

# WISCONSIN TRACK & FIELD

**WELCOME BACK**

**SPRINTS/HURDLES CAMP IS OPEN TO ANY AND ALL FROM AGES 12 -18**

**MCCLIMON OUTDOOR TRACK – MADISON WISCONSIN**

**July 11<sup>th</sup> (5pm – 8pm) & July 12<sup>th</sup> (10am – 1pm)**

## **Camp Registration Opens**

➤ Registration Opens June 13<sup>th</sup>

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

## **Camp Check In Times**

➤ 4:30pm – July 11<sup>th</sup>

➤ 9:30am – July 12<sup>th</sup>

## **Description of Sprints & Hurdles Camp**

Camp is designed to incorporate small training groups, event specific training & event specific drills

- 6 Training Sessions in 2 Days
- Block Start Mechanics
- Acceleration Development
- Sprint Mechanics
- Max Velocity Training
- Hurdle Drills & Technique
- Sprint Hurdle Rhythm & Techniques
- Long Hurdle Development & Techniques



**SPRINTS/HURDLES**

**JUMPS**

**COACH**



**KAREEM JACKSON**

## **REGISTRATION & LINKS FOR CAMP INFORMATION**

**Camp Cost - \$250.00**

**SUMMER CAMP IS OPEN FOR REGISTRATION!**

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

**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  
21 INDOOR NCAA TOP 10 FINISHES \* 21 OUTDOOR NCAA TOP 10 FINISHES**