



## INTRODUCTION TO THE WEIGHT THROW

### Clinic for scholastic throwers and coaches

**MONDAY, DECEMBER 29, 2014**

**12:00 to 2:00p.m.**

**St. Johnsbury Academy Field House, 1000 Main St. St. Johnsbury, VT 05819**

**Presented by USA Track & Field-New England**

Come learn about this unique indoor event!

It's a new addition to the Vermont and New York indoor season, joining Rhode Island as a scoring event in HS indoor track and field, and is part of all college and open indoor competitions nationally. Girls throw a 20 pound weight and boys throw a 25 pounds. It is a combination of strength and technique.

The clinic will start with safety and the basics, and proceed to basic skills and drills to become a successful weight thrower. Lead instructor will be Tim Morse, a past US masters champion.

Vermont made a name in the throw with two NB National competitors in the first season it was a state exhibition event! **Implements will be available to use.**

For more information contact coach Chip Langmaid at [alangmaid@stjacademy.org](mailto:alangmaid@stjacademy.org) (802) 535-8677.

(No preregistration is needed, but it is preferred to reply with interest in attending)

For more information on development programs and competitions for scholastic weight throwers, contact USATF-New England [office@usatfne.org](mailto:office@usatfne.org) / (617) 566-7600.

