

Grand Valley State Indoor Weight Throw Clinics and Competitions

Grand Valley State will be holding clinics and MITS qualifying competitions in the new weight throw event this year.

Clinics will cost \$50 which will include:

- Technical instruction from Grand Valley Throws Coach Cory Young along with throwers from GVSU.
- Weights and training tools that will be utilized in instruction for learning to correctly throw the indoor weights
 - **Weights will be provided for the competition**
- Entry for athlete and 2 people into the rest of the HS meet that will follow the clinic and weight competition

Clinic dates and Meets are as follows:

- Saturday January 10th 9am
- Saturday January 21st 9am
- Saturday January 24th 9am
- Saturday February 21st 8am

Clinic Time Schedule:

- 9:00am am Check in
- 9:15am Warm-up
- 9:30am Learn by doing weight throw drills and technique
- 10:45 Competition Starts
- 11:45-12:00pm Competition ends

If you are planning on attending please send an email or call Cory Young at youngcor@gvsu.edu or 616-331-3161