

Javelin Clinic

Cates Athletics

presents the

6th Annual Javelin Clinic

Sunday, May 23rd

8:00 a.m.

Cates Athletics

1814 S. Bonnie Brae

Denton, Texas

Itinerary:

8:00-Introductions, preview

8:30-Warm up

9:15-Dry drills

10:30-Implement drills

11:45-Lunch (provided)

1:15-Dynamic and specific warm up

1:45-Javelin throws

Ancillary training exercises as time allows—general strength circuits, medicine ball training, multiple throws, hurdle mobility, Olympic weight lifting

Clinicians-Dave Anderson-Ruston High School, Ruston, LA

Pete Abbey-Cates Athletics, Denton, TX

Registration Fee-\$75.00

Each participant will receive a 1 kilogram medicine ball and a T-shirt

Contact-Pete Abbey, Cates Athletics @ 940-390-6286

or

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