

2 Day Throwers Clinic/Pentathlon

Throwers only!

Come learn new throwing events and improve your current throwing skills, May 26-27th.

Shot, disc, Javelin, Hammer, and Weight Throw

Two-day clinic/Pentathlon competition at DCC Throws Facility

Six USATF Competition Divisions

- Girls/Boys ages 13-14 years old
- Girls/Boys ages 15-16 years old
- Girls/Boys ages 17-18 years old
- Awards for each individual event winner in each division
- Individual event scores add up for overall Pentathlon Champion.

Dates & Times:

Day 1: May 26th starts at 10am with Hammer, Weight, and Javelin

Day 2: May 27th starts at 9am with Shot and Discus

Day 2: May 27th Throwers Pentathlon Competition starts after clinic. Order of event in the competition will be: Hammer, Shot, Disc, Javelin, & Weight

Pricing:

If you don't want to do the full pentathlon/clinic you can pick and choose events to attend for the clinic, the competition or both. Cost is \$15 per event for clinic and competition, \$150 total.

Awards and T-Shirt are included

A little about Coach Matt Krich

- Masters in Sports Science/Sports Coaching
- Level I and II USATF Coaching Certified
- Certified Strength & Conditioning Coach
- Competing and coaching in Track & Field since 1979
- Ranked 8th in the Nation in Javelin in college 1987
- Scored over 6000 in the decathlon
- Grad Assistant coach with University of Tennessee winning the National Champions in 1991
- Coached several years at MtSAC Junior College in CA
- Worked with 7 athletes making the Olympic Trials (2 made the Olympics)
- Currently competing at the Masters Level, Nationally ranked in all five events and pentathlon

To **register** for the clinic/pentathlon visit:
www.lifttrack.teamapp.com
Or contact me at the Email below

USATF Membership is required

If needed, register at
<https://www.usatf.org/membership/application/index.asp>
(\$20. Fee to cover insurance)

Coach Matt also offers private coaching throughout the year.

For more information, contact him at:
719-761-1874

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Event sponsored by
**Let It Fly Track - LIFT &
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