

Southern Illinois Presents: Everything Track Clinic

Sprints, Hurdles, Distance, Jumps & Throws

Thank you for your interest in Southern Illinois University's Track and Field Clinic. At this clinic, we will provide an educational and inspirational experience for athletes ages 12-18. Each camper will receive instructions from our knowledgeable staff using a combination of drills, demonstrations, and training theories to enhance performance. Participants will be able to gain insight to what it takes to be ready for track & field at the high school and collegiate level.

Please register online at: Link coming soon.

Event Date(s): June 25-26th, 2025

Event Time(s): 9:00a-12:30p/4:00a-7:00p.

Pricing: \$150 Per Day

What to Bring: Gym shoes, spikes/ throwing shoes, water, and snacks during water/snack break.

Location: Lew Hartzog Track & Field Complex, Carbondale IL

*Meals will not be provided at the clinic. This is a commuter camp (No on-campus over-night stays).

Coaches' Contact:

Head Coach/ Sprints: Richard Jones

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Sprints/ Hurdles: DeShawn Marshall

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Distance: Angelina Ramos

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Jumps: Jake Brydson

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Throws: Jeneva Stevens

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Day One: Session 1 & 2 Basic Drills and Skills Day 1: Sprint/Jumps/Throws

Session 1 (8:30 am - 12:00 pm)

8:30 - 9:00 am: Introduction of Coaches & Athletes

9:00 - 9:30 am: Warmup/ Ice Breaker

9:30 - 10:30 am: Event Instruction

10:30 - 11:00 am: Snack/Water break

11:00 - 12:00 pm: Event Instruction

12:00 - 12:30 pm: End of Session 1, Day 1

Day 1: Session 2 (4pm - 7pm)

4:00 - 4:30 pm: Warmup/ Ice Breaker

4:30 - 5:30 pm: Event Instruction

5:30 - 6pm: Snack/Water break

6:00 - 6:30 pm: Event Instruction

7:00 pm: End of Session 2, Day 1

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Day Two: Session 1 & 2 Advanced Drills and Skills Day2: Sprint/Jumps/Throws

Session 1 (8:30 am - 12:30 pm)

8:30 - 9:00 am: Introduction of Coaches & Athletes

9:00 - 9:30 am: Warmup/ Ice Breaker

9:30 - 10:30 am: Event Instruction

10:30 - 11:00 am: Snack/Water break

11:00 - 12:00 pm: Event Instruction

12:00 - 12:30 pm: End of Session 1, Day 2

Day 2: Session 2 (4pm - 7pm)

