



INTRODUCTION TO THE WEIGHT THROW

A clinic for scholastic novice throwers grades 7-12

Saturday December 28, 2019

11:00 a.m. to 12:30 p.m.

Boston University Track & Tennis Facility, Boston MA

Presented by USA Track & Field - New England – a development event

Come learn about this unique indoor event!

It's not a Massachusetts HS state event, but it is held in Rhode Island, Vermont, New York, on the national level, and is part of all college and open indoor competitions

Girls throw a 20 pound weight, Boys throw a 25 pound weight

The clinics will start with the basics. The focus of the clinic is to teach basic skills and drills to become a successful weight thrower. This is not geared to experienced throwers. ***Implements supplied***

***No charge! To enhance instruction, the clinic is limited to 15;
Contact the USATF-NE office - office@usatfne.org –
to receive the participation form requiring parental signature***

Additional clinics will be held in January leading to the 10th annual Massachusetts State Scholastic Invitational Weight Throw during February vacation

