

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### Please Circle:

Grade: (2018-2019) 7 8 9 10 11 12

Event: Shot Put/Glide Shot Put/Spin Discus

Shirt Size: S M L XL XXL

Skill Level: Beginner Intermediate Advanced

School you will be attending in 2018-2019

**Mail registration, waiver,  
and check, payable to:**

Zach Hall  
418 Williams Ave  
Williamstown, WV 26187

### **Staff:**

#### **Director: Zach Hall**

The 2017 season was Coach Hall's eighth season as the Williamstown High Girls head coach. (4 State Team Championships) He has been coaching the throws at the school since 2009.

Under Hall the school has produced 47 state placers, 11 runner-up, and 5 state champions also 2 state record holders in the shot put and girls discus state record

#### **Lucinda Huffman**

Ritchie County Graduate State Champion  
Has coached the throws at Bridgeport and Ritchie County High School

#### **Jared Shipe**

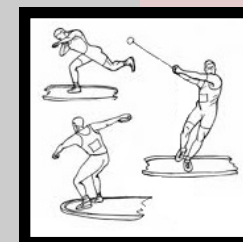
Ritchie County Graduate  
Ritchie County Throwers Coach  
Competed at the Collegiate level in Throws

Other instructors may make an appearance

**Past Camp Alumni have won  
10 individual state throwing titles**

**6h Annual  
LAUNCH IT**

## THROWS CAMP



**June 23rd**

**9:00 —4:30**

**6th-12th Grades**

**Williamstown High School Track  
& Field Complex**

519 West 5th Street  
Williamstown, WV 26187

### **Includes:**

- 1 day of Instruction
- Camp T-Shirt
- Shot Put/Discus Training Handouts
- Video Analysis of Personal Throw
- NCAA Recruiting Information
- MULTI Event Athletes WELCOMED

**Registration Form, Liability  
Wavier, and Camp Fee of  
\$75**

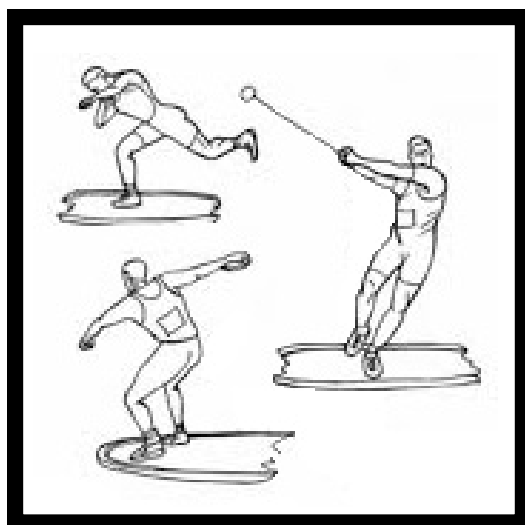
**Registration on the day of  
is available but athletes  
might not receive a Tee  
Shirt.**

**Mail checks payable to:**

Zach Hall  
418 Williams Ave  
Williamstown, WV 26187

**Questions, Contact Coach Hall**

whscoachhall@gmail.com  
(304) 483-9988



***Camp Itinerary:***

8:00-8:30: Registration  
8:30-8:45 - Camp Safety & Intro of Staff  
8:45-9:00- Dynamic warm-up  
9:00-9:15- Throwers warm-up  
9-15-10:00- Technique Session #1  
10- 10:30- Group Q's and A's  
10:30-10:45- Break  
10:45-11:30- Technique Session #2  
11:30-12:30- Lunch (included in price)  
12:30-12:45- Warm Up  
12:45-1:15- Technique Session #3  
1:15-2:00- Technique Session #4  
2:00-3:00- Weight Room Discussion  
3:00-4:00- Technique Session #5  
4:00-4:30- Q's and A's  
4:30 Camp Closure  
(subject to change)

We get so much throwing in on one day  
I changed it from being a two day  
camp.

If interested in doing other events we  
will make a deal. High Jump, pole vault  
and long jump camps are going to be  
happening same day. Please see "Field  
Day Camp" on runwv.com

**Launch It Throws Camp  
Liability Wavier/Parental Consent**

I hereby grant permission for my child to attend the Launch It Throws Camp. I verify that my child has had a physical exam in the past year and is capable of participating in the activities related to the camp. I agree to indemnify, hold harmless, and defend Zach Hall, Williamstown HS, and or their agents or employees from any and all liability for injury to my child, as well as any injury or damage cause by my child. Should emergency medical treatment for my child should be necessary, I hereby authorize EMS or ED physicians to order and conduct procedures necessary.

**I HAVE READ AND UNDERSTAND THE  
LAUNCH IT THROWS CAMP LIABILITY  
WAIVER**

\_\_\_\_\_  
Parent /Legal Guardian (Sign)  
Date

\_\_\_\_\_  
Name of Participant (Please Print)

**Emergency Contact Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_