

2016 SOUTHWEST VIRGINIA THROWS CLINIC

—INFORMATION AND REGISTRATION—

EARLY REGISTRATION DUE WEDNESDAY, JUNE 16th. REGISTER EARLY FOR A \$10 DISCOUNT!

CLINIC DATE: Saturday, June 25th, 2016

CLINIC LOCATION: Staunton River High School, 1095 Golden Eagle Dr, Moneta, VA

CLINIC TIME: Registration opens at 8:30 am. Clinic begins at 9:00 am. Sessions will end by 3:00 pm and there will be an optional “mock meet” at 3 pm for anyone who wants additional throwing time or measured throws.

COST: \$40 per person for EARLY REGISTRATION (due by 6/16) or \$60 per person after. Coaches are \$20 per person or free with five (5) paid athletes.

OTHER INFORMATION:

- Each athlete will get FOUR (4) skill sessions under the instruction of area college coaches, some open throwing time, and optional informational sessions during the lunch break.
- Athletes can opt to participate in shot put only, discus only or both. Double event athletes will have two sessions on each event.
- Coaches are invited to register and then can attend any sessions to film/take notes, etc.
- There will be optional clinics during the lunch break on NCAA recruiting and USATF rules.
- Pizza lunch is provided for all registered participants (coaches and athletes).
- We will provide Gatorade with lunch and have water coolers available throughout the day, but we recommend that participants bring a water bottle to fill up.
- Additional concessions will be available for purchase by participants, and by any spectators who stay for the duration of the clinic.
- T-shirts are provided for all registered participants (coaches and athletes). If you do not register in advance, then we cannot guarantee your preferred t-shirt size.
- Parents are welcome to stay for the clinic, as we will have a designated area for spectators, but you will likely want to bring a chair of your own. If they want to attend the sessions and video, etc., then they need to register as a coach.
- We will have plenty of implements for athletes to use. If you bring your own shot or discus, then you are responsible for it and you need to label it adequately.
- Register as either a Group A or Group B athlete, so that our coaching staff can gear their instruction to the correct level. This is NOT an indication of grade level, but of throwing experience. Suggested guidelines are below, for shot and discus:

Girls A: <28 ft and <75 ft	Girls B: >28 ft and >75 ft
Boys A: <38 ft and <95 ft	Boys B: >38 ft and >95 ft
- To register by mail - fill out the attached form and return with payment to Virginia Amateur Sports – Attn: Charity Waldron - 711 C 5th Street NE, Roanoke, VA 24016 or Register online at CommonwealthGames.org/SWVAThrow.

2016 SWVA THROWS CLINIC REGISTRATION

NAME _____ M ☐ or F ☐

HIGH SCHOOL _____

HOME ADDRESS _____

PHONE # _____ EMAIL _____

ATHLETE _____ or COACH _____

Athletes only:

GRADUATION YEAR _____ "LEVEL" for CLINIC: A ☐ B ☐

SHOT ONLY ☐

DISCUS ONLY ☐

BOTH ☐

Shot: Glide ☐ or Spin ☐

EMERGENCY CONTACT NAME AND NUMBER:

PREFERRED T-SHIRT SIZE: S ☐ M ☐ L ☐ XL ☐ XXL ☐

REGISTRATION FEE:

Athletes:

\$40 CHECK INCLUDED ☐ Check # _____

\$60 DAY OF CLINIC ☐

Coaches:

\$20 CHECK INCLUDED ☐ Check # _____

FREE with 5 paid athletes ☐

List athletes here: _____

CHECKS PAYABLE TO: SRHS Track Boosters. Put "SWVA Throws Clinic" in memo line.

MAIL REGISTRATION AND CHECKS TO: Virginia Amateur Sports – Attn: Charity Waldron - 711 C 5th Street NE, Roanoke, VA 24016