



2017 Winter Throws Camp

December 9, 2017

Gordon Fieldhouse at Ohio Wesleyan University

Cost: **\$75 (Lunch and T-Shirt Included)**

Events Being Covered: **Shot Put and Discus**

All Middle and High School Athletes Welcome to Participate

Coaches Welcome with Paying Campers

Clinic Schedule (Tentative):

- 10:00-10:30—Registration
- 10:30-11:00-Warmup
- 11:00-12:00-Technical Drills
- 12:00-1:00-Lunch-Discuss College Process
- 1:00-3:30- Throwing Progressions
- 3:30-4:00- Cooldown/Questions

Registration Deadline:

Regular-November 27,2017

-Late Registration will last until the start of the camp but **NO T-Shirt will be provided.**

Camp Coaches:

Ethan Rich

- Ohio Wesleyan University Throws Coach
- D-1 NCAA Qualifier (2013,2014,2015)

Gary England

- American Big Guys Throwing Team Founder/Director
- NCAA Champion (Shot Put)1977
- Olympic Trials Qualifier
- World Masters Champion (Shot Put)

Please bring your own implements if possible. Bring throwing shoes if you have them.

Camp Sponsors



Door Prizes Following Camp



Ohio Wesleyan University is excited about our second throws camp and look forward to seeing you at Gordon Fieldhouse on December 9,2017. Space is limited so please reserve your spot as soon as possible.

Please send Checks made out to **Ohio Wesleyan Track and Field to 61 S. Sandusky St., Delaware, OH, 43105.**

Please return registration **NO LATER** than **November 27, 2017.**

Bring the completed waiver with you for the camp.

Camp information will be emailed out three days prior to the camp.

For questions, email/call Coach Rich at elrich@owu.edu/(740)368-3756.

Please complete and mail this portion below back with payment to Coach Rich. Thank You!

Ohio Wesleyan Track and Field Winter Throws Camp 2017



Name: _____

Phone Number: _____

Address: _____

High School: _____

Graduation Year: _____

Email Address: _____

Please Indicate Shirt Size Below

Size	Small	Medium	Large	XL	XXL	XXXL
Camp T-Shirt						



Ohio Wesleyan Athletic Facilities Individual Waiver Form

Today's Date: _____

Name: _____ Date of Birth: _____

Phone: _____

EMERGENCY CONTACT

Name: _____ Phone: _____ Relationship: _____

In consideration of any and all participation in the Department of Athletics programs and activities, including use of facilities and equipment, the undersigned agrees and understands that risk of serious and permanent injury from the activities does exist, and knowingly and freely assumes all risks, both known and unknown, even if arising from the negligence of the Department or others and assumes full responsibility for participation and use of all facilities. The undersigned further agrees to comply with the stated and customary terms and conditions of participation and agrees that if any unusual or significant hazard is observed, activities will be discontinued and the undersigned will bring such matter to the attention of the nearest official immediately. I, for myself and on behalf of my heirs, assigns, personal representative and next of kin, hereby release and hold harmless Ohio Wesleyan University, its Board of Trustees and officers, agents and/or employees, with respect to any and all injury, disability, death, or loss or damage to person or property which I may incur to the fullest extent permitted by law.

X _____
Signature Date

X _____
Parent/Guardian Signature (If under 18 years of age) Date