**2018 CAMP STAFF**

**Grant Lofdahl**

Grant Lofdahl, a Holland, Mich. native, was named the men's and women's cross country, and women's indoor and outdoor track and field head coach at Wayne State University in June of 2017.

Lofdahl came to WSU after spending the previous two seasons as the Track and Field/Cross Country Head Coach at former GLIAC member Lake Erie College. Under his guidance, a total of five cross country runners (three women and two men) received GLIAC All-Academic honors in 2017.

Lofdahl guided the 2017 WSU women's cross country squad to its best conference finish in the last three seasons. In addition, the women's indoor track and field team had its best league finish in program history this past February.

All four programs (men's and women's cross country, women's indoor track and field, and women's outdoor track and field) improved their GLIAC finish from Lofdahl's first year in 2015-16 to the following season.

While with the Storm, he mentored the 2017 GLIAC women's indoor field athlete of the year in Danielle Corbin, who won the long jump. At the 2017 GLIAC outdoor meet, Corbin won the long jump, while Nadia Lee was the women's triple jump conference champion. In addition, Hailey Nielsen was the Freshman Field Athlete of the Year.

Prior to his first head coaching job at LEC, Lofdahl spent two years (2013-14 and 2014-15) as the assistant coach at Lake Superior State University. While at LSSU, he worked primarily with the 800-10,000 meter athletes and cross country teams, but also helped with the strength and conditioning program and recruiting. Lofdahl was also very instrumental in fundraising, having organized a number of events to that end.

Prior to coaching in Sault Ste. Marie, Lofdahl served as the Head Cross Country Coach at Allendale High School for six seasons (2007-12). He guided the girls' cross country team to a MHSAA Division 3 runner-up finish in 2009. Lofdahl also mentored four consecutive MHSAA State Cross Country Champions (Devan John – 2007-08-09, and Ali Wiersma – 2010). In addition, he spent two years (2011 and 2012) as the head track coach, after serving as the assistant coach for distance for three years (2008-09-10). He spent his final track season (2013) at Allendale as an assistant coach.

**Makiba Batten**

Makiba Batten, a Detroit native and All-American from Florida State University, is in her fifth season in 2017-18 as recruiting coordinator and assistant track coach in charge of the throwers at Wayne State University after being hired in December 2013.

She was selected to serve on the “Women in Coaching Panel,” at the 2017 USTFCCCA (United States Track & Field and Cross Country Coaches Association) Convention.

In her four seasons (2014-17) with the Warriors track and field program, her throwers have earned three All-GLIAC honors at the indoor meet (two in the shot put and one in the weight throw) and nine all-league certificates at the outdoor meet (seven in the javelin, one in the shot put and one in the hammer), including two conference champions in the javelin (Elizabeth Herriman in both 2016 and 2017).

Batten also mentored the first outdoor track All-American thrower in program history as Elizabeth Herriman placed 12th (Honorable Mention All-American) in the javelin at the 2015 NCAA National Championships.

**LeRon Williams**

LeRon Williams, a six-time All-Big 12 honoree from the University of Nebraska, was named the men's and women's cross country, and women's track and field assistant coach at Wayne State University in September of 2015.

In his first season at WSU, Williams aided in Jessie Kluz setting the school record for the outdoor long jump, and Sydney Vaughn being the first Warrior to score in the conference pentathlon with a school record 3,191 points.

Williams joined the Warrior staff after serving as an assistant track and field coach during the 2014-15 academic year at Austin Peay State University with his main focus on the jump events. In 2015, he was a nominee for the Assistant Coach of the Year Award presented by the United States Track & Field and Cross Country Coaches Association (USTFCCCA).

