

Learn by Doing
THROWS CLINIC

Free
for Athletes and Coaches

Please let us know how many from your school will attend!

Send info to:
David DeStefano
destefl@comcast.net

Sunday – March 18th, 2007

12:00 pm - 4:00 pm

Hingham High School

17 Union Street – Hingham, MA

For directions go to go www.hinghamschools.com

Introducing the
HAMMER and WEIGHT THROWS

Sessions on SHOT PUT, DISCUS and JAVELIN

Don't just watch, learn – you'll do the drills and do the throws with some of the areas best throws coaches and throwers to help YOU!

Special thanks to our volunteer clinic staff:

DEREK YUSH, CSCS

Assistant Men's Track Coach – **University of Rhode Island**- Field Events
Coached 42 Atlantic 10 Champs and 10 New England Champs

KRISTAL YUSH

Assistant Women's Track Coach – **University of Rhode Island** – Throws
2007 Millrose Games Champion – 20-lb Weight Throw – 71'-0.5" –215'-5" best HT

JOE DONAHUE

Assistant Coach – **Northeastern University** – Throws
Has coached several Division I All-Americans at NU

JOHN WALKER

former throws coach – Boston College and Northeastern University
1989 All-American – Hammer Throw at URI – 1992 Olympic Trial Finalist
competed at and coached a pair of US Olympic Trial competitors at BC

VINNY TORTORELLA

Two-time All American in Hammer and Weight Throw while at Northeastern
Personal bests of 217'-6" HT, 70'-2" 35-lb WT, 175' DT, 55' SP, 181' JT

BRING YOUR IMPLEMENTS!

There will be limited implements and training tools available from sponsor **M-F Athletic**.

Dress warm! Event will be held Rain, Snow or Shine.