HAMMER THROW CLINIC
Hosted by Yuri Sedykh
World Record Holder
1976 & 1980 Olympic Champion
1991 World Champion

When: Saturday, December 3, 2016
Registration begins at 9:00 a.m.

Where: Providence Career Tech. Academy
91 Fricker St. Providence, RI

Cost: $50.00 - Cash/Check payable to RITCA

Events and Training:
10:00 a.m. - 12:00 p.m. - Lecture and Video
12:30 p.m. - 1:00 p.m. - Book Signing
1:00 p.m. - 3:00 p.m. - Interactive Throwing Session

Contact: Bob Palazzo - Phone: (401) 580-6238
Email: robert.palazzo@ppsd.org

National Throws Coaches Association
Discus Throw and Shot Put Clinic
Hall of Fame Breakfast

When: Sunday, December 4, 2016
Registration begins at 9:00 a.m.

Where: Providence Career Tech. Academy (PCTA)
91 Fricker St. Providence, RI

Cost: $50.00 - Cash/Check payable to RITCA

Events and Training:
NTCA Hall of Fame Ribbon-Cutting Ceremony
Various Hall of Fame members and Olympic medalists will attend
10:00 a.m. - Hall of Fame Breakfast Buffet - PCTA Cafeteria
12:00 p.m. - 3:00 p.m. - Interactive Discus Throw & Shot Put Clinic

Sponsored By: M-F Athletic, National Throws Coaches Association,
R.I. Track and Field Coaches Association, R.I. Track and Field Foundation, USATF-NE

Yuri will be present during events for book signings and autographs