

# Championship Camps

Saturday December 20th

-Athletes of all ages and ability are welcome to attend.  
-Limited to 40 athletes per session .



**Where:** **Waukesha South High School Fieldhouse**  
401 E. Roberta Avenue  
Waukesha Wisconsin (25 miles west of Milwaukee)

**Cost :** **\$60** Early Registration ( prior to 12/15)  
**\$75** Late Fee **\$100 Combined Fee for 2 Sessions...**

**9:00 am – 12:00 noon Sprints and Shot Put**  
**12:00 noon – 3:00 pm High Jump and Hurdles**

**Coaches:** Stan Druckrey South Milwaukee  
Bruce Lammers Mukwonago  
Eric Lehmann Waukesha South

**Instruction:** Sprint Warmup, Extensive Hurdle Drills, Hurdle and Sprint Technique Critique,  
Sprint Starts, and Race simulation.

**Philosophy:** This clinic is run by high school coaches for high school athletes. The purpose of this winter clinic for athletes to have their hurdling and sprinting evaluated. The camp will help the athlete prepare for the winter off-season. The camp will be run in a low-key atmosphere to teach proper form, conduct supervised drills, and modern training theories. Instruction received at the camp is intended to supplement athletes high school coaching. This is a great opportunity to kick off your Winter Training !

***The Camp has evolved into the Midwest's Track and Field Camp !!! Athletes from Wisconsin, Illinois, Iowa, and Minnesota are expected to participate... This is an opportunity to workout with the best athletes in the Midwest !!!! Any Questions Please contact Eric Lehmann 262 501 0216***

This is the 12th year of the Championship Camps! The Championship Camps have started the careers of many great athletes! who want on to both High School and collegiate success!

**TRAIN WITH THE BEST and the CHAMPIONSHIP HURDLE and SPRINT CAMPS.**

**More information visit: [www.trackandfieldcamps.com](http://www.trackandfieldcamps.com)**

# **Camp Coaching Staff**

***The Championship Hurdle and Sprint Camps Staff has been working together for over 9 years***

## **Stan Druckrey**

Head Girl's Track Coach at South Milwaukee High School. Individually, Stan is one of the top Masters Age Group hurdlers in the world, holding national and world records. Coach Druckrey holds numerous hurdling records and was a NCAA All American at UW LaCrosse.

## **Bruce Lammers**

Assistant Track Coach at Mukwonago High School. Coach of one of the most successful girl's track programs in Wisconsin during the 90's. Coach Lammers has experience working with both high caliber college All American hurdlers and All State High School athletes.

## **Eric Lehmann**

Head Girl's Track Coach at Waukesha South High School. Coach Lehmann has worked with several quality hurdlers and coached a state champ in recent years. Coach Lehmann will work with the SPRINT CAMP athletes. Coach Lehmann serves as the camp director.

## **Championship Track and Field Camp Registration Form**

**Sprint Camp** \_\_\_\_\_

**Hurdle Camp** \_\_\_\_\_

**Shot Put** \_\_\_\_\_

**High Jump** \_\_\_\_\_

**Name** \_\_\_\_\_

**Gender** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Emergency #** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade in School** \_\_\_\_\_

**Email** \_\_\_\_\_ **T-Shirt Size** \_\_\_\_\_

**Mail Registration and Checks to :** Eric Lehmann / Champ Camps  
S38 W22129 Arlo Drive Waukesha WI 53189  
262 501 0216 email: [elehmann@hurdlecamp.com](mailto:elehmann@hurdlecamp.com)

**Camp Waiver:** All Athletes must download and sign a copy of the Championship Sports Services, LLC Camp Waiver. The waiver is available on the [www.sprintcamps.com](http://www.sprintcamps.com) website and can be sent with the registration or brought to the camp.

**\$60** Early Registration ( prior to 12/15

**\$75** Late Fee

**Make Checks Payable to : Championship Sports Services, LLC. Refunds ABSOLUTELY cannot be issued after December 19th**

**Confirmation will NOT be mailed, Confirmation will only be emailed ! If you want directions, etc.**

**PLEASE INCLUDE A VALID E-MAIL ADDRESS.**

