



Bengal Track & Field Camp

Come join the Idaho State Track and Field teams for the Bengal Track & Field Camp. This camp is for all athletes 6th through 12th grade. Select your event area at signup. Athletes will be grouped in these event groups and remain in them throughout the camp. Campers will learn the finer details of their events and will progress through drills and skill instruction at their individual levels and needs.

- **Sprints/Hurdles**
 - **Shotput – Discus – Hammer – Javelin**
 - **Long/Triple – High Jump – Pole Vault**
 - **Cross Country – Distance**
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- Learn the technique, skills, and drills for your event area
 - Breakout sessions about Nutrition, NCAA Eligibility Center, goal setting and mindset, and strength training

Boys and Girls grades 6-12 are welcome
June 30-July 02, 2025

Registration Fee: \$225

Campus Housing Fee: \$200

www.idahostatetrackandfieldcamps.com

Participants should bring their own water bottles. Lunch will be provided for all campers between sessions

Campers who are staying in the dorms will be provided with breakfast and dinner options. Commuters and campers staying in hotel/AirBnB will NOT have breakfast and dinner provided and will need to plan accordingly.

Throwers and Pole Vaulters are encouraged to **BRING their own throwing implements and poles**. ISUTF will provide equipment but may not have everything to suit individual needs.

We have a limited number of campus dorm space available for this camp. Dorm rooms will be reserved on a first come first serve bases. Fees associated with on campus housing are non-refundable. Camp registration fee is refundable less a \$50 processing fee.

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Meet our Coaches and Camp Staff



Hillary Merkley

Under Hillary's direction the Bengal track and field program has thrived. Merkley has coached some of the top sprinters to come through the ISU program; coaching school record performances in the 60m, 200m, 60m hurdles, 100m hurdles, and 4 x 100 relay. Hillary cares for the sport and those she works with. She can make the complex simple and presents material in a manner that is meaningful. Her keen eye, attention to detail, and fun demeanor are all part of what makes working with her so enjoyable.

Zach Kughn

Zach is the head cross-country coach at ISU. Zach has had an immediate impact for ISU distance/xc. Zach's athletes have set 2 school records and 7 top 10 marks in his first year.



Both men's and women's xc had their highest finish in Big Sky since 2018 and 2012 respectively. Prior to ISU Kughn coached 20 individuals to All-American status.



Joe Silvers

Joe has coached athletes to Big Sky Conference Championships, school records, a Conference Championship Record and NCAA National Qualifiers. Silvers has a deep

understanding of the jumping events. His best long jumper attained a personal best 26' 3.75". In the vault, his best female athlete attained a height of 13' 11". As the jumps and pole vault

coach, Silvers brings a fun energy to practices. He coaches athletes as individuals, finding cues that work best with each athlete's learning style.

Marcia Mecklenburg

Marcia has a vast knowledge of the throwing events. She knows what it takes to develop in the throws and what to work on first for athletes to reach their potential. She has coached multiple NCAA DI All-Americans, 38 Big Sky Champions, and 128 All-Conference performances in her career. During her competitive career, Mecklenburg competed in three Olympic Trials and made three U.S. teams.



Dan Walker

Dan has 35 years of coaching experience. Walkers' accolades during his collegiate coaching career are extensive to say the least. He has coached 3 NCAA Champions, 7 NCAA All-Americans, 28 Big Sky

Conference Champions with 17 women over 5'8 and 3 over 6". On the men's side he has had 11 men over 6'11" and 8 over 7". His highest jumper topped out at 7' 8.5". With his years of experience, Dan breaks down the event to what matters most. Fun is important to Dan and his coaching style reflects this.

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Tentative Schedule – Times may change.

Monday, June 30th

8:30 – 9:00	Check-in at ISU Davis Field
9:00 – 9:30	Introduction of Camp Staff
9:30 – 12:00	Technical Coaching Session #1
12:00 – 1:00	Lunch Break
1:00 – 2:00	Seminar Session #1
2:00 – 5:00	Technical Coaching Session #2

Tuesday, July 01st

8:30 – 9:00	Check-in at ISU Davis Field
9:00 – 11:00	Technical Coaching Session #3
11:00 – 12:00	Seminar Session #2
12:00 – 1:00	Lunch Break
1:00 – 2:00	Seminar Session #3
2:00 – 5:00	Technical Coaching Session #4

Wednesday, July 02nd

8:30 – 9:00	Check-in at ISU Davis Field
9:00 – 12:00	Technical Coaching Session #5
12:00 – 1:00	Lunch Break
1:00 – 2:00	Seminar Session #4
2:00 – 4:45	Technical Coaching Session #6
4:45 – 5:00	Final Thoughts

*ISU camps are open to any and all entrants
(limited only by number, age, grade level/or
gender)*



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