

Alfred University

High School Throws Clinic – McLane Center

Monday January 16, 2017

Rotational Shot put: 10-12

Break: 12-12:30

Weight Throw: 12:30-2:30

Break: 2:30-3

Glide Shot Put 3-5:00



**Clinics will be run by Alfred University Throws Coach
Brian Gawne
and assisted by current AU athletes!**

**Coach Gawne is the only coach in Upstate NY
To have coached both a
Men's 70' weight thrower and Men's 70m Hammer thrower.**

**3 separate sessions for your needs:
Rotational Shot Put & Weight Throw & Glide Shot Put**

**Cost: \$25 for one session
\$20 for every additional session**

**Contact Coach Sortore at sortore@alfred.edu or
(585) 307-4015 to reserve your spot!**