



# **GOLD MEDAL**

## **WINTER THROWS CAMP**



Sponsored by the  
**National Throws Coaches**

**FOR GIRLS & BOYS (GRADES 9-12)  
AND COACHES**

December 17<sup>th</sup> - 10:00 a.m. - 5:00 p.m. -CST

December 18<sup>th</sup> - 9:00 am - 2:00 pm -CST

*Camp will be held in the Fieldhouse (door M)  
At Portage High School, US Hwy 6 Portage, IN, 46368*



### **CAMP HIGHLIGHTS:**

- NTCA elite coaches will instruct you using lecture, demonstrations and throwing in the basics and advanced techniques of the discus and shot put (rotational and glide).
- \$160 per athlete for the two day intensive camp (late registration is \$180)
- \$60 per coach for the camp
- Registration is due: December 15, 2016
- Limited to 40 Athletes each day
- Camp includes- T-shirt, Throws Camp Information Packet and Snacks
- Bring your own shoes and water bottle



**VISIT**

**[www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com)**

**To Register and for more information**

**Email: [nationalthrows@aol.com](mailto:nationalthrows@aol.com)**

**Or**

**Call: (760) 779-9148**