

# Wheeling High School

## Summer Athletic Programs 2025

Click on the link below to register:

[https://summercampreg.d214.org/p\\_login.aspx](https://summercampreg.d214.org/p_login.aspx)

starting April 1st 2025 at 8:00am



### **Participant Eligibility**

- High school students who currently attend or will attend Wheeling High School in the Fall of 2025
- Students in grade levels\* K-8th who reside in Township High School District 214

***\*Grade level is defined as the grade the student will enter in the Fall of 2025 and is designated in the title or description of each camp.***

### **Camp Dates**

- Session 1: June 9-26, 2025 (***No camp on Thursday, June 19th in observation of National Freedom Day, some camps will be in session on Friday, June 20th. (coaches discretion)***)
- Session 2: July 7-31, 2025 (***Please look at your camp dates closely, camps may be 3 or 4 weeks***)
- **Please make sure to drop athletes off at door 25.**

### **Tuition & Fees**

- Additional fees may be charged based on the camp needs (eg. t-shirt fee, league fee etc.).
- NO proration of fees due to missed camps/vacation,etc.

***Please note a t-shirt (if applicable) is not guaranteed if registering late.***

**Registration:** [Registration Link - Click Here](#)- Camp Registration opens April 1st at 8:00am

- Parents/Students can register online with a credit card. Credit cards that are accepted are Visa, Mastercard, and Discover.
- Parents/Students who choose to register in person must do so before the last day of school on May 30th in our Athletic office. If you choose to register after May 30th, stop by the Athletic office the first day of camps on June 9th from 7:00-11:00 am. To register for camps you can contact Norma Rothers at (847) 718-7020.

### **Fee Exemption:**

Only students who participate in the D214 free and reduced lunch program are eligible for waiver of camp tuition.

**Fee exemption students may now register online and fees will be calculated accordingly.**

### **Refunds**

If payment was made with a credit card the refund will be put immediately back onto the card that was used for payment. If payment was made with a cash or check the participant will receive a refund via check. ***Please note that check refunds could take up to 30 days to receive.***

**Reasons for refunds are as follows;**

- If camp is canceled by District 214 all tuition and fees are refunded.
- If a participant is medically unable to participate a refund will be issued upon presentation of a signed doctor's note. The refund is prorated (by contact hour) based upon the date of the doctor's note.
- No refund after the passage of half of the scheduled camp time.
- No refund for sessions canceled or time lost due to inclement weather.

### **Insurance**

Students are responsible for their own insurance coverage. If a participating student is injured, the incident should be reported to the head coach/sponsor and trainer (if applicable).

### **Cancellations due to Weather**

The District 214 heat/humidity and lightening guidelines will be strictly enforced and followed. Sessions canceled due to inclement weather will not be rescheduled. Programs will directly communicate these cancellation notices.

### **Transportation**

Students are responsible for their own transportation.

### **For More Information Contact**

Norma Rothers, Athletic Asst, and Summer Camp Coordinator at 847-718-7020 or email [norma.rothers@d214.org](mailto:norma.rothers@d214.org).  
Shelly Wiegel, Athletic Director, and Summer Camp Supervisor at 847-718-7027 or email [shelly.wiegel@d214.org](mailto:shelly.wiegel@d214.org)

## **BOYS HIGH SCHOOL CAMPS**

### **BASEBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25040011	9-12	6/9-6/26	M/T/W	1:00-5:00pm	\$405	J. Wieder	<b>Heritage Park-Turf Fields</b>

Camp emphasis will be on fundamentals and their use in actual games. Times of games may vary based on scheduling of games. **This camp is a combination of a camp and & IHSBCA Summer Tournament.**

### **BOYS BASKETBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25041012	9-12	6/9-6/26	M/T/W/Th	9:30-11:30am	\$192	T. Antosz	<b>Wheeling HS - Gym/FH</b>

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **BOYS FRESHMAN FOOTBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25042012	9th	6/11-6/26	M/Tu/W/Th	7:15-9:15am	\$160	R. Gronwick	<b>Wheeling HS - Stadium</b>
25042021	9th	7/7 -7/24	M/Tu/W/Th	7:15-9:15am	\$168	R. Gronwick	<b>Wheeling HS - Stadium</b>

Coaches of the program will provide a safe learning environment in which players learn important life skills such as teamwork, leadership skills, and work ethic.

