

Prairie Ridge Boys Freshman Track and Field Camp

Camp Site: Prairie Ridge Track (*The track will be resurfaced this summer, and therefore we may not have access to it for all sessions. Meet each week at the track entrance gate, regardless, and we will find a suitable place for practice.)

Session 1: Wed. June 11th 6pm- 8:15pm

General Introduction to High School Track and Field

Session 1 will be useful for all athletes interested in running track and field at Prairie Ridge. We will focus on proper warm-up and stretching for the high school athlete. Coach Shutt will also analyze running form and present plyometric drills and core strengthening exercises that enable you to increase your speed and strength for the upcoming season.

Session 2: Wed. June 18th 6pm-8:15pm

Long Jump, Triple Jump, Throws

Session 2 is designed to introduce young athletes to the broad jumps, as well as help the experienced broad jumper gain additional knowledge. Coach Shutt will instruct basic techniques and principles associated with the long and triple jumps. Campers will learn drills to help them jump further.

Throws

Coach Breeden and 2 school record holders will provide instruction in the fundamentals of throwing shot put and discus. You will leave this session with a toolbox of knowledge and drills that you may use to improve your technique and strength.

Session 3: Wed. June 25th 12:30-2:45 pm

Hurdles, Sprints

Session 3 will prove useful for the experienced middle school sprinter and hurdler, as well athletes who have never had the opportunity to give it a try. Coach Riemer will discuss sprint races from 100- 400 meters and provide technical information and drills that will enable the middle school low hurdler to make the transition to the 110 meter high hurdles and 300 meter intermediate hurdles.

Session 4: Tues. July 1st 6-8pm

High Jump

Session 4 will focus the event of high jump. Coach Riemer will demonstrate proper jumping technique and a series of drills to help you to get stronger and jump higher.

Prairie Ridge Boys Track and Field Camp Registration

Registration Fee: \$5 per session, or \$10 for all 4
Make Checks Payable to: Prairie Ridge High School

Please send payment and registration form to the following address before June 5th:
Prairie Ridge High School
Attn: Judd Shutt
6000 Dvorak Dr.
Crystal Lake, IL 60012

Athlete's Name: _____

Parent name: _____ Phone number: _____

Emergency contact _____ Phone number: _____

I authorize the staff at PRHS T&F camp to act for me according to their best judgment in an emergency requiring medical attention. I also recognize that I am responsible for my own medical insurance.

Parent/Guardian signature _____ Date _____

Please place a check next to the sessions you plan on attending:

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General Introduction to High School Track and Field
Stretching, strengthening, and running form

Session 2: June 18th 6pm-8:15pm

Long Jump, Triple Jump, Throws

Session 3: June 25th 12:30pm-2:45pm

Sprints, Hurdles

Session 4: July 1st 6pm-8pm

High Jump

Questions: Please feel free to contact Coach Shutt at jshutt@d155.org or on my cell phone at 815-347-7010.