

Registration Form

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Please Circle:

Attending: Both Days Just One Day

Grade: (2019-2020) 6 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 2019-2020

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

Zach Hall
104 Valley Manor Ln
Williamstown, WV 26187

Staff:

Director: Zach Hall

The 2018 season was Coach Hall's ninth 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 49 state placers, 12 runner-up, and 5 state champions also 2 state record holders in the shot put and girls discus state record

Mark Britton

Ritchie County Graduate

One of the Best Throwers every to come out of the state of WV

Jakeb Elliott

Williamstown High Graduate

2x state runner up in the discus

State Placer in Shot put

Competed at a D-1 Level in the throws

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

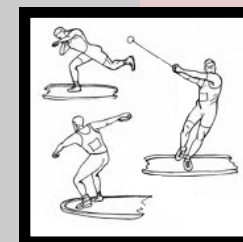
Other instructors may make an appearance

Past Camp Alumni have won

12 individual state throwing titles

**6th Annual
LAUNCH IT**

THROWS CAMP



**June 22nd
8:30—3:30**

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

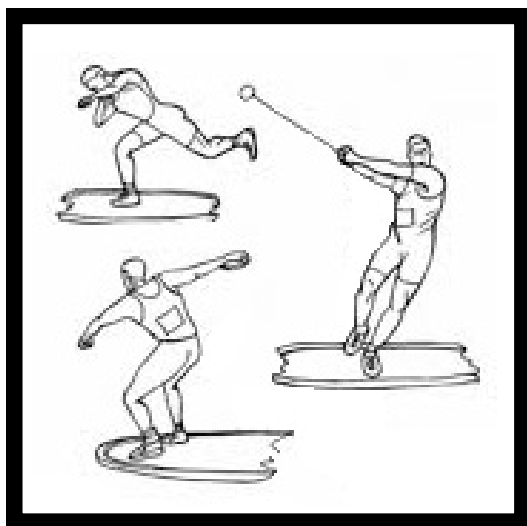
Registration Form, Liability Wavier, and Camp Fee of \$75

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

Mail checks payable to:

Zach Hall
104 Valley Manor Lane
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)

This camp is a hands on approach to throwing. You will get a ton of drills/throws in throughout the day. Be prepared to work!!!!

RAINY DAY PLAN WE WILL BE IN A GYMNASIUM AT THE ELEMENTARY SCHOOL OR HIGH SCHOOL. CAMP WILL GO ON NO MATTER WHAT THE WEATHER.

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: _____