### **BOYS VARSITY FOOTBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25042011	10-12	6/9-6/26	M/Tu/W/Th	7:15-9:15am	\$192	R. Gronwick	<b>Wheeling HS - Stadium</b>
25042023	10-12	7/7-7/24	M/Tu/W/Th	7:15-9:15am	\$252	R. Gronwick	<b>Wheeling HS - Stadium</b>

High school football summer camp includes practice/camp time, film study, culture school regarding our program, and a strength and conditioning program. Necessary equipment will be provided for the camp. Coaches of the program will provide a safe learning environment in which players learn important life skills such as work ethic, teamwork, and leadership skills.

## **BOYS SOCCER**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25044011	9-12	6/9-6/26	M/T/W/Th	7:15-9:15am	\$168	K. Lennon	Wheeling HS - Stadium

This camp will prepare players through cardiovascular, core strengthening, and soccer training. Point of emphasis will be the development of individual skills. Please wear cleats, shin guards, and bring water.

## **BOYS CROSS COUNTRY**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
25041512	9-12	6/9-6/26	M/T/W/Th	7:00-8:30am	\$132	T. Polak	Wheeling HS - CC Route

This camp is designed to build endurance and learn proper training techniques.

## **BOYS TRACK - (DISTANCE ONLY)**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
25049622	9-12	7/7-7/24	M/T/W/Th	7:00-8:30am	\$135	T. Polak	Wheeling HS - Stadium

This camp is designed to build endurance and learn proper training techniques.

## **BOYS LACROSSE - CANCELLED**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25043621	9-12	7/7-7/17	M/T/W/Th	10:30-12:30pm	\$96	P. Karamitos	Wheeling HS -Stadium

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

# **GIRLS HIGH SCHOOL CAMPS**

## **GIRLS BADMINTON**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25040511	9-12	6/9-6/26	M/T/W/Th	12-1:30pm	\$126	B. Varela	Wheeling HS - South Gym

This camp is tailored to meet every level of badminton player. Through a combination of drills, instructions, and match play, the goal of this camp is to prepare and further the career of future and existing badminton players. Coaching will be according to the players ability level. Badminton racquets will be available.

## **GIRLS BASKETBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25041112	9-12	6/9-6/26	M/T/W/Th	11:45am-1:45pm	\$154	K. Braase	Wheeling HS - Gym

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

## **GIRLS GYMNASTICS - CANCELLED**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25043111	9-12	6/9-6/26	M/T/W	8:30-10:30 am	\$126	B. Hauck	Wheeling HS - Gymnastic Cage

Our coaching staff will coach according to your daughter's ability level. The gymnast will work floor, vault, bars, and beam equipment along with strength and flexibility.

## **GIRLS DANCE (POMS) TEAM - INVITE ONLY**

**\*\*Please note that this dance camp is ONLY open to athletes who have made the 2025-2026 Dance Program\*\***

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25043221	INVITE ONLY	7/7-7/31	M/T/W/Th	11:30-1:30pm	\$192	E. Woods	Wheeling HS South Gym

Dance Team: focuses on sport-specific skills of jumps, leaps, turns, conditioning, choreography, and teambuilding. Dancers will receive instruction from WHS Coaching staff and outside choreographers.

## **GIRLS LACROSSE**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25044612	9-12	6/9-6/26	M/T/W/Th	9:30-11:30am	\$154	J. Stransky	Wheeling HS -Stadium

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

## **GIRLS GOLF - CANCELLED**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25042611	9-12	6/10-6/18	T/Th	10:30-12:00pm	\$48	P. Ellsworth	Des Plaines Golf Center

Open to new or experienced golfers. No make-ups for days that are canceled due to weather. This camp will emphasize the fundamentals of the game as well as developing individual skills.

