

EHS Throws Summer Camp 2019



Enrollment

- ❖ The EHS Throws Camp is open to boys and girls entering grades 6-12 this coming fall. Athletes will be grouped by age and skill level. Experienced athletes will be challenged to improve form and technique while beginners/younger athletes will develop the basic skills for each event. Training for both shot put and discus will be available and provided by experienced throws coaches and former NCAA Division I athletes.

When, Where, & Cost

- ❖ Dates: **Wednesday, June 26th – Friday, June 28th**
- ❖ Time & Location: 1:00-4:00pm at Winston Brown Track (located behind the high school)
- ❖ \$100 for three days/sessions or \$35 per session

What to bring

- ❖ Campers should bring workout clothes, tennis shoes, throwing shoes (if athlete has them), and a water bottle.

Special Features

- ❖ Each camper will receive a camp t-shirt (please register by deadline to insure correct size).
- ❖ The last day of camp will have a mini session on throwing the hammer and javelin. Campers will have an opportunity to learn and practice basic technique for each of these college level events!

Topics to be Covered

- ❖ Discus and Shot Put form and technique
- ❖ Proper throwing warm-ups and practice drills
- ❖ Video review available to individual campers for self and coaching analysis
- ❖ Basic Javelin and Hammer Throw technique

Camp Director: Jaimee Phegley, EHS Girls Throws Track & Field Coach
jphegley@ecusd7.org or 618-447-7722

***Please mail registration & money by June 12th to:**

Jaimee Phegley
Attn: Girls Track and Field
6161 Center Grove Road
Edwardsville, IL 62025

****Please make checks payable to:
EHS (memo -Girls Track and Field)**

**** PLEASE RETURN THE BOTTOM PORTION WITH CAMP MONEY ****

Athletes Name: _____ **T-Shirt Size:** _____

Phone Number: _____ **Grade Entering:** _____

Email Address: _____ **School Athlete Attends:** _____

****By signing this, my child has my permission to participate in this camp. I understand that safety will be stress, but, in case of injury, neither, the staff, EHS Girls Track & Field, nor District 7 is responsible.****

Parent Signature: x _____