

**January 29th  
Harper College  
Palatine, IL.  
9 am to 3 pm**

# A to Z THROWERS CLINICS

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Palatine, IL.  
9 am to 3 pm**

***THIS UNIQUE CLINIC IS FOR BOTH THROWERS AND COACHES***

**FORMAT: THERE ARE FOUR DIFFERENT CLINICS THAT ARE BEING RUN ON THAT DAY. YOU DECIDE ON WHICH CLINIC YOU SHOULD ATTEND.**

***LOOK AT THE INFORMATION GIVEN BELOW AS A GUIDE TO CHOOSE YOUR CLINIC:***

**NOTE: According to IHSA rules, each school can only send two representatives per clinic. This does not include the coach. This means that each school could send a total of six athletes to all three clinics.**

**BEGINNERS CLINIC:** This clinic is for throwers with zero to one year of throwing experience perhaps someone who competed on the freshman or JV level. This clinic will deal with the basic principles of throwing the shot put and discus. Throwers will also learn the basic technique for the Olympic lifts to develop the power needed for throwing. The javelin and hammer (indoor weight throw) will also be introduced. **(Limited to first 25 entrants)**

**INTERMEDIATE CLINIC:** This clinic is for throwers with one to two years of throwing experience, perhaps a varsity thrower whom placed in conference or sectionals. The clinic will have a quick review of the basics of throwing. We will then emphasize various points to increase technical skills in the throwing events. Throwers will also learn the basic technique for the Olympic lifts to develop the power needed for throwing. The javelin and hammer (indoor weights throw) will also be introduced. **(Limited to first 25 entrants)**

**ADVANCED CLINIC:** This clinic is for throwers with three or more years of experience. This is for throwers who have reached a certain level of success, perhaps conference, sectional or state qualifiers. The finer points of the throws will be emphasized dealing with specific advance techniques in the shot and discus. Throwers will also learn the basic technique for the Olympic lifts to develop the power needed for throwing. The javelin and hammer (indoor weight throw) will also be introduced. **(Limited to first 25 entrants)**

**COACHES CLINIC:** This clinic is for coaches who are interested in learning more about the throws. The morning will be presentations on various aspects of the throws. The afternoon session will include looking into various resources available to the throws coach. It will also include a group discussion and question and answer period with a panel of successful throws coaches. **(Limited to first 45 entrants)**

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**Contact: Renee Zellner at (847) 925-6464 [rzellner@harpercollege.edu](mailto:rzellner@harpercollege.edu)**

**Cost: \$60.00 per athlete or coach  
Postmarked no later than Wednesday, January 25<sup>th</sup>, 2012**

**Walk in Registration: \$75.00 only for spots not filled by pre-registration.**

**T-shirt and clinic notes for those who pre-register before Wednesday, January 25<sup>th</sup>. Only Clinic notes for those who register the day of the clinics, shirts will be first come first serve for day of registration.**

*In order to keep maximize instruction we have limited each clinic. This means enrollment will be on a first come first serve basis for each clinic. Get signed up NOW!*

Harper College A-Z Thrower's Clinics  
**General Information**

**When:** Sunday, January 29th, 2012

**Time:** Registration: 8:10 – 8:50 am  
Clinic: 9:00 am – 3:10 pm

**Where:** Building “M” William Rainey Harper College, Palatine, Illinois  
“Wellness Center”, South Entrance

**Contact:** Renee Zellner at (847) 925-6464 [rzellner@harpercollege.edu](mailto:rzellner@harpercollege.edu)

**Cost:** \$60.00 per athlete or coach  
Postmarked no later than Wednesday, January 25<sup>th</sup>, 2012

**FOOD:** *Bring your own lunch!!! (Some vending machines are available)*

\*\*\*\$75.00 per athlete or coach for day of registration.\*\*\*

**Includes:** T-shirt and clinic notes for those who pre-register.

Only Clinic notes for those who register the day of the clinic, shirts will be first come first serve for those who are doing day of registration.

**Make checks**

**Payable to:** Harper College, in the memo area write: A-Z Throwers Clinics

*In order to keep maximize instruction we have limited each clinic. This means enrollment will be on a first come first serve basis for each clinic. Get signed up NOW!*

Complete and return the forms below back to  
Coach Zellner

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ **Tele#:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Gender:** Male / Female      **Shirt Size:**    S      M      L      XL      XXL (+\$1.00)

**Please circle the clinic that you wish to attend:** We will try to fit sizes, but cannot guarantee it.

*Beginners Clinic*

*Intermediate Clinic*

*Advanced Clinic Coaches Clinic*

***Mail to:***

Renee Zellner  
Harper College  
WHP Division  
1200 West Algonquin Road  
Palatine, IL. 60067