

WELLSVILLE



TRACK AND FIELD BOOSTERS

Presents

THROWERS

CLINIC



SATURDAY, FEBRUARY 28, 2015
10:00AM-3:00PM / CHECK IN 9:15AM- 9:55AM

@ WELLSVILLE MIDDLE SCHOOL GYMNASIUM

GRADES: 7- 12 COST: \$10

CLINIC DIRECTORS :

Wellsville Throws Coaches

George Kinnicutt & Frank Smith

CLINIC GOAL: Learn the drills and techniques used on a daily basis for the shot put and discus events.

SPECIFIC FOCUS:

- Proper warm up routine
- Shot Put drills
- Discus drills
- Plyometric training
- Speed development
- Weight Training

This is a “learn by doing” clinic athletes will be able to participate in all drills and be given feedback along with some individualized instruction. Thus, all athletes should come prepared to participate. If possible please bring your own INDOOR implement (indoor shot & rubber discus) some implements will be provided. A 30-45 minute break will be taken for lunch.

Please contact Chris Brown @ cbrown@whitesville.wnyric.org if interested