

GOLD MEDAL

WINTER THROWS CAMP

Sponsored by the
National Throws Coaches Association

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

December 20th - 11:00 a.m. - 5:00 p.m. -CST

December 21st - 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 18, 2014
 - Limited to 40 Athletes each day
 - Camp includes- T-shirt, Throws Camp Information Packet, Snacks and Drinks
 - Bring your own shoes and water bottle
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VISIT

www.nationalthrowscoachesassociation.com

To Register and for more information

Email: nationalthrows@aol.com

Or

Call: 760-779-9148

