




TUITION

$50 plus administrative fee per individual/per day
$175 plus administrative fee (discounted rate) to register for all four sessions

FAQ

What should I bring to camp?

- Spikes and flats, water bottle, snacks & a good attitude
- Running outfit/workout clothes for each workout session, sunscreen
- Pole vault poles and throwing implements (will be provided for those that need them)

CAMP SCHEDULE

JUNE 15-18, 2026

CROSS COUNTRY CAMP: 8-11 AM (MIDDLE SCHOOL & HIGH SCHOOL)

SPRINTS/HURDLES CAMP: 9-11:30 AM (MIDDLE SCHOOL)

SPRINTS/HURDLES CAMP: 1-3:30 PM (HIGH SCHOOL)

JUMPS CAMP: 9-11:30 AM (MIDDLE SCHOOL)

JUMPS CAMP: 1-3:20 PM (HIGH SCHOOL)

THROWS CAMP: 9-11:30 AM (MIDDLE SCHOOL)

THROWS CAMP: 1-3:30 PM (HIGH SCHOOL)

POLE VAULT CAMP: 1-3:30 PM (MIDDLE SCHOOL & HIGH SCHOOL)

*Campers for each session will report to the North side large door of Horton Field House for check-in/check-out at their respective camp registration times. This door is located South of the OSF Training Facility building.

Online registration for credit card payments at:
https://jeffboveetrackandfield.totalcamps.com/About%20Us

Please make checks payable to:

- Jeff Bovee Track and Cross Country Camp at Illinois State University
- Mailing Address: Illinois State Cross Country

REGISTRATION FORM

NAME: _____

CAMPER'S EMAIL: _____

MAILING ADDRESS (CITY/STATE/ZIP):_____

_____

PARENT/GUARDIAN NAME, PHONE & EMAIL: _____

_____

GRADE (FALL 2026):_____ (GRADES 6-12 ONLY)

DOB:_____ GENDER: M__ F__

EVENT:

SPRINTS_____ HURDLES____
JUMPS (SELECT ANY THAT APPLY) TJ___ HJ___ LJ___
POLE VAULT____ THROWS____

T-SHIRT SIZE: XS__ S__ M__ L__ XL__ XXL__ 3XL__

TUITION OPTIONS

CROSS COUNTRY CAMP
___Monday - $50
___Tuesday - $50
___Wednesday - $50
___Thursday - $50
___All four days - $175

POLE VAULT CAMP
___Monday - $50
___Tuesday - $50
___Wednesday - $50
___Thursday - $50
___All four days - $175

SPRINTS/HURDLES CAMP
___Monday - $50
___Tuesday - $50
___Wednesday - $50
___Thursday - $50
___All four days - $175

JUMPS (LJ/HJ/TJ) CAMP
___Monday - $50
___Tuesday - $50
___Wednesday - $50
___Thursday - $50
___All four days - $175

THROWS (SHOT PUT/DISCUS) CAMP
___Monday - $50
___Tuesday - $50
___Wednesday - $50
___Thursday - $50
___All four days - $175

PAYMENT:

CASH_____ CHECK #_____

Illinois State University camps and clinics are open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level, and/or gender). Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action, and diversity. Discrimination based on race, color, religion, sex, national origin, age, disability, or veteran status is a violation of federal, state, and university policy and will not be tolerated.

CAMP GOALS

The track & field camp is designed to teach all facets needed to improve as a track & field athlete. The camp will cover a wide range of topics including technical, training theories and nutritional information for the campers. The event groups will focus mainly on the following:

- Sprints - for each discipline of sprinting and hurdling the emphasis will be placed on the technical fundamentals.
- Throws - events covered in detail will be shot (glide), shot (rotation) and the discus. Introductory stages will be taught in the hammer and the javelin.
- Pole Vault - the pole vault will be limited to the first 20 campers that register. Beginning progressions and intermediate drills will be covered along with video analysis. Vaulters are encouraged to bring their own poles.
- Jumps - emphasis will be placed on technical fundamentals of long jump, triple jump and high jump.

The cross country camp is designed to educate young runners on how to train smarter, while improving overall fitness and speed. Our goal is to provide a fun and exciting environment for individuals and teams so they can learn more about proper training to optimize their peak performance. Instruction and training techniques will be provided by the Illinois State coaching staff and student-athletes, utilizing a variety of venues in the process:

- Redbird Track & Field Complex
- ISU Cross Country Course at the Weibring Golf Club (home of the annual Redbird Invite and the 2021 MVC Cross Country Championships)
- University Farm
- Maxwell Park (home of IHSA State Cross Country Meet)
- The Constitution Trail

TRAINING/MEDICAL

A full-time athletic trainer will be on-site at all times throughout the duration of the camp. PLEASE NOTE: All campers must complete the medical history before participating in any camp activities. Participants must also complete the COVID-19 Acknowledgment of Risks and Public Health Mitigation Measures for Participants.

Campers will enjoy the use of the $1.3 million outdoor track on the Illinois State campus. In the event of bad weather, the campers will move to the indoor facility in Horton Field House located adjacent to the track.

STAFF



JEFF BOVEE
12th season
Director of Track & Field/Cross Country
Arizona (1993)
13x MVC T&F Coach of the Year



DESHAUN JORDAN
2nd season
Associate Head Coach (Sprints/Hurdles/Relays)
Illinois State (2018)
2x MVC Assistant Coach of the Year



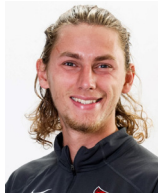
STEVE LUKE
3rd season
Assistant Coach (Pole Vault)
Augustana (1980)
2025 Illinois Track & Cross Country Coaches' Hall of Fame Inductee



MIKE TURK
3rd season
Assistant Coach (Throws)
Augustana (1985)
2015 Big Ten Outdoor Coach of the Year



AUSTIN WEST
1st season
Assistant Coach (Jumps/Multi)
Iowa (2023)
3x First-Team All-American
2023 Big Ten Champion



JAKE GILLUM
3rd season
Assistant Coach (Distance)
Illinois State (2021)
3x MVC Indoor Champion ('19,'21,'22)



CLAIRE FUHLHAGE
1st season
Director of Operations
Assistant Coach (Distance)
Illinois State (2023)

COME RUN, HURDLE, JUMP & THROW WITH THE REDBIRDS



JEFF BOVEE'S TRACK & FIELD AND CROSS COUNTRY CAMPS AT ILLINOIS STATE UNIVERSITY

JUNE 15-18, 2026



DISCLAIMER: All Illinois State Athletics Camps have moved to coach owned LLC's. The camps are a separate legal entity from Illinois State University and are not sponsored by or affiliated with Illinois State University. Camps are open to any and all entrants (limited only by number, age, grade level and/or gender). The University is not overseeing, involved with, or responsible for the Camp or any Camp activities.