

# WISCONSIN TRACK & FIELD

WELCOMES  
SPRINTS/HURDLES CAMPERS  
THE MCCLAIN CENTER – MADISON WISCONSIN

Saturday, February 17

Sprints and Hurdles Camp

- Check In at 11:30am – 12:00pm, Dismissal – 4pm
- Cost - \$100.00
- Registration Closes on Friday, February 16 at 12pm
- Camp will be held in McClain Football Turf

Goals of Camp – Give Specific Feedback for Future Improvements

Set Up Drills that will allow as many Opportunities per person

Block Start Mechanics

Acceleration Development

Sprint Mechanics

Max Velocity Training

Hurdle Drills & Technique

Sprint Hurdle Rhythm

Long Hurdle Drills & Techniques

Sprint Plyo Jump Training



**SPRINTS/HURDLES  
COACH**



**KAREEM JACKSON**

**IMPORTANT CONTACT INFORMATION**

Badger Sports Camps – [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu)

Open to any and all entrants Grades 7-12

<http://www.uwcamps.com/sport.aspx?id=29>

The McClain Center  
1475 Engineering Dr.  
MADISON, WI 53711

**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**