

CARDINAL TRACK & FIELD CAMPS

JUNE 27 – JUNE 30



Junior High (entering 5th - 8th grades)

Held daily from 5:00 pm - 6:15 pm

- Develop fundamental skills of sprints, jumps, and hurdles
- Establish understanding of basic conditioning, flexibility, and nutrition
- Aid and enhance preparation for high school programs.

High School (entering 9th- 12th grades)

Held daily from 6:30 pm - 8:00 p.m.

- Develop speed, power, and technique in sprints, jumps, and hurdles
- Analysis and discussion of technique, including emphasis of the psychological and physiological aspects of training and competition
- Learn specific training and conditioning methods for future improvement
- During the four day camp, campers will be instructed in; sprint mechanics, sprinting drills, block starts, relay exchanges and acceleration and speed maintenance **(along with techniques and drills in the jumping and hurdling events).**

About the Directors:

Brian Power – Men’s Cross Country/Track & Field Coach at St. Olaf College. A 1999 Warrensburg-Latham graduate, Power is a seven-time Heartland Collegiate Athletic Conference Coach of the Year while serving as the Director of Track & Field/Cross Country at Hanover College.

Contact: power3@stolaf.edu or 217.972.0062.

Dirk Doehring – Assistant Coach/Recruiting Coordinator, Illinois College. A 2002 Millikin University grad, Doehring coaches the sprinters and hurdlers, and has previously coached jumpers and pole vaulters for the Blueboys and Lady Blues. Doehring previously served as a men’s assistant coach at the University of Illinois and the Director of Track & Field/Cross Country at Millikin.

Contact: ddoehring3@hotmail.com or 217-620-7515.

Fee: Early Bird Rate- \$50 for Junior High campers and \$75 for High School campers; \$60 for Junior High campers and \$85 for High School campers registering on first day of camp

Online Registration:

<https://forms.gle/YUgLXasDzTk9kgAd8>

2022 Track & Field Release Form:

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

School: _____ Coach: _____ Grade: _____

Gender: _____ Date of Birth: _____

Cell Phone: _____ Email: _____

Emergency Contact Name: _____ Phone: _____

Waiver: The undersigned parent/guardian understands that the camper will be engaging in physical activity during the program which contains the inherent risk of physical injury, and assumes the risk and releases Warrensburg-Latham High School, Central Illinois Track Camp and its directors/employees from any and all liability for personal injury arising out of the camper’s participation in the camp program. I hereby grant permission for my child to attend the Central Illinois Track Camp.

Signature of Parent/Legal Guardian: _____ Date: _____

**Please register online, or mail registration form and check to Dirk Doehring-
3708 Carney Blvd,
Springfield, IL 62712**

***OR* Bring with on the first day of camp**