

**3rd ANNUAL
SHOT & DISCUS
ONE DAY CLINIC
SATURDAY, APRIL 8th**



WAREHAM HIGH SCHOOL, WAREHAM, MA

**GLIDE SHOT
TECHNIQUE
AND DRILLS**

**DISCUS
TECHNIQUE
AND DRILLS**

**LEARN PROPER
TECHNIQUE AND
THROW PRs THAT
AFTERNOON!**

• Your coach for the day is Matt Ellis from Primal Athlete Training Center in Cranston, RI.

• Matt has coached RI and MA throwers to 16 state championships in the past 7 years along with multiple New England and National qualifiers!

• Finally end the frustration you've been feeling and jumpstart your outdoor season with better marks and more PRs!

Registration ends April 5th. Space is Limited to 40 athletes. Sign Up Today!
Visit the link below for more information.

COST:

only \$49 per athlete

(Coaches: Send 3 or more throwers from your team and you can attend for free!)

EliteThrowsCoaching.com/Camps/MA