



Luis and Coach Infurna before the 2016 DIII Outdoor National Championships

May 7, 2017 Hammer Clinic—Nazareth College—9am-11am

By attending this camp you will learn how to:

- Efficiently warm-up before your competitions
- Learn proper weight and hammer throw mechanics
- Be a more proficient weight and hammer thrower

Hammer Clinic conducted by Charles Infurna and Luis Rivera

Cost-\$30

We will meet at the Outdoor Track at 9am

- Open to any high school thrower currently enrolled in 9th-12th grade
- *Great training opportunity before the Junior Olympic Qualifying Meet in June*
- Free for Coaches and Parents

Women throw a 4k hammer

Men throw a 6k hammer

**PLEASE BRING YOUR OWN
GLOVES AND THROWING
SHOES**



Click link to register

[http://www.forzathletics.com/store/c4/May 7%2C 2017 Hammer Clinic at Nazareth College.html](http://www.forzathletics.com/store/c4/May+7%2C+2017+Hammer+Clinic+at+Nazareth+College.html)

Questions can be directed to Charles Infurna by phone (585) 406 – 1399 or email forzathletics@gmail.com

Coaches:

Dr. Charles Infurna has coached two Division III Weight Throw National Champions, 10 All-Americans, and numerous conference champions in the Hammer, Weight-Throw, Discus, and Shot-Put in his coaching career.

Luis Rivera just placed 6th at the 2017 USATF Indoor National Championships. Coach Rivera is the Puerto Rican 35lb. Weight Throw National Record Holder with a best of 22.01m. He is the 2016 Division III National Weight Throw Champion and a 4x All-American. His hammer throw personal best is 59.29m

What athletes have said about Dr. Charles Infurna

"If it wasn't for you, I would have never been able to think I could do something like this! I appreciate it so much!"

"You are the only person I want coaching me. You built me into the thrower I am today and no one will ever understand me like you do!"



Savannah Cook, Coach I, and Matt Hand
at Houghton College, January, 2017

Private Coaching Available

- In person and online coaching available
- Video analysis
- Technical review of your throws
- Weightlifting programming available in 1, 2, and 3 month blocks