelerate, decelerate, stabilize, and quickly change directions with proper posture.

Quickness is the ability to react and change body position with a maximum rate of force production

Athletes should bring:

Water bottle (with name on it)

To request more information, email

Head Track & Field Coach

Angela Fitch: AUF92@psu.edu



**PENN STATE
Brandywine**

BRANDYWINE ATHLETICS SPORTS CLINICS

For online registration and payment, visit <http://track.psubrandywinecamps.com/>
Please mail completed registration form and payment to: Penn State Brandywine Athletics
Checks should be payable to Penn State Brandywine.

c/o Sports Clinics
25 Yearsley Mill Road
Media, PA 19063

REGISTRATION (please print or type) You must fill out a separate registration form for each athlete and each clinic you wish to attend.

Sports Clinic	Fee
Date of Session	Position (if applicable)
Athlete Name	
Date of Birth	Age
Street Address	Gender
City	State
School	Grade Next Fall
Parent/Guardian	Phone Number
	Email Address
Emergency Contact	Phone Number

HEALTH INFORMATION

Health Insurance Provider	Policy Number
Physician	Physician Phone Number
Mother/Guardian Name	Father/Guardian Name
Mother/Guardian Home Phone Number	Father/Guardian Home Phone Number
Mother/Guardian Mobile Phone Number	Father/Guardian Home Phone Number

Allergies of Note

Medications/Times to be Taken

RELEASE OF LIABILITIES

I understand that:

1. No athlete shall be permitted to enroll until acceptable medical information is provided.
2. I am hereby releasing the college from any and all liability for any injuries incurred by my child while attending clinic.
3. I am hereby representing to the college that I will have adequate health insurance on my child while he/she is attending the clinic. (The college does **not** provide any health insurance.)
4. I will pay all costs incurred by the college as a result of any failure by my child to respect and maintain clinic facilities and/or to observe camp rules and regulations.
5. It is understood that Penn State Brandywine, the directors, or anyone connected with the college will not assume any responsibility for accidents (medical or dental) or any other expense incurred as a result of accidents. The college is not responsible for lost equipment.

Parent/Guardian Signature	Date
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PHOTOGRAPHY RELEASE

Pictures and videos are taken during the program that may be used in promotional brochures, on Penn State websites, in the local newspaper(s), or by other media outlets. We would appreciate permission for your child to be photographed while attending the Penn State Brandywine sports clinic(s). Photos used on Penn State websites will not include names. It is the policy of the local newspapers that any photos published in the paper will include names.

Yes No

Parent/Guardian Signature

Date

Penn State encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Sharon Manco at 610-892-1461 in advance of your participation or visit.