



St. Cloud State Track & Field

2012 WINTER THROWING CLINIC

Jan. 16, 2012 - Halenbeck Hal Fieldhouse



Featuring Coach
Travis Zins



ST. CLOUD STATE UNIVERSITY WINTER THROWING CLINIC FOR GIRLS & BOYS (grades 9-12)

Monday, January 16, 2012
9:30 a.m. - 3:00 p.m.

(Clinic will be held on the indoor track of Halenbeck Hall on the campus of SCSU.)

CLINIC HIGHLIGHTS:

- SCSU coaches and athletes will instruct you in the basics of the discus and shot put (rotational and glide).
- \$30 per athlete for the clinic.
- Registration is due: January 10, 2012
- Bring your own shoes, indoor shot, indoor/rubber discus
- Morning Session: Warm-up & Discus; Afternoon Session - Warm-up & Shot
- Clinic includes free lunch for participants.

St. Cloud State University Winter Throwing Clinic for Girl & Boys grades 9-12 Registration Form (due Jan. 10, 2012)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Age: _____

Telephone: _____

Grade: _____ School: _____

E-Mail: _____

Amount Enclosed: \$30 per athlete _____

Make checks payable to: SCSU Track and Field, 209 HAH, 720 4th Ave. S., St. Cloud, MN 56301-4498.
Call Travis Zins at 320-308-1255 for more information or e-mail him at tczins@stcloudstate.edu