



Over 100 coaches and athletes have attended each year since 1998

SHOT PUT & DISCUS
Boys and Girls/Coaches and Athletes

Sunday, February 20, 2011

Sunday, March 6, 2011

- *MAIN TOPICS: glide shot put, spin shot put, discus and strength training**
- *BONUS SESSIONS: hammer, javelin, spin shot (for gliders) and event specific training**
- *Throw multiple events and learn training techniques of elite coaches and athletes**

*Coaches: Scott Cappos (Iowa-coach of over 20 BIG TEN CHAMPIONS)
AJ Curtis (Iowa school record holder-DISCUS)
John Hickey (Iowa school record holder-INDOOR SHOT)
Current Iowa men and women throwers

LOCATION: @ Iowa football bubble (Indoor Practice Facility) from 12 p.m. - 4 p.m.

MAP: <http://www.uiowa.edu/~maps/i/ipf1.htm>

QUESTIONS: Contact Scott Cappos: scott-cappos@uiowa.edu or (319) 335-9392

Registration form (print clearly)

Name _____

Coach or Athlete _____ Athlete: Year in school _____

School _____ Email address _____

Dates you will attend the clinic: February 20 _____ March 6 _____

Mail check to: Iowa Throws Clinic- 227 CHA-Iowa Track and Field, Iowa City, Iowa 52242

Cost: 1 session-\$60.00 2 sessions \$100.00

GROUP RATE: 5 or more mailed together: subtract \$10.00 per person (postmark one week before the clinic date)