



# Southern Illinois Track and Field Throws/ Sprints and Hurdles

**Saturday, January 27, 2024**

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:**

10:30-12:30

&

1:30-3:00

**LOCATION:**

SIU Carbondale  
SIU REC CENTER  
Carbondale, IL

**Questions:**

Call Event and Outreach  
618 / 536-7751

**SIU**

Southern  
Illinois  
University  
CARBONDALE

**Saturday, January 27, 2024**

***Basic & Advance Drills & Skills ( includes 2 sessions)***

***Sprints and Hurdles***

***Throws***

**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: \_\_\_\_\_ Email: \_\_\_\_\_ City, state, ZIP \_\_\_\_\_

Medical concerns: \_\_\_\_\_ Grade: \_\_\_\_\_

**REGISTRATION FEE**

Basic and Advanced  
Drills & Skills  
Throws—\$150  
Hurdles/ Sprints—\$150

Amount Enclosed \$ \_\_\_\_\_

Payment (choose one):

**Check** (Payable to SIUC)

**Credit Card** (Circle below)

Visa Discover Mastercard

**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