2 Day Throwers Clinic/Pentathlon
Throwers only!

Come learn new throwing events and improve your current event skills, June 1-2nd.
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.

Pricing:
If you don’t want to do the full Clinic/Pentathlon you can pick and choose events to attend for the clinic, the competition or both. Cost is $20 per event for clinic and 15$ per competition event, $175 total. T-Shirt and awards are included

About Coach Vance
- Current Throws Coach at the Air Force Academy
- Past Throws Coach at Tiffin U. and Boise State Before AFA
- USATF Level II Certified Throw Coach
- Has Coached multiple conference champions and National qualifiers
- Eight-time All-Conference honoree and National Qualifier in Shot Put

About Coach Matt Krich
- USATF Level II Certified Coach
- Competing and coaching in Track & Field since 1979
- Ranked 8th in the Nation in Javelin in college 1987
- 19 year coaching at the college level
- Coached 7 athletes making the Olympic Trials (2 made the Olympics)
- Masters Level, Nationally ranked in all five events throws and pentathlon

To register for the Clinic/Pentathlon visit:
Call or Email Coach Krich to let him know you will be there and then pay when you arrive

For Insurance purposes a USATF Membership is required
If needed, register at https://www.usatf.org/membership/application/index.asp
($20 Fee covers insurance for the year)

Coach Matt also offers private coaching throughout the year.
For more information, contact him at:
719-761-1874
mk.jcoach215@yahoo.com

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