

Nazareth College Throwing Clinic

*THIS IS THE FIRST YEAR THE WEIGHT THROW WILL BE CONTESTED AT THE SECTIONAL AND STATE MEET IN NEW YORK STATE.



Saturday, December 13th, 2014
(1:00 - 4:00pm)

Cost: \$40



Focus of the clinic will be on weight throw and shot put techniques/drills/safety. Bring implements if you have them. If you do not have them they will be provided.

The clinic will be held at Nazareth College in building 4 (see map below).

The clinic will be run by Coach David Gross, Nazareth College Throws Coach and Derek Howlett, Head Track & Field Coach at Brockport High School.

Any questions... Please call Coach Gross (585) 331-9727 or email at:

gbluedevel2190@gmail.com

