

# SHOT PUT



## MINI THROWERS CAMP

**Every Wednesday the month of October 2021**

Garner Recreation Center (field behind bldng) 6pm-7:30

215 W Main Street – Garner NC 27529

HOSTED BY COACH VERN of **JUNIOR STRIDERS T&F**

**Cost -\$30** (space is limited)

# 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 every Wednesday in October. October 13,20 and 27 at the field behind the Garner Recreation Center (Main St). Please PRE-Register as soon as possible. Email provided below.

Our main objective is to provide the athlete with a sound base of knowledge regarding the throwing of the shot put. All age groups (elementary, middle, high school) of athletes are welcome (male and female).

We would appreciate your response as soon as possible. **Space is Limited**

Sincerely,

Coach Vern (JrStriders T&F Club)

## Contact information:

Vernia Wilson – jrstriders@yahoo.com or TEXT phone# - 919-201-3485

The cost is \$30 per athlete/per Wednesday session.

Cash/Cash App (\$CoachVern2you) or

PayPal –PayPal sent to email address (jrstriders @yahoo.com)

**WHERE:** GARNER RECREATION CENTER **WHEN:** Wednesdays in OCTOBER 2021

BRING A WATER BOTTLE!

WORKOUT

\*SHOT PUT- rotational, glide

\*Discussion/Q&A

EQUIPMENT: Please bring your own equipment. Limited equipment will be available.

ATTIRE: Come Prepared to work out.. Towel /throwing shoes

**HOSTED By Junior Striders T&F CLUB**

**Garner Recreation Center - 215 W Main Street – Garner NC 27529**