

# CAMP GOALS

The Illinois State track & field camp is designed to teach all facets needed to improve as a track & field athlete. The camp will cover a wide range of topics including technical, training theories, strength and conditioning and nutritional information for the campers. Individual groups will also discuss proper mental training for practice and competition. The event groups will focus mainly on the following:

- Sprints - for each discipline of sprinting and hurdling the emphasis will be placed on the technical fundamentals as well as the psychological aspects of training.
- Throws - events covered in detail will be shot (glide), shot (rotation) and the discus. Introductory stages will be taught in the hammer and the javelin. There will also be sessions in mental training.
- Pole Vault - the pole vault will be limited to the first 20 campers that register. Beginning progressions and intermediate drills will be covered along with video analysis. Vaulters are encouraged to bring their own poles.
- Jumps - the emphasis will be placed on technical fundamentals of long jump, triple jump and high jump, as well as mental training.

# TUITION

\$400 // Individual Resident Camper

\$325 // Individual Commuter Camper

\$350 // Team (Same Gender)

- Includes groups of 4 or more. Registrations must be mailed in together or completed online together

\$100 // Deposit by July 8 (Balance due at camp check-in)

# FAQ

What should I bring to camp?

- Spikes and flats, water bottle, snacks & a good attitude
- Running outfit/workout clothes for each workout session, sunscreen
- Resident campers - bring toiletries, towel & washcloth, blanket & pillow

Do I need spending money at camp?

- Yes, you will need it for snacks, vending machines & ice cream

# REDBIRDS STAFF



## JEFF BOVEE

Camp Director // Director of Track & Field/XC

- Coached Jack Anstey, Kyle Mattes and Aisha Praught-Leer in NCAA Championships
- 4x USTFCCA Midwest Region Coach of the Year
- 7x MVC Indoor Coach of the Year (Men's/Women's)
- 3x MVC Women's Outdoor Coach of the Year
- 3x MVC XC Coach of the Year (Men's/Women's)
- Coached upwards of 45 MVC champions & 168 All-MVC performers



## DANIEL GOORIS

Assistant Coach // Jumps/High Jump/Multi Events

- Guided high jumper Kameesha Smith to 2nd Team All-America honors at the 2019 NCAA Outdoor Championships and the 2021 NCAA Indoor Championships
- Coached 3 school record holders at ISU: Kameesha Smith (high jump), Jordyn Bruce (pent.) & Ariel Atlas (hept.)
- Led the No. 2 women's high jump group in the nation



## DANNY STULTS

Assistant Coach // Distance

- Coached Kevin Koski to his first MVC Champion title
- Guided the Redbirds men's cross country team to their first MVC Cross Country Team Championship since 2002
- Coached Grace Beattie to 3 No. 2 marks in school history & 3 facility records in 3 different events (1,500m, steeplechase, 5,000m) & the MVC Championship meet record in the steeplechase



## DESHAUN JORDAN

Assistant Coach // Sprints/Hurdles

- USATF Level II certified coach
- Guided the sprints squad to 3 MVC titles and 13 All-Valley performances in his first season as a coach
- Coached Brandon Ratliff to the NCAA West Prelims in the 110m hurdles as a freshman



## MIKE BARTOLINA

Assistant Coach // Pole Vault/Jumps

- Guided 13 athletes to All-America honors and 50+ qualifiers to the NCAA Preliminary Championships during his time at Louisiana Tech, Alabama and Southeastern Louisiana
- Led Lakan Taylor to an NCAA championship in 2017, becoming Alabama's first pole vault champion in program history



## AMANDA YOUNGBLOOD

Assistant Coach // Throws

- Helped guide multiple athletes to success at the national level, coaching three athletes to All-America honors, as well as guiding six athletes to the NCAA Championships
- Led 12 athletes to qualification for the NCAA Preliminary Championships

# SPRINT, HURDLE, JUMP & THROW WITH THE REDBIRDS



# ILLINOIS STATE TRACK & FIELD CAMP

JULY 24-27, 2022

CAMPERS ENTERING GRADES 6-12



# CAMP SCHEDULE

**SUNDAY**  
 2:00-3:00 p.m. Check-in at the dorm  
 3:00-3:30 p.m. Camp Assembly/Policies  
 3:30-6:00 p.m. Event instruction/Participation  
 6:00-7:00 p.m. Dinner/Free time  
 7:00-8:30 p.m. Games/Group activities

