

## Region 1 Throwers Camp

We do what we do!



Region 1 throwers camp will be held at Byron Middle School and will have clinicians that have state throwing experience as well as present and future collegiate throwers. You will have 4 hours of shot instruction time as well as 4 hours of discus instruction time with a lot of 1-1 instruction on drills, footwork, and center of balance positioning. We always try to have fun while working hard leading to the phrase (we do what we do) and would like to share our experience with throwers of all age/experience levels FOR BOYS AND GIRLS!



**CAMP DATES:**

**June 10<sup>th</sup>-13<sup>th</sup>**

Session 1--8 am-10 am

Session 2--10am-12 noon

**Registration fee is for either Session 1 OR Session 2**

(discount if you want to throw in both sessions -\$35 for the second session)

**B.T.A**

**113 8<sup>th</sup> St NE**

**Byron, Mn 55920**

**Phone: 507.202.3713**

**E-mail: [derrick.hintz@byron.k12.mn.us](mailto:derrick.hintz@byron.k12.mn.us)**

**REGISTRATIONS DUE 6/1/2013**



*Coach Hintz*

*15 years' experience coaching Throwers*

**4 School records thrown during tenure**

**5 state place winners coached**

**We will have a MINIMUM OF 4 Coaches at each Session**

**B.T.A.**

(Byron Throwers Association)

## Region 1 Throwers Camp

**For boys and girls grades 7-12<sup>th</sup>**



Audom Hathaway, school record holder in the discus with a toss of 125'. State entrant. Four year college track and field athlete at Minnesota State University Mankato (2009-2013) all academic honors for 2010-2013.

**Sponsored by B.T.A.**

(Byron Throwers Association)



**Phone: 507.202.3713**

(leave message)

## B.T.A. Region 1 Throwers Camp



### REGISTRATION:

Name \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Contact Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent name(s) \_\_\_\_\_  
\_\_\_\_\_

Session 1 \_\_\_\_\_ Session 2 \_\_\_\_\_

Please check your session

SHIRT SIZE \_\_\_\_\_

#### Personal Records:

Shot Put \_\_\_\_\_

Discus \_\_\_\_\_

Please fill out completely, include a \$75 check for registration (includes camp shirt)

**BY JUNE 1<sup>st</sup>** and mail to:

BTA

113 8<sup>th</sup> St NE, Byron Mn 55920

Byron, Mn 55920

#### LIMITED ENROLLMENT:

B.T.A. will limit camp size to get each athlete a lot of one on one training with experienced athletes. At B.T.A., we not only throw, but we help coach each other to throw better, so our clinicians have a lot of experience not only throwing, but helping less experienced throwers as well!

#### Off Season Training

B.T.A. firmly believes that throwing in the summer will bring champions in the spring, and we want to give the athlete the opportunity to retain muscle memory in the summer. Each athlete should expect to get a lot of throws in each practice.



Tony Sigrist 5<sup>th</sup> place in the 2007 state track meet in discus. PR throw of 158' 4" 2<sup>nd</sup> place and All America at UW-Eau Claire in the indoor weight. Current coach at UW- Eau Claire

#### Topics to be covered:

- Common mistakes and corrections
- The perfect power position
- How to Block
- Drills for each phase of the throw
- Strength and conditioning
- Indoor drills as well as outdoor training
- Mental focus and preparation for each throw
- Practice routine
- Stretching routine
- Throwing Routine

Brady Fuchs, 4 time all conference, 3 time state entrant, 2 time state placer. 51' 6" shot put, 140' 5" in the discus.



*Any questions can be directed to coach Hintz at the listed email address and cell phone number. If no answer, please leave a voicemail and he will get back to you at his earliest convenience!*