



**2010 IOWA HAWKEYES  
TRACK AND FIELD  
SHOT PUT & DISCUS CLINICS**

**Sunday, February 21, 2010  
Sunday, March 7, 2010**

**Boys and Girls/Coaches and Athletes**

- \*Topics: glide shot put, spin shot put, discus and strength training
- \*All athletes get to throw both events and learn training techniques
- \*Attend both sessions to learn the coaching styles of the elite coaches

\*Coaches: Scott Cappos (Iowa-coach of 20 BIG TEN CHAMPIONS)  
Mike Turk (Illinois-coach of several ALL-AMERICANS)  
Plus-current and former Iowa throwers

**LOCATION: @ Iowa football bubble from 12 p.m. – 4:30 p.m.**  
**Contact Scott Cappos with questions: [scott-cappos@uiowa.edu](mailto:scott-cappos@uiowa.edu) or (319) 335-9392**  
**[WWW.HAWKEYETRACK.COM](http://WWW.HAWKEYETRACK.COM) FOR MORE DETAILS**

Registration form (print clearly)

Name \_\_\_\_\_

Coach or Athlete \_\_\_\_\_ Athlete: Year in school \_\_\_\_\_

School \_\_\_\_\_ Email address \_\_\_\_\_

Dates you will attend the clinic: February 21 \_\_\_\_\_ March 7 \_\_\_\_\_  
Mail check to: Iowa Throws Clinic- 227 CHA-Iowa Track and Field, Iowa City, Iowa 52242  
Cost: 1 session-\$50.00                      2 sessions \$75.00

**GROUP RATE:**  
5 or more mailed together: subtract \$10.00 per person