

SIU CARBONDALE TRACK & FIELD STAFF PRESENTS

A COACHING CLINIC FOR COACHES & CAMP FOR ATHLETES: JANUARY 10TH, 2026

9:00-9:20AM	WELCOME, INTRODUCTION TO TRACK & FIELD STAFF
9:30-11:15AM	BREAKOUT SESSIONS FOR INTERACTIVE AND/OR CLASSROOM STYLE LEARNING
✓ SPRINTS/RELAY COACH	→ HEAD COACH RICHARD JONES
✓ HURDLE COACHES	→ COACH DESHAWN MARSHALL
✓ DISTANCE/MID-D COACHES	→ COACH ANGELINA RAMOS
✓ THROWS COACHES	→ COACH JENEVA STEVENS
✓ JUMPS/ MULTI COACHES	→ COACH JACOB BRYDSON
11:15-11:30AM	RESTROOM BREAK
11:30-12:15PM	HIGH SCHOOL ATHLETE RECRUITMENT PROCESS SEMINAR BY TRACK & FIELD STAFF CLASSROOM STYLE LEARNING; INSIGHT NAVIGATING THE PROCESS & TIMELINES
12:15-1:30PM	[BREAK FOR COACHES TO ENJOY LUNCH IN GREATER-CARBONDALE AREA] * MEALS NOT PROVIDED * LUNCH RECOMMENDATIONS IN TOWN: SAL'S BISTRO, JIMMY JOHNS, CHIPOTLE, PANERA, PANDA, EXPRESS, MARY LOU'S GRILL, HARBAUGH'S, SUNNY STREET CAFÉ, THIS N' THAT, BLEND TEA & CREPE LOUNGE, CHICK-FIL-A, CHANGO'S, QUATTRO'S, ETC.
1:30PM-3:00PM	BREAKOUT SESSIONS WITH EVENT-SPECIFIC COACHES [SPRINTS, DISTANCE, JUMPS, AND THROWS]. HIGH SCHOOL COACHES OBSERVE TECHNICAL SKILL DEVELOPMENT WITH ATHLETES RANGING FROM 12-18.
✓ SPRINTS/RELAY COACH	→ HEAD COACH RICHARD JONES
✓ HURDLE COACHES	→ COACH DESHAWN MARSHALL
✓ DISTANCE/MID-D COACHES	→ COACH ANGELINA RAMOS
✓ THROWS COACHES	→ COACH JENEVA STEVENS
✓ JUMPS/ MULTI COACHES	→ COACH JACOB BRYDSON
3:10PM-3:40PM	SCHEDULED BREAK FOR COACHES AND CAMPERS
3:45PM-4:45PM	EVENT-SPECIFIC BREAKOUT SESSION CONTINUES
5:00-5:30PM	GATHER BACK TOGETHER FOR KEY TAKEAWAYS AND FINAL QUESTIONS / GROUP PHOTO BEFORE EVENT CONCLUDES

THANKS FOR COMING! GO SALUKIS!

Coaches' Contact:

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| • 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 |