

Southern Illinois University Track & Field Sprints, Hurdles, Distance, Jumps & Throws Clinic

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: <https://conferenceservices.siu.edu/camp-youth-programs/>

Event Date: January 10th, 2026

Event Time: 1:00 pm - 5:15pm

Pricing: \$150 Per Athlete

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

Location: SIU Student Rec Center: 300 E. Grand Ave, Carbondale IL 62901

*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

Email: Richard.jones@siu.edu

Camp Liaison/ Throws: Jeneva Stevens

Email: Jeneva.stevens@siu.edu

Sprints/ Hurdles: DeShawn Marshall

Email: Deshawn.marshall@siu.edu

Distance: Angelina Ramos

Email: Angelina.ramos@siu.edu

Jumps: Jake Brydson

Email: Jacob.brydson@siu.edu

Event Times: Session One: 1:30-3:10pm & Session Two: 3:40-4:45pm

Basic Drills & Skills from 1:30-3:10 pm

Advanced Drills & Skills from 3:45-5:00 pm

Session 1 & 2 Breakdown:

Session 1 (1:30pm - 3:10pm)

1:00 - 1:30 pm: Onsite Registration - Introduction of Coaches & Athletes + Warmup/ Ice Breaker

1:30 - 3:00 pm: Event Instruction - Basic Drills & Skills

3:10 - 3:40 pm: Water/Snack Break

Session 2 (3:45pm - 4:45pm)

3:45 - 4:45 pm: Event Instruction - Advanced Drills & Skills

5:00 - 5:15pm: Group Photo. End of Day Camp.

THANKS FOR COMING! GO SALUKIS!



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