



# HORIZONTAL JUMPS

## TRACK & FIELD CAMP

- Enrich the potential of future track athletes in the sport of Track and Field
- Provide specific training for sprint, horizontal jumps and hurdle events
- Drills, weight training, plyometrics, dietary conditioning
- Enrich the potential of all future jumpers in the sport of Track and Field

**Karonji Carr** – University High School - Boys’ Assistant Track Coach  
 USATF Level One Track and field-2004  
 Attended Grambling State University ‘93  
[karonjic@hotmail.com](mailto:karonjic@hotmail.com)  
 Phone # (309) 838-3829

**Donald Mosely** – Bloomington High School – Girls and Boys’ Assistant Track Coach  
 Currently holds school, area, and all-time best triple jump (48’2 ¼”)  
 Attended University of Minnesota ‘92-’96 Scholar-athlete  
 Earned all Big Ten Honors junior and senior year  
[mgopher96tf@yahoo.com](mailto:mgopher96tf@yahoo.com)  
 Phone # (309) 212-5932

**Natalie Brunson-Wheeler** – University High School - Boys’ Assistant Track Coach  
 USATF Level One Track and Field - 2002  
 USATF Level Two Track and Field – Hurdles, Sprints and Relays – 2011  
 Indiana State University – Vanderbilt School of Law  
[mawnbw@frontier.com](mailto:mawnbw@frontier.com)  
 Phone # (309) 200-5649

Dates: **Monday – Wednesday – Thursday**

When: **July 3<sup>rd</sup> – July 31<sup>st</sup>**

Time: **5:30p – 7:30p**

Fee: **\$90.00**

Where: **Bloomington High School – 1202 E. Locust St.**

Make checks payable to Karonji Carr

Name \_\_\_\_\_ School \_\_\_\_\_ Year in School \_\_\_\_\_

Check all that apply:

Long Jump	( )	Triple Jumps	( )
Sprints	( )	Hurdles	( )

\*\*\* Bring water bottles, running shoes, towels