



Weight Throw Instruction & Safety Seminar

Monday October 6, 2014 at 7 pm

Wantagh Inn (2nd floor) 3264 Railroad Avenue Wantagh NY

It is Free

Presented by USATF- Long Island for the coaches and athletes of Long Island interested in learning the basics of the Weight Throw, which is certified as a scoring event at the New York State Indoor Track and Field Championships for this season

Topics which will be presented

Safety, Equipment, Basic drills and skills

Learn by doing clinics and throwing competitions

Tonight's presenters include:

John McCree St Johns University

Jim Siefert Molloy College and St. Anthony's

Joe Brancaccio Queens College

Anthony Forti SUNY Farmingdale

Plus our onsite clinicians will be introduced.

This is a great opportunity to learn the skills needs to teach the weight throw so you can support your student athletes who would benefit by competing in a great event.

Please email Rich Degan at mbundr8029@aol.com to reserve a seat.