



**DIVINE  
CHILD**  
HIGH SCHOOL



# YOUTH HURDLER CAMP

**Beginner, Intermediate & Experienced Hurdlers**  
**June 24, 25, 26, 27, 2019**

**Grades 6th and above (Fall 2019)**

**9:00 am - 3:00 pm (Includes 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 Preferred**

[Summer Camp Payment Link](#)

## **INSTRUCTORS:**

**Randy Williams:**

**313-283-4618**

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

**Joe Knisely:**

Former All Conference Indoor and Outdoor high-hurdler at Western Michigan University.

**Deron Early:**

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