## **SOFTBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25045011	9-12	6/9-6/26	M/W	2:00-4:00pm	\$96	M. Caringella	Wheeling HS - Varsity Field

The camp emphasizes the fundamentals of the game as well as developing individual skills. We want all of our campers to have fun while improving their softball skills!

## **GIRLS CROSS COUNTRY**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
25041612	9-12	6/9-6/26	M/T/W/Th	7:00-9:00am	\$176	Alex Brown	Wheeling HS - Stadium
25041622	9-12	7/7-7/23	M/T/W	7:00-9:00am	\$135	Alex Brown	Wheeling HS - Stadium

This camp is designed to build endurance and learn proper training techniques.

## **GIRLS TRACK (SPRINTS, JUMPS & THROWS)**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
25049711	9-12	6/9-6/26	M/W	4:00-6:00pm	\$99	Alex Brown	Wheeling HS - Stadium
25049722	9-12	7/7-7/31	M/W	4:00-6:00pm	\$128	Alex Brown	Wheeling HS - Stadium

This camp is designed to build sprint technique, throwing technique, hurdle technique, & jumps technique

## **GIRLS SOCCER**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25044111	9-12	6/9-6/26	M/T/W/Th	7:15-9:15am	\$168	K. Lennon	Wheeling HS - Stadium

This camp will prepare players through cardiovascular, core strengthening, and soccer training. Point of emphasis will be the development of individual skills. Please wear cleats, shin guards, and bring water.

## **GIRLS FLAG FOOTBALL**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25042221	9-12	7/7-7/31	M/T/W/Th	1:00-3:00pm	\$256	A. Lucas	Wheeling HS - Stadium

This camp will prepare players through cardiovascular, core strengthening, and flag football training. Point of emphasis will be the development of individual skills. Please wear cleats, mouthguard, and bring water.

## **CO-ED HIGH SCHOOL CAMPS**

### **STRENGTH & CONDITIONING CAMP - 9th, Ga10th - 12th**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25047511	10-12	6/9-6/26	M/Tu/W/Th	6:00-7:00am	\$99	R. Gronwick	Wheeling HS - Weight Room
25047521	10-12	7/7-7/24	M/Tu/W/Th	6:00-7:00am	\$99	R. Gronwick	Wheeling HS - Weight Room
25047512	9-12	6/9-6/26	M/Tu/W/Th	9:15-10:15am	\$99	R. Gronwick	Wheeling HS-Weight Room
25047522	9-12	7/7-7/24	M/Tu/W/Th	9:15-10:15am	\$99	R. Gronwick	Wheeling HS-Weight Room

This camp is designed to develop athletes' strength, power, speed, and endurance. This camp is for varsity athletes.

### **CO- ED WRESTLING**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25049011	9-12	6/16-6/26	M/W/Th	10:00-11:30am	\$99	C. Curran	Wheeling HS - Balcony
25049022	9-12	7/7-7/17	M/W/Th	10:00-11:30am	\$72	C. Curran	Wheeling HS - Balcony

Camp is designed to build individual skills through a variety of instructional strategies and conditioning.

### **CO-ED JV & VARSITY WINTER COMPETITIVE CHEERLEADING**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25041811	9-12	6/9-6/18	M/T/W/Th	5:00-7:00pm	\$112	G. Garnowski	Wheeling HS - South Gym

### **CO-ED JV & VARSITY FALL CHEERLEADING**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25041821	9-12	7/21-7/31	M/T/W/Th	9:30-11::30am	\$112	M. Orellana	Wheeling HS - South Gym

### **CO-ED TENNIS**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25047011	9-12	6/16-6/26	M/T/W/Th	9:45-11:45am	\$112	S. Goldsmith	Wheeling HS - Tennis Courts

