

Cory Holly Classic 2021 Masters Throws Clinic

Clinic Schedule



Saturday April 10th & Sunday April 11th

Masters Throws Clinic Day One (Saturday)

MORNING CLASSROOM SESSION 10:00 am - NOON

Lecture: Cory Holly
Sports Nutrition for Masters Athletes

Discus Technique: Hedley Larson
Hammer Technique: Attila Torok
Weight Throw Technique: Mike Houser

LUNCH BREAK NOON - 1:00 pm

Bring your own or order from us when you register

AFTERNOON FIELD SESSION 1:00 pm - 4:00 pm

Hammer, Discus and Weight Throw

On the field throwing technique demo's and one-on-one Masters age specific coaching featuring hammer, discus and weight throw. Bring your own implements or rent what you need when you register.

Masters Throws Clinic Day Two (Sunday)

MORNING CLASSROOM SESSION 10:00 am - NOON

Lecture: Cory Holly
Off-Season Winter Training

Shot Put Technique: Chris Meisner
Javelin Technique: Attila Torok

LUNCH BREAK NOON - 1:00 pm

Bring your own or order through us

AFTERNOON FIELD SESSION 1:00 pm - 4:00 pm

Shot Put and Javelin

On the field throwing technique demo's and one-on-one Masters age specific coaching featuring shot put and javelin. Bring your own implements or rent what you need when you register.

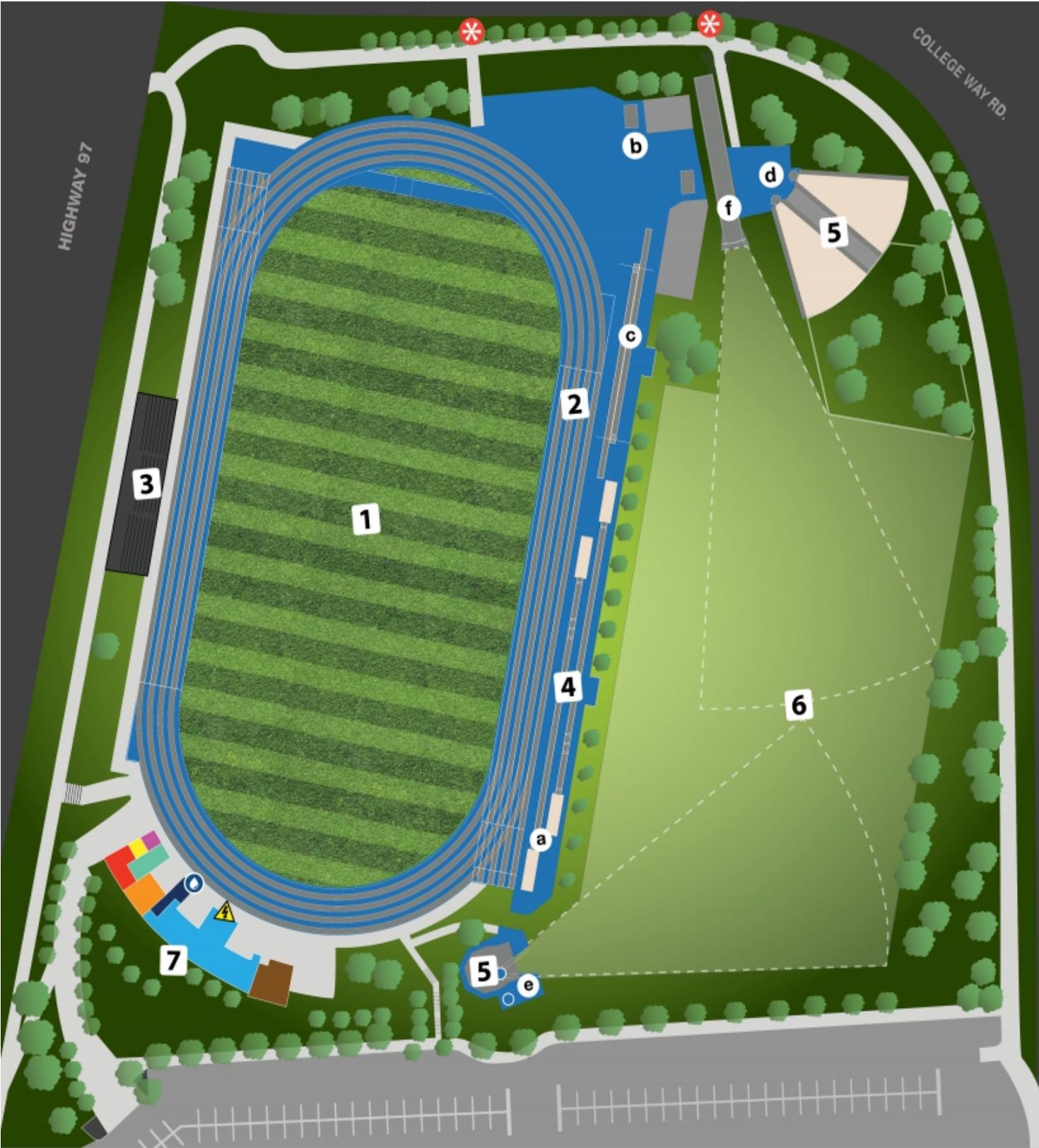
Coaches & Presenters

Cory Holly
Attila Torok
Michael Houser
Hedley Larson
Chris Meisner



Event Location Map Guide (Below)

Classroom is located in Building 7
Hammer, Discus and Weight Throw (5e)
Javelin (5f) and Shot Put (5d)



- 1 SYNTHETIC TURF FIELD
- 2 SYNTHETIC RUNNING TRACK
- 3 GRANDSTANDS
- 4 JUMPS AREA
 - (a) LONG JUMP & TRIPLE JUMP
 - (b) HIGH JUMP
 - (c) POLE VAULT
- 5 THROWS AREA
 - (d) SHOT PUT
 - (e) HAMMER & DISCUS
 - (f) JAVELIN
- 6 NATURAL TURF FIELD
- 7 BUILDING
 - CONCESSION
 - MEN'S WASHROOMS
 - WOMEN'S WASHROOMS
 - CLASSROOM
 - CHANGEROOMS (1-4)
 - MALE & FEMALE OFFICIALS ROOMS
 - MECHANICAL ROOM
 - STORAGE ROOM
- MULTI-USE PAVED PATHWAY
- BOTTLE FILLING STATION
- ⚠ ELECTRICAL CLOSET
- ⊗ GATE