

Throws Clinic

When: Thursday (Shot) December 29 and Friday (Discus/Weight Training) December 30

Where: Lake Park High School West Campus. 500 West Bryn Mawr Avenue, Roselle, IL 60172. We will meet in the field house next to the football field and walk to the classrooms so please be on time.

What: Shot Clinic from 9am to 3pm on Thursday December 29. Discus and Weight Training Clinic from 9am to 3pm on Friday December 30.

Who: This clinic is for any coach that would like to learn more about the throws to get ready for the upcoming season. We will be using an athlete to model what we show in the classroom.

Tentative Schedule:

9am – 10am Classroom Presentation
10:10am-10:40am Modeling on Track
10:40am-11:40am Classroom Presentation
11:50am-12:20pm Modeling on Track
12:30pm-1:15pm Lunch Provided
1:20pm-2:20pm Classroom Presentation
2:20pm-2:50 Modeling on Track
2:50-3:00pm Closing/Survey



Cost: \$95 for one day or \$160 for both clinic days.

Instructors: Coaches that own or have owned several state records from the 4-time State Champions Lake Park High School will be providing the instruction. Specifically Ben Bishop, Bob Nihells and Scott Bennett.

Registration: Signup online at www.dupagetrackclub.org and follow directions. Deadline for signing up will be Friday December 9 for coaches. No filming of the clinic will be allowed. We will not run the clinic without ten participants.

Lunch: Will be catered and provided.