



# INTRODUCTION TO HAMMER THROW CLINIC

**FRIDAY, JULY 26, 2013, 4:30 p.m.**  
**Holy Cross College, Worcester MA**

Presented by USA Track & Field - New England AND Twilight Throwers  
Part of a USATF National Grant program to develop the event in New England

Come learn about this unique event!

Though it's not a Massachusetts High School event, but it is held on the national level and is part of all college and open indoor competitions

Girls throw a 4K Hammer, Boys throw 12 pounds

The clinic starts with the basics. The focus is to teach basic skills and drills to become a successful thrower. It is geared to High School throwers, but is open to collegians and middle school throwers

Coaches will include US masters champ Tim Morse and noted Rhode Island HS coach Bob Gourley

***There is no charge for the clinic! Implements supplied***

Additional clinics may be held in later in the year. Watch for indoor weight throw clinics in December  
For more information, contact USATF New England, [office@usatfne.org](mailto:office@usatfne.org) / 617-566-7600  
See [www.usatfne.org/track](http://www.usatfne.org/track)

