

Southern Illinois University: 2025 Track & Field Camp and Coach's Clinic

Thank you for your interest in Southern Illinois University's Track & Field Camp and Coach's Clinic. At this camp/clinic, 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. 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).

Pricing: \$150

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

Location: SIU Rec Center, Carbondale IL

Coaches' Contact:

Throws - Jeneva Stevens Phone: 743.444.0356

Email: jeneva.stevens@siu.edu

Event Dates: February 22, 2025

Event Times: Track and Field Camp (athletes aged 12-18): 1:30- 5pm

Coach's Clinic- Session Two: 9:00am-12:15pm & 1:30-5:00pm

Registration Form	Track and Field Clinics	24M02004
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Name: _____ **Last name:** _____

Address: _____

City, state, ZIP

Day phone: _____ **Email:** _____

Medical concerns: _____ **Grade:** _____

<p style="text-align: center; border-bottom: 1px solid black;">REGISTRATION FEE</p> <p><input type="radio"/> Track & Field Camp—\$150 (athletes 12-18)</p> <p><input type="radio"/> Coach's Clinic—\$150 2-Sessions</p> <p>Amount Enclosed \$ _____</p> <p>Payment (choose one):</p> <p><input type="radio"/> Check (Payable to SIUC)</p> <p><input type="radio"/> Credit Card</p> <p style="font-size: small; margin-left: 20px;"> <input type="radio"/> Visa <input type="radio"/> Discover <input type="radio"/> Mastercard </p>	<p style="text-align: center; background-color: black; color: white; border-bottom: 1px solid black;">PAYMENT INFORMATION</p> <p style="font-size: small;">If paying by credit card, please complete information below:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Credit Card #:</td> <td colspan="3"></td> </tr> <tr> <td>Exp. Date:</td> <td style="width: 15%;"></td> <td style="width: 15%;">CVC:</td> <td style="width: 10%;"></td> </tr> <tr> <td colspan="4">Name on Card:</td> </tr> <tr> <td colspan="4">Billing Address:</td> </tr> <tr> <td colspan="4">Email Address:</td> </tr> </table>	Credit Card #:				Exp. Date:		CVC:		Name on Card:				Billing Address:				Email Address:				<p style="text-align: center; border-bottom: 1px solid black;">WAYS TO REGISTER:</p> <p style="text-align: center; font-size: small;">Online: conferenceservices.siu.edu</p> <p style="text-align: center;">Phone: 618/536-7751</p> <p style="text-align: center;">Fax: 618/453-5680</p>
Credit Card #:																						
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Mail to: Events and Outreach, SIU Carbondale, Mail Code 6705, 1265 Lincoln Drive, Carbondale, IL 62901

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Track & Field Athlete Camp: Session 1 (1:30 pm - 5:00 pm)

- **Session One:** 1:30 - 5:00 pm: Track Clinic with athletes ages 12-18

Coach's Clinic: Session 1 (9:00 am - 12:15 pm)& Session 2 (1:30 pm - 5pm)

- **Session One: (9:00 am - 12:15 pm)**

9:00 am – 12:15pm: Classroom Style
Presentation

- **Session Two: (1:30 pm - 5pm)**

1:50 -5:00pm: Interactive Drills
and Skill with Designated Event
Coach

Thanks for Coming!!!

