



BOYS & GIRLS TRACK & FIELD DAY CAMP

JULY 6-9, 2010

THROWS CAMP: 9:00AM – NOON SPRINTS / JUMPS CAMPS: 1:00 – 4:00PM

WHO: GRADES 8-12 (FALL 2010)

COST: \$120 PER PERSON

LOCATION: VALLEY FIELDS

(16TH AND CANAL IN THE MENOMONEE VALLEY)

JUMPS CAMP:

DEVELOP YOUR SKILLS AND GAIN KNOWLEDGE OF THE TECHNICAL ASPECTS OF THE LONG, TRIPLE, AND HIGH JUMP WITH ASSISTANT COACH NICK DAVIS.



SPRINTS/HURDLES CAMP:

JOIN HEAD COACH BERT ROGERS AND RECEIVE ELITE-LEVEL TRAINING FOR THE 100M, 200M, 400M, & HURDLES TO ENHANCE SPEED AND PERFORMANCE.



THROWS CAMP:

TRAIN LIKE AN ELITE THROWER AS ASSOCIATE HEAD COACH MIKE KOENNING HELPS TO IMPROVE STRENGTH AND SPEED IN THE SHOT PUT AND DISCUS THROWS.



ACTIVITIES ALSO INCLUDE:
BREAKOUT SESSIONS TO DISCUSS TOPICS SUCH AS: STRENGTH TRAINING, NUTRITION, & PERFORMANCE PSYCHOLOGY
EVENT-SPECIFIC VIDEO SESSIONS WITH THE MU COACHES
AND THE FIRST-ANNUAL MARQUETTE TRACK AND FIELD CAMP CLASSIC

FOR MORE INFORMATION:

HEAD COACH BERT ROGERS (SPRINTS, HURDLES & JUMPS) – 414-288-5106 OR BERT.ROGERS@MU.EDU
ASSOCIATE HEAD COACH MIKE KOENNING (THROWS) – 414-288-5787 OR MICHAEL.KOENNING@MU.EDU

REGISTER ONLINE AT:

[HTTP://WWW.ACTIVE.COM/OTHER-CAMP/MILWAUKEE-WI/MARQUETTE-TRACK-AND-FIELD-CAMPS](http://www.active.com/other-camp/milwaukee-wi/marquette-track-and-field-camps)