



Southern Illinois Track and Field Clinics

Saturday, July 22 and/or Sunday, July 23

At Southern Illinois University, we will provide an educational and inspirational experience. Each camper receives instruction from our knowledgeable staff using a combination of drills, demonstrations and training theory to enhance performance. For campers choosing to focus on hurdles, we will focus on both the short and long hurdles. For those campers that choose to throw, we will focus on Shot Put and Discus. Participants will be able to gain insight to what it takes to be ready for track & field at the high school and collegiate level. Campers will leave with a renewed enthusiasm for their event, and a plan for their future! This is a commuter camp (No on-campus over-night stays).

TIME:

TBA

LOCATION:

SIU Carbondale
Lew Hartzog Complex
405 Saluki Drive
Carbondale, IL

PARKING:

Parking is free on week-ends. You can park south of the Arena in Lot 56.

Questions:

Call Event and Outreach
618 / 536-7751



Saturday, July 22

Basic Drills & Skills

Throwers (Shot Put & Discus)
Hurdlers (Long & Short)

Saturday, July 22

Advanced Drills & Skills

Throwers (Shot Put & Discus)
Hurdlers (Long & Short)

Who should attend?

Open to any and all participants, ages 12 -18, who want to improve and learn new skills. Limited only by number, age, and/or grade level.

Registration Form

Track and Field Clinics

24M02004

Name: _____ Last name: _____

Address: _____

Day phone: _____ City, state, ZIP _____ Email: _____

Medical concerns: _____ Grade: _____

REGISTRATION FEE

Saturday Basic Drills & Skills

Throws—\$100

Hurdles—\$100

Sunday Advanced Drills & Skills

Throws—\$100

Hurdles—\$100

Both Days

Throws—\$150

Hurdles—\$150

Amount Enclosed \$ _____

PAYMENT INFORMATION

If paying by credit card, please complete information below:

Credit Card #:			
Exp. Date:		CVC:	
Name on Card:			
Billing Address:			
Email Address:			

WAYS TO REGISTER:

Online:
conferenceservices.siu.edu

Phone:
618/536-7751

Fax:
618/453-5680

Mail to: Events and Outreach, SIU Carbondale, Mail Code 6705, 1265 Lincoln Drive, Carbondale, IL 62901