## HAWKEYE INTENSIVE THROWS CLINIC

SHOT PUT & DISCUS



Sunday, March 20, 2011

## **REGISTER NOW**

LOCATION: @ Iowa football bubble (Indoor Practice Facility) from 12 p.m. - 4 p.m. QUESTIONS: Contact Scott Cappos: <a href="mailto:scott-cappos@uiowa.edu">scott-cappos@uiowa.edu</a> or (319) 335-9392 TOPICS: SHOT PUT, DISCUS, STRENGTH TRAINING AND VIDEO REVIEW

## www.iowatrackandfieldcamps.com

ATHLETE COST: \$100.00 INCLUDES 4 HOURS OF INTENSE INSTRUCTION, THROWING DVD, THROWING BOOK COACHES COST: \$50.00 INCLUDES THROWING DVD AND THROWING BOOK FOR COACHES

Mail to: Scott Cappos: Iowa Track and Field, 227 CHA, Iowa City, Iowa 52240 Checks to: Iowa Throws Clinic

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SCHOOL	
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COACH	
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