**MONDAY & TUESDAY**  
 7:30-8:30 a.m. Breakfast  
 8:45-9:00 a.m. Camp Assembly  
 9:00 a.m.-12:00 p.m. Event instruction/Participation  
 12:00-1:30 p.m. Lunch/Free time  
 1:30-3:00 p.m. Lecture  
 3:30-6:00 p.m. Event instruction/Participation  
 6:00-7:00 p.m. Dinner/Free time  
 7:00 p.m. Games/Group activities

**WEDNESDAY**  
 7:30-8:30 a.m. Breakfast  
 8:45-9:00 a.m. Camp Assembly  
 9:00 a.m.-11:00 p.m. Event instruction/Participation  
 11:30-12:00 p.m. Camp Dismissed at Outdoor Track

Campers will have the opportunity to meet and receive information from our nutritional specialist and our weight training staff.

Campers will enjoy the use of the \$1.3 million outdoor track on the Illinois State campus. In the event of bad weather, the campers will move to the indoor facility in Horton Field House, located adjacent to the track.

# LODGING

Housing will be provided in Illinois State residence halls with two campers per room. Roommate preference must be filled in on the registration form and campers must check in at registration together.

# TRAINING/MEDICAL

A full-time athletic trainer will be on site at all times throughout the duration of the camp. PLEASE NOTE: All campers must complete the medical history before participating in any camp activities. Participants must also complete the COVID-19 Acknowledgment of Risks and Public Health Mitigation Measures for Participants

# IMPORTANT DATES

Sunday, July 8 // Registration Deadline // \$100 deposit required  
 Sunday, July 24 // 2-3 p.m. // Camp Check-In  
 Wednesday, July 27 // 11:30 a.m. - 12 p.m. // Camp Check-Out  
 Late Registration Fee // \$35 after July 8

Illinois State University camps and clinics are open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender).

Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action and diversity. Discrimination based upon race, color, religion, sex, national origin, age, disability or veteran status is a violation of federal, state and university policy and will not be tolerated.

If you need a special accomodation to fully participate in this activity or require special dietary needs, please contact Laurie Retzer at 309-438-3633. Please allow sufficient time to arrange the accomodations.

**Online registration for credit card payments at: [redbirdstrackandfieldcamps.totalcamps.com](http://redbirdstrackandfieldcamps.totalcamps.com)**  
**Please make checks payable to:**

- Illinois State Track and Cross Country Camp
- Mailing address: Illinois State Cross Country Camp Campus Box 7130 Normal, IL 61790-7130

# REGISTRATION

NAME \_\_\_\_\_

CAMPER'S EMAIL \_\_\_\_\_

MAILING ADDRESS (CITY/STATE/ZIP) \_\_\_\_\_

1- PARENT/GUARDIAN NAME, PHONE & EMAIL \_\_\_\_\_

2- PARENT/GUARDIAN NAME, PHONE & EMAIL \_\_\_\_\_

SCHOOL \_\_\_\_\_

GRADE (FALL 2022) \_\_\_\_\_

GRAD YEAR \_\_\_\_\_

DOB \_\_\_\_\_ GENDER M F

EVENT: \_\_\_Jumps \_\_\_Sprints/Hurdles \_\_\_Distance  
 \_\_\_Pole Vault \_\_\_Throws

T-SHIRT SIZE XS S M L XL XXL 3XL

ROOMMATE PREFERENCE \_\_\_\_\_

**TUITION OPTIONS**  
 \_\_\_ INDIVIDUAL RESIDENT - \$400  
 \_\_\_ **TEAM (4+ MEMBERS) - \$350**  
 \_\_\_ INDIVIDUAL COMMUTER - \$325

PAYMENT: CASH \_\_\_\_\_ CHECK # \_\_\_\_\_

Cancellations prior to July 8th will receive their registration fee minus a \$100 Admin Fee. Those only paying the camp deposit will not receive a refund.

Team registrations must be mailed together to receive discount.

NO REFUNDS AFTER JULY 8TH.