



INTRODUCTION TO THE WEIGHT THROW

Clinics for scholastic and novice throwers

Saturdays, December 17 and December 31, 2016

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

Boston University Track & Tennis Facility, Boston MA

Presented by USA Track & Field - New England development program

Come learn about this unique indoor event!

It's not a Massachusetts HS state event, but it is held in Rhode Island-Vermont-New York, 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.

No charge for scholastics/collegians!
Implements supplied

Post-collegians must have USATF membership

Additional clinics will be held in January leading to the 7th annual Massachusetts State Scholastic Invitational Weight Throw during February vacation

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

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



(information on flyer as of Nov 1)