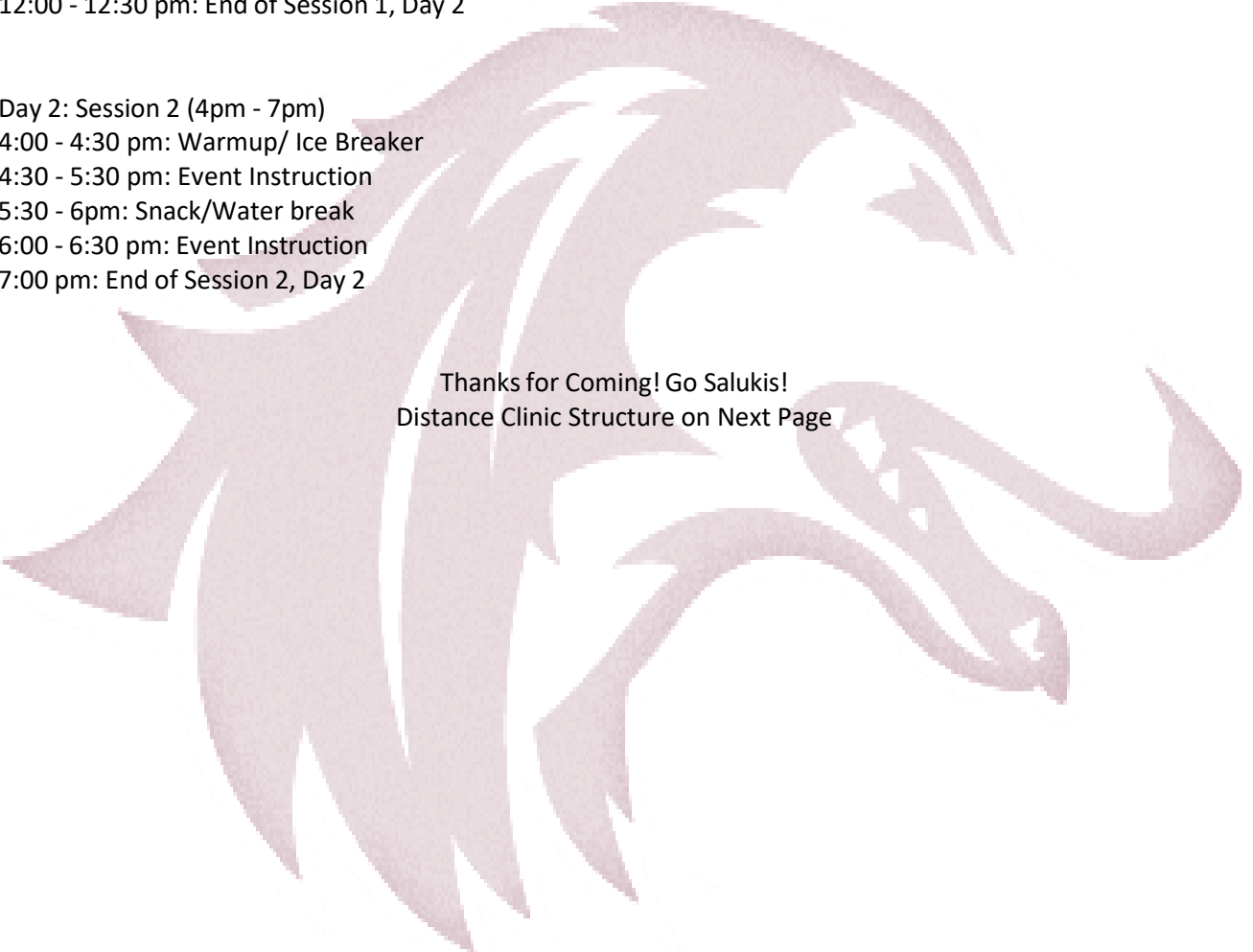
4:00 - 4:30 pm: Warmup/ Ice Breaker

4:30 - 5:30 pm: Event Instruction

5:30 - 6pm: Snack/Water break

6:00 - 6:30 pm: Event Instruction

7:00 pm: End of Session 2, Day 2



Thanks for Coming! Go Salukis!
Distance Clinic Structure on Next Page

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Camp structure for June 25-26th, 2025 below for Distance/ Mid-Distance:

Day 1:

5:15-5:45pm On-Site Registration

5:45-6:00pm Introduction of Coaches & Athletes (Ice Breaker)

6:00-6:45pm Proper Warm-up Tutorial: Dynamics, Mobility, Run (15 mins Warm-up)

6:45-7:30pm Brain Priming Methods & Infusing "Speed Development Strength

during cross country base phase:

1) Wickets & Medicine balls/ PVC Pipes

2) 3-7 second hill repetitions

3) Resisted runs or sleds

7:30-8:00pm Proper Cooldown

15-minute cooldown run

Balance Stability Ancillary work focus

Throwing, Catching & Rotational Core

8:00pm End of Day 1 Distance & Mid Distance Group

Day 2:

5:15-5:45pm On-Site Registration

5:45-6:30pm Proper Warm-up Tutorial: Dynamics, Mobility, Drills, Run (15 mins Warm-up)

6:30-7:30pm Cross Country Workout on Soft Surface XC Course

Feeling Pace & Effort Shifts on Uneven Terrain

1) Builds Workout—Interval Repeats (beginner) 2-3 x 800m builds
(every 200m gets faster)

2) Builds Workout—Interval Repeats (intermediate) 4-5 x 800m builds
(every 200m gets faster)

3) Builds Workout—Interval Repeats (advanced) 5-6 x 800m builds
(every 200m gets faster)

7:30-8:00pm Proper Cooldown

10-minute cooldown run

Strength over athletes' body weight post run session

8:00-8:15pm Culmination of Lessons Learned

8:15pm End of Day 2

Thanks for Coming! Go Salukis!