



ARKANSAS®

2024 TRACK CAMP SCHEDULE

Thursday, June 13th:

12:00pm-1:00pm: Camp Check-in @ Pomfret Residence Hall
Address: Pomfret Hall, 31 S. Stadium Drive, Fayetteville, AR 72701

1:15pm- 3pm: General Warm-up/ Drills

3:30pm-4:30pm: Guest Speaker: Mat Clark Strength & Conditioning

5pm- 6pm: Dinner at 1021 Dining Hall

6:30pm- 8pm: Breakout Sessions by event groups at the track

8:00pm: Commuter Camper Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

10:30pm: Lights out

Staff Contacts:

Primary: Megan Elliott 479-445-9168

Secondary: Chris Johnson 479-249-7251

Athletic Trainer: Jessica Price 479-236-6635

Friday, June 14th:

7am- 8am: Breakfast at 1021 Dining Hall

8:30 am: Commuter Campers arrive at outdoor track
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

8:30 am- 10:30am: Breakout Sessions by event groups at track

11:00am- 11:30am: Med Balls/ Dynamic Flexibility

11:45am- 1pm: Lunch at 1021 Dining Hall

1:30pm- 3:15pm: Breakout Sessions by event groups (at the indoor track)

3:30pm- 4:30pm: Guest Speaker: Karla Horsfall, Sports Performance Nutrition

5pm- 6pm: Dinner at 1021 Dining Hall

6:30pm- 8pm: Breakout Sessions by event groups at the track (skills & drills)

8:00pm: Commuter Camper Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

10:30pm: Lights out

Saturday, June 15th:

7:30am- 8:15am: Breakfast

8:30 am: Commuter Campers arrive at outdoor track
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

8:30am- 10:00 am: Breakout Sessions by event groups at the track (circuit stations)

10:15am- 10:45am: Free time

11:00am- 11:45am: Guest Speaker: Jodi Greve, Motivational Speaker & Author

11:45am-1pm: Lunch at 1021 Dining Hall

1:30pm- 3:15pm: General Session at track

3:30pm- 4:30pm: Guest Speaker: Pro's Panel/ Counselor

5pm- 6pm: Dinner at 1021 Dining Hall

6:30pm- 7:45pm: Breakout Sessions by event groups at the track

8:00pm: Commuter Camper Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

10:30pm: Lights out

Sunday, June 16th:

7:30am- 8:15am: Breakfast

8:30 am: Commuter Campers arrive at outdoor track
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

8:45am- 11:30am **Camp Track Meet at Outdoor Track**
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

11:30am-12:00 pm: Camp Ends-Commuter Parent Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701

11:30am-12:00pm: Overnight Campers Check-out at Residence Hall
Address: Pomfret Hall, 31 S. Stadium Drive, Fayetteville, AR 72701