

WISCONSIN TRACK & FIELD

WELCOMES

SPRINTS/HURDLES AND LONG/JUMP CAMPERS

CAMP RANDALL SPORTS CENTER 'THE SHELL' – MADISON WISCONSIN

Saturday, December 9

Long Jump and Triple Jump Camp

- Check In at 11:30am – 12:00pm, Dismissal – 4pm
- Cost - \$100.00
- Registration Closes on Friday, December 8th at 12pm

Goals of Camp – Acceleration Development as it pertains to Runway Approaches
Take – Off Techniques, Bounding Techniques & Drills, Landing Techniques & Drills,
Sprint Plyo Jump Training

Sunday, December 10

Sprints and Hurdles Camp

- Check In at 11:30am – 12:00pm, Dismissal – 4pm
- Cost - \$100.00
- Registration Closes on Friday, December 8th at 12pm

Goals of Camp – Block Start Mechanics, Acceleration Development, Sprint Mechanics
Max Velocity Training, Hurdle Drills & Technique, Sprint Hurdle Rhythm,
Long Hurdle Drills & Techniques, Sprint Plyo Jump Training

FUTURE SPRINT/HURDLES/JUMPS (2 DAY) CAMPS – JUNE 28 -29, JUNE 30- JULY 1



**SPRINTS/HURDLES
JUMPS
COACH**



KAREEM JACKSON

IMPORTANT CONTACT INFORMATION

BADGER SPORTS CAMPS – badgercamps@athletics.wisc.edu

UWCAMPS.COM/TRACKANDFIELD

CAMPS ARE OPEN TO ANY AND ALL ENTRANTS

**CAMP RANDALL SPORTS
CENTER**

INFORMATION

(608)-263-6566

1430 MONROE ST.

MADISON, WI 53715

**24 OLYMPIANS * 1 NCAA NATIONAL INDOOR TEAM TITLE * 29 NCAA INDOOR INDIVIDUAL
CHAMPIONS * 37 NCAA OUTDOOR INDIVIDUAL CHAMPIONS * 58 X BIG TEN CHAMPIONSHIPS
20 INDOOR NCAA TOP 10 FINISHES * 21 OUTDOOR NCAA TOP 10 FINISHES**