Reno Tahoe Athletics

Is Excited to announce its new!

Coach Training System

Big Throws Shot, Discus COACHES CLINIC!

WHO & WHAT:

- All Northern Nevada High School and Middle School Throws Coaches!
- All Senior/Master/Open Athletes (18yrs to 90 plus!)
- Learn new coaching skills and ideas to develop Great Throwers at all age levels!
- Teaching Standing/Power Throws,
- Learn key positions for the glide technique
- Teaching Movements from end to beginning and beginning to end from the ground up!
- 4 Key positions in the rotational spin of the shot and discus

WHEN:

Sunday December 8, 2019
900am—12:00pm
Check-in 8:30am—9:00am

WHERE: Wooster High School
1331 E Plumb Lane
Reno, NV 89502

COST:

- ~~$45 Early Bird Registration by Sun., 1 December 11:59pm~~
- ~~$55 Pre-Registration by Fri, 6 December 11:59pm~~
- ~~$65 onsite, the day of~~
- **$45 ——— SPECIAL!**

Elite Throws Clinician Michael Hambrick

Hambrick has coached several All-American 65'/180' shot & discus throwers

Experience Building Great Throwers!

Founder of
LSWE Throws Club, Pittsburg, PA

Coach Hambrick 33 Years' Experience

To Sign-up for the camp please visit www.renotahoeathletics.org
or Contact Anthony Davis at anttrack2015@gmail for more information