



INTRODUCTION TO THE WEIGHT THROW

Clinics for scholastic throwers

Saturdays, December 19, 2015 and January 2, 2016

11:00 a.m. to 1:00 p.m.

Boston University Track & Tennis Facility, Boston MA

Presented by USA Track & Field - New England

Part of a USATF National Grant program to develop the event in New England

Come learn about this unique indoor event!

It's not a Massachusetts state event, but it is held in Rhode Island and Vermont, on the national level, and is part of all college and open indoor competitions

Girls throw a 20 pound weight, Boys throw a 25 pound weight

The clinics will start with the basics. The focus of the clinic is to teach basic skills and drills to become a successful weight thrower. Lead instructor will be US masters champ Tim Morse

There is no charge for the clinic ! Implements supplied

Additional clinics will be held in January leading to the 6th annual Massachusetts State Scholastic Invitational Weight Throw on February 17 at the Reggie Lewis Center

For more information and entry form, see www.usatfne.org/track

Contact USATF New England - office@usatfne.org - 617-566-7600

