

3rd ANNUAL
**WEST VIRGINIA
ONE DAY CAMP**
SATURDAY, MARCH 21st



KEYSER HIGH SCHOOL, KEYSER, WV

**GLIDE SHOT
TECHNIQUE
AND DRILLS**

**ROTATIONAL
SHOT
TECHNIQUE**

**DISCUS
TECHNIQUE
AND DRILLS**

- ✓ Learn proper technique, drills, and training methods for glide shot put, rotational shot put, and discus from a high level coach.
- ✓ Get prepared for your season!
- ✓ Start practice throwing farther and ready to hit immediate PRs.
- ✓ Coaches - Send 3 or more throwers from your team you can attend for free!

COST:

only \$89 per athlete

(Coaches: Send 3 or more throwers from your team and you can attend for free!)

Registration ends March 15th. Space is Limited to 40 athletes.
Sign Up Today! Visit the link below to learn more and to get signed up!

EliteThrowsCoaching.com/WVCamp