

Javelin Clinic

Cates Athletics

Presents the

3rd Annual Javelin Clinic

Saturday, May 24th

8:00 A.M.

Cates Athletics

1814 S. Bonnie Brae

Denton, TX

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

Afternoon demonstrations as time allows:

-Hurdle mobility

-General strength, abdominal circuits

-Olympic weightlifting exercises

-Medicine ball exercises

-Multiple throws

Registration-\$25.00

Contact:

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(Please include Cates Athletics or Javelin Clinic in subject line)

www.catesathletics.com