

Long and Strong Throwing Clinic

Saturday March 16, 2019 @ Penn Manor / Millersville University

This is a great learn by doing throws clinic with very knowledgeable coaches in the areas of shot, disc, javelin and hammer/weight. Training techniques, drills and tips will be provided individually and in small groups. This is a great way to kick off your outdoor track and field season.

Clinic Registration

All Ages and ability levels are welcome

\$70 registration fee by March 14, 2019

\$75 registration fee day of event March 16th, 2019

Group with 5 or more get a \$10 discount

Mail registration:

Check payable to: Long & Strong Throwers Club

Mail to: Long & Strong Throwers Clinic, c/o Warren Taylor

315 Sylvan Retreat

Columbia, PA. 17512

Questions and discounts – Scott Krall scott.krall@penmedicine.upenn.edu

Staff

Coordinator

Scott Krall Cocalico HS, 15yrs at the HS level, 5 athletes have won PA State Championships in the throws

Shot put

Gretchen Colwell Donegal HS, PSAC Champion Hammer & Weight, Coached 2 District Champions in shot

Frank Squibb USAT&F Level II Throws, Throws coach, 12 years Head Throws Coach Widener University.

Glenn Thompson Shippensburg University, Coached Joe Kovacs, Ryan Whiting, 6 PIAA records, 16 PIAA championships

Discus

Warren Taylor Thaddeus Stevens, 22 NJCAA III All-Americans (15 in throws), 11 time USATF National Masters Champ

Bill Witt 30 years as Director of John Powell Throws camp, 34 years coaching at Collegiate and HS

Javelin

Michelle Curcio Lafayette College, 37 Patriot League Champions, 38 All-East performers, 21 NCAA Regional qualifiers

Kurt Dunkel Shippensburg University, SU throwers have earned 20 First Team All-America honors in the Javelin

Sean Furey 2012 US Olympic Team, 3x US National Champion, PR of 271-5

Coach B Millersville University, NCAA champ and PSAC Conference Champions and multiple All American in throws

Barry Krammes The Javelin Factory, Olympic Trails finalist 2008, 2016, Qualified for 10 straight USATF Championships

John Walsh Point Park University, coached 3 USATF National Champions, Coached multiple WPIAL PIAA Champions

Weight/Hammer

Troy Herr Multiple Master's National Champion Titles in hammer & weight, Former #2 World ranking in Highland Games

Participant Info

8:30 AM Registration

9:00 AM General Introduction

9:10 AM Drills Training (various locations)

10:00 AM Technical Throwing/Training (various locations)

11:55 AM Lunch and College Recruiting Talk

1:00 PM Drills Training (various locations)

1:50 PM Technical Throwing/Training (various locations)

3:45 PM Closing Remarks and Questions

- Athletes divided into groups based on ability level
- Clinic will be held regardless of weather, if necessary we will hold it indoors.
- Average temp on this day is 51 degrees
- Bring your own implements
- Javelin is thrown on synthetic runway so bring 1/4" spikes
- Bring warm clothing, towels, gloves, hats
- There is ample parking between Penn Manor High School and Millersville University

Directions

Penn Manor High School 100 East Cottage Ave, Millersville PA 17551

Registration and indoor sessions will take place at Penn Manor West Gym

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Informed Consent and Assumption of the Risk For Visiting Athlete or Coach at Long and Strong Clinic

I, _____ (PRINT - Name of Participant),

and _____ PRINT - parent/legal guardian of participant is under the age of 18),

grant permission for the PARTICIPANT to participate in the Long and Strong Clinic at Penn Manor School District and Millersville University. The PARTICIPANT (and parent/legal guardian if applicable) recognizes that there are inherent risks and hazards associated with the performance of athletics and that no amount of reasonable instruction and supervision will prevent all injuries. By signing this Informed Consent and Assumption of the Risk form, the PARTICIPANT (and parent/legal guardian if applicable) acknowledges that he or she understands and appreciates the risks and hazards associated with track and field, including those related to the Long and Strong Throws Clinic. This includes the potential for serious or permanent injury to all bodily organs and functions. In accepting this risk, the PARTICIPANT (and parent/legal guardian if applicable) expressly and explicitly releases any and all claims as a result of participation in the Long and Strong Clinic, including claims for medical expenses that may incur for treatment for injuries sustained by the PARTICIPANT. The PARTICIPANT (and parent/legal guardian if applicable) assures the directors of the clinic that he or she has adequate health insurance necessary to provide for and pay any medical costs that directly or indirectly results from participation in the Long and Strong Clinic. The PARTICIPANT (and parent/legal guardian if applicable) also agrees to indemnify and hold harmless, the Cy Fritz Foundation, Penn Manor School District, Millersville University, the State System of Higher Education and the Commonwealth of Pennsylvania its agents, representatives and employees, from any and all claims for any loss or damage incurred as a result of participation in the Long and Strong throwing clinic. By my signature below, the PARTICIPANT (and parent/legal guardian if applicable) intends to be legally bound and certifies that he or she completely understands this document.

_____ Date _____
Participant

_____ Date _____
Parent/Legal Guardian (if under 18)