



ST. CLOUD STATE'S WINTER THROWING CLINIC FOR GIRLS & BOYS (GRADES 9-12)

JANUARY 19, 2009
9:30 A.M. - 3:00 P.M.

*Clinic will be held on the indoor track of Halenbeck Hall
on the campus of St. Cloud State University*

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 13, 2009
- 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.



Winter Throwing Clinic for Girl & Boys grades 9-12 Registration Form (due Jan. 13, 2009)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Age: _____ Grade: _____

E-Mail: _____

School: _____

Amount Enclosed: \$30 per athlete _____

Make checks payable to: SCSU Track and Field, 209 HAH, 720 4th Ave.
South, St. Cloud, MN 56301-4498

Call Travis Zins at 320-308-1255 for more information or e-mail him at tczins@stcloudstate.edu