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| <p>Alfred University Track & Field Presents: The “270” style Weight Throw Clinic Main Presenter: Brian Gawne Alfred Colleges “Throws Coach”</p> | <p>WHY? With the inclusion of the Weight throw at the League, Sectional and NYSPHSAA Championships Level, are you coaching and performing the throw in a safe and maximizing method?</p> <p>This Clinic is for both the High School Thrower and High School Coach.</p> | <p>Cost : Athletes: \$ 30—one session limit / 20 person limit per session</p> <p>Coaches: \$100 —coaches can attend all sessions if they wish for one price. No Limits for coaches. Cash or Check PAYABLE TO Brian Gawne</p> | <p>Location: Alfred University The McLane Center and Community Annex</p> |
| <p>For Reservations go to: www.OUTSIDERZ .com register for the session you desire . Then print out a liability waver and bring it with you. Please make sure your contact information is correct so a confirmation can be sent.</p> | <p>Dates of Clinic: Saturday – December 12 Session I -10:00-12:00 Session II– 1:00-3:00</p> <p>Sunday- December 13 Session III—3:00-5:00</p> | <p>Remember: Payment, Waiver, Confirmation,</p> <p>Personal equipment (bring separate athletic shoes, glove & throwing shoes if you have them)</p> <p>(If you bring your own equipment label it for easy identification)</p> | <p>Itinerary- Check in and payment (cash or check-no vouchers) Receipts will be given.</p> <p>Coaches session / Athlete warm up</p> <p>4 basic moves for mastery–</p> <p>Non Weight drills for body awareness</p> <p>Pre throwing—event strengthening and specific proprioception for the event.</p> <p>Practice with a plan / purpose “Win at Practice”</p> <p>Common Flaws and fixes for both 270 and 360 styles.</p> <p>Warm down and Q & A</p> |
| <p>NO VOUCHERS, NO COLLEGE ATHLETES, COLLEGE COACHES OR OPEN ADULT THROWERS</p> |  | | |