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

## **CO-ED VOLLEYBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25048121	9-12	7/7-7/31	M/T/W/Th	9:30-11:30am	\$224	J. Kopkowski	Wheeling HS - Gym

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

## **CO-ED SWIMMING & DIVING**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25046011	9-12	6/9-6/26	M/T/W/Th	7:00-9:00am	\$144	R. Reeve	Wheeling HS - Pool
25046022	9-12	7/7 -7/17	M/T/W/Th	7:00-9:00am	\$124	R. Reeve	Wheeling HS - Pool

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

## **CO-ED ATHLETIC CAMP (ANY ATHLETE) - CANCELLED**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25047513	9-12	6/9-6/20	M/T/W/Th	7:15-9:15am	\$168	A. Lucas	Wheeling HS - Weight Room

A fitness based camp, designed for athletes to improve agility, power, speed and strength.

## **YOUTH CAMPS**

### **BOYS YOUTH BASEBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25040021	4-8	7/14-7/24	M/T/W/Th	10:00-11:30am	\$72	J. Weider	Wheeling HS - Varsity Field

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **BOYS YOUTH BASKETBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25041011	4-8	6/11-6/26	M/T/W/Th	7:30-9:00am	\$105	T. Antosz	Wheeling HS - Fieldhouse

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **BOYS YOUTH FOOTBALL**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
25042022	4-8	7/7-7/16	M/T/W/Th	10:30am -12pm	\$63	R. Gronwick	Wheeling HS - South Field

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **BOYS YOUTH CROSS COUNTRY**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
25041511	5-8	6/11-6/26	M/T/W/Th	8:30-9:30am	\$63	T. Polak	Wheeling HS - CC Route

This camp is designed to build endurance and learn proper training techniques.

### **BOYS YOUTH TRACK - (DISTANCE ONLY)**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
25049621	5-8	7/7-7/24	M/T/W/Th	8:30-9:30am	\$72	T. Polak	Wheeling HS - Stadium

This camp is designed to build endurance and learn proper training technique

### **GIRLS YOUTH BASKETBALL**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25041111	4-8	6/16-6/26	M/T/W/Th	10:15-11:30am	\$70	K. Braase	Wheeling HS - Gym

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **GIRLS YOUTH LACROSSE**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25044611	4-8	6/23-6/26	M/T/W/Th	11:30-12:30pm	\$32	J. Stransky	Wheeling HS - Stadium

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **GIRLS YOUTH CROSS COUNTRY**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Meet at</u></b>
25041611	5-8	6/11-6/26	M/T/W/Th	7:30-9:00am	\$81	Alex Brown	Wheeling HS - Stadium
25041621	5-8	7/7-7/23	M/T/W	7:30-9:00am	\$81	Alex Brown	Wheeling HS - Stadium

This camp is designed to build endurance and learn proper training techniques.

### **CO-ED YOUTH VOLLEYBALL**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25048122	4-8	7/7-7/31	M/T/W/Th	8:00-9:30am	\$192	J. Kopkowski	Wheeling HS- Gym

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **CO-ED YOUTH WRESTLING**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25049012	K&1st	6/16-6/25	M/T/W	5:30-6:30pm	\$42	C. Curran	Wheeling HS - Balcony
25049013	2-8	6/16-6/25	M/T/W	6:30-8:00pm	\$54	C. Curran	Wheeling HS - Balcony

### **CO-ED YOUTH TENNIS**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
25047111	6-8	6/16-6/26	M/T/W/Th	7:30-9:30am	\$98	S. Goldsmith	Wheeling HS - Tennis Courts

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### **CO-ED TRACK (SPRINTS, JUMPS & THROWS)**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Meet at</u></b>
25049811	5-8	6/11-6/26	M/W	4:30-6:00pm	\$45	Alex Brown	Wheeling HS - Stadium
25049821	5-8	7/7-7/31	M/W	4:30-6:00pm	\$96	Alex Brown	Wheeling HS - Stadium

This camp is designed to build sprint technique, throwing technique, hurdle technique, & jumps technique