

TENTATIVE SCHEDULE

Thursday, February 13th

- 6:00 Instructors Only Meeting – TBA
- 8:00 Registration / Check-in – Location TBA
- Camp & Staff Introductions
 - Technical Development – A Coaches' Eye
 - Prehab / Rehab of young athletes
 - Working on and off the track – Nutrition & Rest
 - Meet the Champions
 - Meet the Sponsors

Friday, February 14th

- 8:00am Check-in
Location: LSU Fieldhouse
- 8:30am Morning Sessions Begin
- Sprints (2-day camp)
 - Long Jump (2-day camp)
- 9:30am Javelin (3-day only)
- 12:00pm Mid-day Sessions
- Triple Jump (2-day camp)
 - Hurdles (2-day camp)
- 2:00pm Afternoon Session
- Javelin (3-day only)
- 4:30pm Break for the day – Campers are open
- 6:30pm Evening - TBA

Saturday, February 15th

- 8:00am Check-in
Location: LSU Fieldhouse
- 8:30am Morning Sessions Begin
- Shot Put (2-day & 1-day camp)
 - Sprints (2-day & 1-day camp)
 - Long Jump (2-day & 1-day camp)
- 9:30am Javelin (3-day only, 2-day camp & 1-day camp)
- 12:00pm Mid-day Sessions
- Discus (2-day & 1-day camp)
 - Triple Jump (2-day & 1-day camp)
 - Hurdles (2-day & 1-day camp)
- 2:00pm Afternoon Session
- Javelin (3-day only, 2-day camp & 1-day camp)
- 4:30pm Break for the day – Campers are open
- 6:30pm Evening - TBA

Sunday, February 16th

- 8:30am Check-in
Location: LSU Fieldhouse
- 9:00am Morning Sessions Begin
- Javelin (3-day only)
 - Sports Performance – lead by Ochsner Elite Training
 - Shot Put (2-day camp)
 - Discus (2-day camp)
- 11:30 The End - Camp is over