

SHOT PUT



MINI THROWERS CAMP

New Century Middle School

7455 Century Circle
Fayetteville, NC 28306

Saturday, November 11, 2017

Registration starts @ 12 noon

Coach Vrenia Wilson –

USATF Level I Coach 2004- present

Have worked with several Wake County athletes that have gone on to college on Athletic Scholarships.

Timothy Edelen – Wingate/NCCU

Elijah Mallory – UNC-Charlotte

Current athletes:

Veronica Fraley – Wakefield –

- #1 All Time in NC at Discus 170-4
- #4 All Time in NC at Shot Put 47-9.25
- {Committed to Clemson}

Jalyn Chapman - Millbrook

Naya Taylor -Wakefield

As an athlete has Numerous accolades at N.C. A&T. She won the MEAC shot put title seven out of the eight times she competed for it during either the MEAC indoor or outdoor championships. She was the conference outdoor champion in the shot put all four years (1994-97), and the indoor champion three years in a row starting in 1995. She broke the MEAC indoor record in the shot put and the discus in 1996. She was the women's indoor track and field MVP two years in a row as well. Her scoring was pivotal in 1995 when the Aggies won their first and only MEAC outdoor championship.

MINI THROWERS CAMP

Dear Coach and Athlete:

Get ready to learn and have a BETTER THROW! This year we are planning to hold a Learn-By-Doing Throws Camp for athletes . We are scheduling the camp for Saturday, November 11, 2017 at New Century Middle School. Registration will begin at NOON on Saturday, with presentations beginning at 1:00 p.m. promptly. Our main objective is to provide the athlete with a sound base of knowledge regarding the throwing of the shot put. All age groups (jr. high, high school, college, and masters) of athletes are welcome. The cost is \$50 per athlete. We would appreciate your response as soon as possible.

Sincerely,
Coach Vern and Coach Mason

Contact information:

Vernia Wilson – vernia75@yahoo.com phone# - 919-201-3485

Coach Mason - mui_info@yahoo.com phone# - 910-703-6597

WHERE: New Century Middle School

WHEN: Saturday, November 11, 2017

Registration begins at 12p.m.

Camp/Clinic Starts:

1:00 p.m. UNTIL 4:00 p.m.

BRING A WATER BOTTLE!

TOPICS:

*SHOT PUT- Standing throw, rotational, glide

*Discussion/Q&A

EQUIPMENT: Please bring your own equipment if possible.

Limited equipment will be available.

Payment

CASH or Credit Card (no checks)

If using credit card .. Please send your payment via Paypal .

PayPal email address is - jrstriders @yahoo.com