



2019 Winter Sprint and Throws Camp

Date: Saturday December 14th, 2019

Time: 10a – 4:00p

Where: Gordon Fieldhouse at Ohio Wesleyan University

105 S Sandusky St, Delaware, OH 43015

Cost: \$75 (Lunch and Camp t-shirt provided)

Registration is ONLINE at bishopsthrowscamp.com

On time Deadline: November 26, 2019

Late Deadline (NO t-shirt): Until Start of event

Sprint/Hurdle Schedule

9-9:15 registration- 100,200,400 & Hurdles
9:15-9:45 Introduction / warm up
9:45-10:15 Stretching
10:15-10:45 Starts
10:45-11:15 Acceleration / workout
11:15-11:45 Relays
11:45-12:00 Questions
12:00-1:00 Lunch
1:00-1:45 Introduction for hurdles, continued sprint workouts and drills
1:45-2:15 Warm up / stretching
2:15-2:45 Lead and trail leg drills with the Kicker
2:45-3:15 Hurdle drills with workout
3:15-3:45 Starts
3:45-4:00 Questions

(Limited to first 40 applicants)
Coach Tracy Spencer

taspencer@owu.edu

(Shot/Disc) Schedule

9:00 – 9:15 Registration
9:15 – 9:50 Defining: Key positions for success
9:50 - 10:00 Break
10:00 – 10:15 Effective Warm-up
10:15 – 12:00 Throwing/Drills – hitting Key positions
12:00 – 1:00 Lunch
1:00 – 1:30 Puds/Kettlebell throws
1:30 – 3:00 Throwing
3:00 – 4:00 Practice Success Plan

(Limited to first 40 applicants)
Coach Dennis Kline

dekline@owu.edu

Intended Audience: All Middle School and High School Student-Athletes

****Coaches are FREE with paid camper****

Please bring your own implements.

Please bring appropriate spikes and/or throwing shoes