

# Coaches Throws Clinic

**When:** Saturday December 15 (Shot) and Sunday December 16 (Discus/Weight Training).

**Where:** Lake Park High School West Campus. 500 West Bryn Mawr Avenue, Roselle, IL 60172. We will meet in the front foyer of the school and walk to the classrooms so please be on time.

**What:** Shot Clinic from 9am to 3pm on Saturday December 15. Discus and Weight Training Clinic from 9am to 3pm on Sunday December 16.

**Who:** This clinic is for any coach that would like to learn more about the throws to get ready for the upcoming season. We will be using an athlete to model what we show in the classroom.

## **Tentative Schedule:**

9am – 10am Classroom Presentation

10:10am-10:40am Modeling on Track

10:40am-11:40am Classroom Presentation

11:50am-12:20pm Modeling on Track

12:30pm-1:15pm Lunch Provided

1:20pm-2:20pm Classroom Presentation

2:20pm-2:50 Modeling on Track

2:50-3:00pm Closing/Survey



**Cost:** \$95 for one day or \$160 for both clinic days.

**Instructors:** Ben Bishop has been a coach at Lake Park for the last 5 years. In that time all of the Lake Park girls throws records have been rewritten. Specifically in the past 5 years at Lake Park he has had 5 all-state athletes in the throws. Before Lake Park coach Bishop coached at Edwardsville for two years. In that short amount of time Ben's female athletes from Edwardsville own the Illinois all-time discus throw, farthest indoor shot put, and IHSA outdoor state record shot put.

**Registration:** Signup online at [www.dupagetrackclub.org](http://www.dupagetrackclub.org) and follow directions. Deadline for signing up will be Friday December 7 for coaches.

No filming of the clinic will be allowed.

**Lunch:** Will be catered and provided.