



# UNIVERSITY OF IOWA SHOT PUT-DISCUS CLINIC

*Boys and Girls  
Junior/High School Coaches*

Sunday, February 19, 2012

Sunday, March 4, 2012

\$60 per clinic or \$100 for both clinics

**-SPECIAL ELITE CAMP-MARCH 18, 2012-\$100\*includes free DVD & camp shirt**

**\*MAIN TOPICS:** glide shot put, spin shot put, discus and strength training

**\*BONUS SESSIONS:** hammer, javelin, spin shot (for gliders) and event specific training

**\*Throw multiple events and learn training techniques of elite coaches and athletes**

*Scott Cappos (Iowa-coach of over 20 BIG TEN CHAMPIONS)*

*AJ Curtis (Iowa school record holder-DISCUS)*

*Chase Madison (SEC Champion/All-American Discus Thrower)*

*Current Iowa men and women throwers*

**LOCATION:** @ Iowa football bubble (Indoor Practice Facility) from 12 p.m. - 4 p.m.

**QUESTIONS:** Contact Scott Cappos: [scott-cappos@uiowa.edu](mailto:scott-cappos@uiowa.edu) or (319) 335-9392

Register on-line or by mail with a check: <http://www.iowatrackandfieldcamps.com/>

## Registration form (print clearly)

Name \_\_\_\_\_

Coach or Athlete \_\_\_\_\_ Athlete: Year in school \_\_\_\_\_

School \_\_\_\_\_ Email address \_\_\_\_\_

Dates you will attend the clinic: February 19 (\$60) \_\_\_\_\_ March 4 \_\_\_\_\_ (\$60)-Both \_\_\_\_\_ (\$100)

Elite Camp: March 18 \_\_\_\_\_ (\$100)

Mail check to: Iowa Throws Clinic- 351 South CHA-Iowa Track and Field, Iowa City, Iowa 52242

Group rate: 5 or more mailed together -subtract \$10 per person

For free videos including the shot put and discus-check out: <http://digitaltrackandfield.com>