**QUESTIONS?** Contact Assistant Coach Makiba Batten at 313-577-9244 or mbatten@wayne.edu.

*Additional collegiate coaches to be added based on participant number (1: 15 ratio). High School/Club coaches that would like to attend camp please register by June 15.*
REGISTRATION FORM

Name ____________________________________________
Address _________________________________________
City ____________________________________________
State _______ Zip __________
Phone ___________________________
School _______________________
Age __________ Grade Level This Fall ___________
E-Mail _________________________________________

T-Shirt Size (Adult):      S          M          L          XL

Track and Field Camp 2018
☐ $120 early registration (by May 31)
☐ $150 late registration (after May 31)
☐ $60 for high school coaches (by June 15)

Please make checks payable to “Wayne State Track” or charge
☐ VISA ☐ MasterCard ☐ Discover

Cardholder’s Name: _______________________________________
Card Number: _______________________________________
Expiration Date: _______________________________________

Total Amount Enclosed     $___________

Questions? Contact Assistant Coach Makiba Batten at
313-577-9244 or mbatten@wayne.edu.

All participants must complete the WSU Sports Camp Health Form and
Concussion Form prior to participation.
Visit wsuathletics.com/concussionform and wsuathletics.com/campform.

DISTANCE TRAINING
Athletes will learn the foundation of distance running. Training topics will include importance
of running form, pacing/tempo training, and core strength demands for endurance events.

SHOT PUT/DISCUS TRAINING
Athletes will first understand the talent demands for the throws. Instruction will include all phases of
the throw. Throwers will learn the skill of consistent acceleration, weight transfer, posture and blocking
for efficient and powerful performances.

SPRINTS/JUMPS TRAINING
Athletes will learn phases of sprinting: acceleration, max velocity and maintenance. The jumps group
will transition into jump take-off and flight mechanics needed to improve jumping skills.

Video Analysis
During instruction each coach will provide video analysis and feedback to athletes.
See yourself in motion and make corrections to move efficiently and produce the best
possible performance.

DIRECTIONS 5101 John C. Lodge Freeway • Detroit, MI 48202

FROM THE WEST - Take I-94 East to M-10 S (exit 215A) toward downtown. Exit at
Forest/Warren Avenues. Turn left onto Forest Avenue. Turn left onto John C. Lodge. Turn
left onto Warren Avenue. Cross over Lodge Freeway and turn right into Lot 50.

FROM THE EAST - Take I-94 West. Exit at Woodward/Brush Avenues. Remain on Ford
Service Drive to Woodward Avenue. Turn left onto Woodward Avenue, going south to
Warren Avenue. Turn right onto Warren Avenue. Continue west on Warren Avenue to
Lodge Freeway (M 10) overpass. Lot 50 is located on your right just past the overpass.

FROM THE NORTH - Take I-75 South to Warren Avenue exit. Turn right onto Warren
Avenue. Continue west on Warren Avenue to Lodge Freeway (M 10) overpass. Lot 50 is
located just past the overpass.

FROM THE SOUTH - Take I-75 North to Lodge Freeway (M 10) North. Exit at Forest/
Warren Avenues. Turn left onto Warren Avenue (2nd light). Cross over Lodge Freeway and
turn right into Lot 50.

FROM WINDSOR - Start out going Northeast on Fort Street West/M-3 toward St. Anne
Street (1.2 miles). Turn left onto Lodge Freeway (M 10) North (1.5 miles). Exit at Forest/
Warren Avenues. Turn left onto Warren Avenue (2nd light). Cross over Lodge Freeway and
turn right into Lot 50.

2018 WAYNE STATE TRACK & FIELD
SUMMER CAMPS • JUNE 18-20

Camp Session 1: 9 a.m. - 11:30 a.m.
Lunch: 11:30 a.m. - 12:30 p.m.
Camp Session 2: 12:30 p.m. - 2:30 p.m.

• $40 per day for early registration (by May 31)
• $50 per day for late registration (after May 31)
• $20 per day for high school coaches (register by June 15)

Camp is for ages 12 and up. Cost includes skill instruction, t-shirt and lunch. Athletes must wear
layers of training gear and be prepared for all weather elements. You must bring your own
training shoes and implements (throwers). During inclement weather we will proceed to the WSU
Multipurpose Indoor Facility near the track. All participants must complete the WSU Sports Camp
Health Form & Concussion Form prior to participation.

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Please send this registration form and payment to
Wayne State University Track & Field Camp
5101 John C. Lodge, 101 Matthaei
Detroit, MI 48202