

# GOLD MEDAL

## WINTER THROWS CAMP

Spin Shot - Glide Shot - Discus

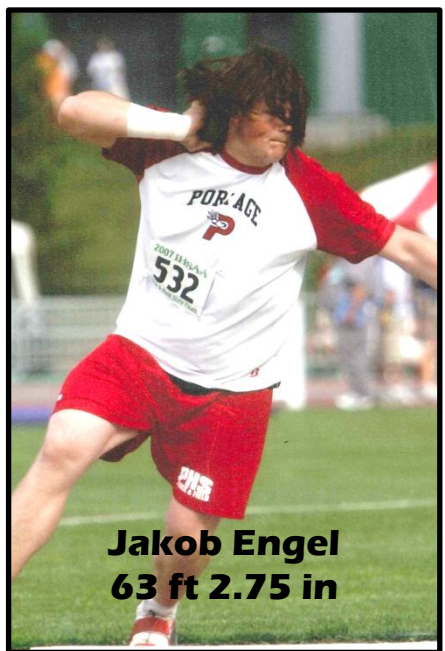


### SKILLS - DRILLS - THROWING FOR ALL GIRLS & BOYS (GRADES 6-12) AND COACHES

December 10<sup>th</sup> – 8:30 a.m. (CHECK-IN)- 4:00 p.m. –CST  
In the Fieldhouse (Door M)  
At Portage High, Hwy 6 Portage, IN, 46368



**Tori Bliss**  
50 ft 9.5 in &  
148 ft 2 in



**Jakob Engel**  
63 ft 2.75 in



**John Rooney**  
171ft 2 in

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## CAMP HIGHLIGHTS:

- Camp coaches will instruct you using lecture, demonstrations and throwing in the basics and advanced techniques of the discus and shot put (rotational and glide).
- \$100.00 per athlete for one day intensive camp (late registration is \$125)
- \$65 per coach for the camp
- Registration is due: December 8, 2022
- Camp Price Includes- Camp T-shirt, Discus Throwing Ball, Instruction & Throwing
- Bring your own lunch, shoes and water bottle- Lunch will not be provided

Special Offer: Coaches signup three athletes and get your registration for free plus each athlete receives 15% off registration. Email [nationalthrows@gmail.com](mailto:nationalthrows@gmail.com) directly

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**VISIT**

[www.nationalthrows.com](http://www.nationalthrows.com)

**To Register and for more information**

**Email [nationalthrows@gmail.com](mailto:nationalthrows@gmail.com)**

**Or**

**Call or Text: (219) 771-2398**