

St. Joseph Track and Field Camp

Purpose: To Improve Track and Field skills/knowledge utilizing guest coaches. It will offer an opportunity to work one-on-one with a nationally renown coach in their specific event. Registration is optional/requires separate registration/fee.

The 2008 track and field camp has been scheduled for March 30, April 13, and May 4 (see below for scheduled times). This year we are excited to announce that **Head Track Coach at Lewis University, Dana Schwarting**, will be hosting the camp. In only six years of coaching, Coach Schwarting has coached three national champions, three national runners-up, and 37 Division II Collegiate All-Americans. Furthermore, he coached two members of the 2004 US Olympic Track and Field Team that competed in Athens. He has coached all aspects of track and field, specifically, the sprints, shot put, discus, long and triple jump, and hurdles. Most recently, he coached triple-jumper Marquise Brown and long-jumper Jenifer Scmidgall who were All-Americans in both indoor and outdoor competition.

March 30th will focus on sprinting techniques; starts, form running, and training techniques. Times for this day will be as follows:

5th and 6th grade boys: 1-2

5th and 6th grade girls: 2-3

7th and 8th grade boys: 3-4

7th and 8th grade girls: 4-5

April 13th and May 4th will focus on the field events. These two days will be broken down into five sessions, each day, each session being one hour long. Athletes will attend the session which pertains to the field event(s) they do in our meets.

Session one: triple jump 1-2 pm

Session two: high jump and javelin 1-2 pm (same time as triple jump)

Session three: discus 2-3 pm

Session four: long jump 3-4 pm

Session five: shot put 4-5 pm

Cost: \$50 for the first family member, then \$25 for each additional child. PLEASE WRITE SEPARATE CHECKS FOR TRACK REGISTRATION AND THE TRACK CAMP.

Track and Field Camp Registration

Please register _____ for the 2008 St Joseph Track and Field camp. Attached is a check made out to St Joe's A&B for \$50 for the first family member and \$25 for each additional member.

Please return to Ian Correll rm# 101