

W
WELLSVILLE
TRACK AND FIELD
BOOSTERS

Presents

THROWERS CLINIC

Saturday, March 5th 2016

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
Coach Kinnicutt & Smith will also break down glide & rotational technique for shot put.

OTHER AREAS OF 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 which will be provided.

Please contact Chris Brown @ cbrown@whitesvillesd.org if interested

