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. 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).

Registration Form

Name: ___________________________ Last name: ___________________________

Address: _____________________________________________________________

Day phone: ___________________________ City, state, ZIP: ________________ Email: ___________________________

Medical concerns: ______________________________________________________

Grade: ________________

REGISTRATION FEE

Saturday Basic Drills & Skills
Throws—$100
Hurdles—$100

Sunday Advanced Drills & Skills
Throws—$100
Hurdles—$100

Both Days
Throws—$150
Hurdles—$150

Amount Enclosed $ _______

PAYMENT INFORMATION

If paying by credit card, please complete information below:

Credit Card #: ___________________________ Exp. Date: _____________ CVC: _____________

Name on Card: ___________________________

Billing Address: ___________________________

Email Address: ___________________________

WAYS TO REGISTER:

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

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

Saturday, January 27, 2024

Basic Drills & Skills

Throwers (Shot Put & Discus)

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.