

FREE TO ALL CURRENT  
USATF MEMBERS



FREE TO ALL CURRENT  
USATF MEMBERS

## You're invited to attend a **FREE Youth Throws Clinic**



For More Information contact:

James Griffin  
Director Youth Throws Clinics USATF FL  
[jimsjag@hotmail.com](mailto:jimsjag@hotmail.com)  
954-299-7333

Angela D. Harris  
USATF Florida Association President/Youth Chair  
[usatf.floridayouth@gmail.com](mailto:usatf.floridayouth@gmail.com)  
904-616-9373

Attention All Novice through High School Throwers take advantage of this USATF Florida Throwing Clinic.

If you are a novice and just thought you might like to learn to throw the Shot put, Discus and Javelin or are already throwing in competition and would like to fine tune your technique. This Free USATF Sanctioned Clinic is for you.

### **NOVICE THROWERS**

You will be instructed on all 3 throwing events for the beginner along with Safety and training information. You will also get a chance to throw Shot put, Discus and Javelin. Not every athlete is a great runner or jumper, but everyone can compete in a throwing event. A fun way to learn a new sport !!!

### **ADVANCED THROWER**

You will have a chance to practice one on one with a Nationally Ranked Masters Thrower. Have your skills assessed and fine tune your current throwing technique for better distances in each event. Also individualized Training and Drills Recommendations. Introduction to Hammer and Weight Throw.

### **Clinic Schedule**

**May 21, 2017**

**9:00am - 11:00am - NOVICE**  
**11:00am - 2:00pm - ADVANCE**

CLINIC IS LIMITED TO FIRST 30 PARTICIPANTS TO REGISTER ON  
LINE

ATHLETES PARTICIPATING IN THE CLINIC WILL ALSO BE  
REQUIRED TO COMPLETE THE WAIVER FOUND ON THE  
WEBSITE.

### **REGISTRATION**

Register for the Youth Throws Clinic by visiting

[https://  
2017usatfflyouththrowsclinicjax.eventbrite.com](https://2017usatfflyouththrowsclinicjax.eventbrite.com)

**Bishop John J. Snyder High School**  
5001 Samaritan Way  
Jacksonville, FL 32210  
Sunday, May 21, 2017