

# Southern Illinois University: 2026 Summer Track & Field Throws Camp

Thank you for your interest in Southern Illinois University's Throws Camp. At this camp, we will provide an educational and inspirational experience for athletes ages 12-18. Please register online at:

Each camper will receive instructions from our knowledgeable staff using a combination of drills, demonstrations, and training theories to enhance performance. The throw's clinic will focus on shot put and discus events. Participants will be able to gain insight on 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).*

**Pricing:** \$150 per day (includes 2 sessions of coaching).

**What to Bring:** Insulated water bottle, hat, sunblock, training outfit, training shoes, spikes/throwing shoes, snacks.

**Location:** Lew Hartzog Track & Field Complex, Carbondale IL

**Coaches' Contact:**

**Throws - Jeneva Stevens** Phone: 743.444.0356 Email: [jeneva.stevens@siu.edu](mailto:jeneva.stevens@siu.edu)

**Event Dates:** July 24th & 25th, 2026

**Event Times:** Session One: 8:30-12:00pm & Session Two: 4:00-7:00pm

**Throws:**

- ❖ Shot Put from 8:30-12:00 pm
- ❖ Discus from 4:00-7:00 pm

**Southern Illinois University:  
2025 Summer Track & Field Throws Clinic**

**Day One: Session 1 & 2 Basic Drills and Skills Day 1:**

**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

**Day Two: Session 1 & 2 Advanced Drills and Skills Day2:**

**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!!!