

Jenks High School

Athletics (C)



Jenks Track & Field Shot Put & Discus Camp

BUNDLE | Incoming Grades 7th - 12th

This is a Track & Field shot put and discus throwing camp BUNDLE for incoming 7th - 12th graders (August 2026). You can sign up for the camps individually in RankOne, but choosing the bundle will save you \$40.00 total. See special notes for full camp details! If you live outside the Jenks district and are not currently enrolled, please contact Trojan.Athletics@jenksps.org so we can verify your eligibility to attend this camp prior to the start date.

Camp Start Date: July 15, 2026

Start Time: 10:30:00 AM

Camp End Date: July 30, 2026

End Time: 12:30:00 PM

Date Details: Monday, Tuesday, Wednesday & Thursday | 10:30 am - 12:30 pm

Venue Name: Track/Soccer Stadium HS

Venue Address: 809 N 5th St, Jenks, OK 74037

Camp Cost: \$160.00

Questions: Derek Robinson Derek.Robinson@jenksps.org (918) 319 - 0547

Special Notes:

This bundled camp will be an introduction to the shot put and discus throw. We will teach the step replace, glide, and spin technique. We will learn the proper release, power position, half-spin drills, step drills, and other drills, and the full throw. Beginner throwers and veteran throwers will have a space to learn and refine their technique. There will be a warm-up, explanation, demonstration, and lifting near the end of the allotted time. // Water bottles, throwing shoes (if possible), tennis shoes required, and please wear appropriate summer athletic attire.

Medical Info:

Parental Consent of Treatment: My child is physically fit to participate in an active physical program. Jenks Public Schools has unconditional authority to render first aid and refer for diagnosis any injuries occurring. JPS shall not be held responsible for any consequences resulting from such illness/injury/first aid/treatment.