Southern Illinois Track and Field
Throws/ Sprints and Hurdles

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

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).

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.

PAYMENT INFORMATION
If paying by credit card, please complete information below:

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

Amount Enclosed  $ ______
Payment (choose one):
Check  (Payable to SIUC)
Credit Card  (Circle below)
Visa  Discover  Mastercard

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

WAYS TO REGISTER:
Online: conferenceservices.siu.edu
Phone: 618/536-7751
Fax: 618/453-5680