

WISCONSIN TRACK & FIELD

WELCOME BACK

SPRINTS/HURDLES AND LONG/TRIPLE JUMP CAMPERS IS OPEN TO ANY AND ALL
MCCLIMON OUTDOOR TRACK – MADISON WISCONSIN

July 6th & 16th

Sprints & Hurdles

Goals of Camp – Block Start Mechanics Acceleration

Development/Sprint Mechanics

Max Velocity Training

Hurdle Drills & Technique

Sprint Hurdle Rhythm & Techniques

July 10th & 20th

Long Jump/Triple Jump

Goals of Camp – Acceleration Development as
it pertains to Runway Approaches

Take – Off Techniques

Bounding Techniques & Drills

Landing Techniques & Drills

Camp Check In Times

➤ Check In - 4:45pm/Check Out - 8pm

➤ Cost - \$130.00

➤ Registration Opens June 10th

***** Each Date Is A Separate Camp*****



**SPRINTS/HURDLES
JUMPS
COACH**



KAREEM JACKSON

IMPORTANT CONTACT INFORMATION

Badger Sports Camps

badgercamps@athletics.wisc.edu

SUMMER CAMPS ARE OPEN FOR REGISTRATION!

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