



**DIVINE
CHILD**
HIGH SCHOOL



YOUTH HURDLER CAMP

Beginner, Intermediate & Experienced Hurdlers

June 25 - 28, 2018

Grades 6th and above (Fall 2018)

9:00 am - 3:00 pm (Includes a camp T-Shirt & Lunch provided)

Location: Divine Child Alumni Athletic Complex (DCAA)

Cost: \$125/camper

Skills, Technique and Drills covered:

- Using modified hurdle heights and spacing in practice
- Setting up your training week
- How should technique be evaluated and improved
- Race modeling strategy
- Understanding of basic conditioning and flexibility
- Theory and technique discussions
- Dynamic sprint and hurdle speed drills
- Hurdles stamina and finishing drills

Online Registration and Payment:

[Hurdler Camp](#)



INSTRUCTORS:

Randy Williams:

Divine Child Head Boys Track & Cross Country Coach
Two Time NCAA 400 Meter Hurdle Champion
NCAA Track & Field Hall of Famer

Robert Glenn:

Former head Coach at Detroit Cass Tech & Divine Child HS
MHSAA Coach of the Year

Shelby Johnson:

Former Big 10 Indoor Hurdle Champion for the Univ. of Michigan

James Hall:

USA Track & Field Certified Level 2 Coach
Former Football and Track athlete at Eastern Michigan University

Deron Early:

Former University of Houston Conference Champion
Assistant Hurdle Coach at Brother Rice High School