

MID WEST THROWS CAMP

Sponsored by the

National Throws Coaches Association

FOR GIRLS & BOYS (GRADES 6-12) AND COACHES

**June 17th – Shot Put (Glide & Rotational)
11:30 a.m. - 5:00 p.m. –CST**

**June 18th – Discus
9:00 a.m. - 2:30 p.m. –CST**

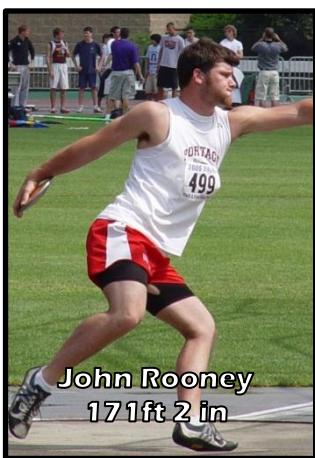
*Camp will be held at the Portage High School Track
Portage High School, 6450 US HWY 6,
Portage, IN 46368*



Tori Bliss
50 ft 9. 5 in & 148 ft 2 in



Jakob Engel
63 ft 2.75 in



John Rooney
171ft 2 in

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 both days of camp or \$80 for one day of camp (late registration is \$180 or \$90)
- \$60 per coach for both days of camp
- Registration is due: June 15, 2017
- Camp includes- T-shirt, Instruction, Throws Camp Information Packet and Snacks
- Bring your own shoes and water bottle

VISIT

www.nationalthrowscoachesassociation.com

To Register and for more information

Email: nationalthrows@aol.com

Call: 760-779-9148