

# 2021 Simplot Games Track Camp

*Presented by: Dick Fosbury*

## **Camp Schedule**

*Tentative - Times may change*

### **Wednesday, July 7<sup>th</sup>**

8:30 - 9:45	Check-in at ISU Davis Field
10:00 - 12:30	Introduction of Camp Staff <b>1<sup>st</sup> Coaching Session</b> Choices: HURDLES, LONG & TRIPLE, POLE VAULT, SPRINTS HIGH JUMP, SHOT & DISCUS, DISTANCE
12:30 - 2:30	Lunch Break
2:30 - 5:00	<b>2<sup>nd</sup> Coaching Session</b> Choices: HURDLES, LONG & TRIPLE, POLE VAULT, SPRINTS HIGH JUMP, SHOT & DISCUS, DISTANCE
5:00 - 6:00	Nutrition Talk & Jamba Refresher

### **Thursday, July 8<sup>th</sup>**

9:00 - 12:00	<b>3<sup>rd</sup> Coaching Session</b> Choices: HURDLES, LONG & TRIPLE, POLE VAULT, SPRINTS HIGH JUMP, SHOT & DISCUS, DISTANCE
12:00 - 1:00	Lunch
1:00 - 1:45	College Information Seminar for JR's and SR's - Rm TBA
2:00 - 5:00	<b>4<sup>th</sup> Coaching Session</b> Choices: HURDLES, LONG & TRIPLE, POLE VAULT, SPRINTS HIGH JUMP, SHOT & DISCUS, DISTANCE

### **Friday, July 9<sup>th</sup>**

9:00 - 12:00	<b>5<sup>th</sup> Coaching Session</b> Choices: HURDLES, LONG & TRIPLE, POLE VAULT, SPRINTS HIGH JUMP, SHOT & DISCUS, DISTANCE
11:45 - 12:00	Camp 4x1 Relay
12:00	Farewell at Davis Field Pick up camp pictures. Parents are encouraged to come meet the camp staff.