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| IMG_256  IMG_256  Mason County Track and Field Gold Medal Throws Camp  **Mason County Outdoor Track Complex**  **720 Clarks Run Rd**  **Maysville, Ky 41056**  Sunday, June 11th  1PM - 6PM  Monday, June 12th  9AM - 6PM  Tuesday, June 13th  9AM - 1PM  Cost: $175  (makes checks payable to: Andy Fryman)  Contact: frymanthrows@gmail.com | THROWS CAMP  Learn practice drills and technique from one of the best throwing coaches in the country.  **Discus and Shot Put training that will enhance your performance.**  Andy Fryman  **Andy Fryman is currently ranked among the best hammer throwers in the country and the world**  Andy has 6 years of success as a college coach at Sam Houston State University and Gardner Webb University.  Andy earned All-American and All-Conference honors while throwing for the University of Kentucky.  Andy earned 4 state high school championships and threw the high school shot put 65’ 7 ½” and the discus 194’ 11”.  Throwing camp will be held at the Mason County High School Outdoor Track.  **Date**: Monday, June 11th-Tuesday, June 13th.  **Time**: Registration Sunday, June 11th @ 12:30pm  **Cost**: $175.00 (Bring cash or make checks payable to: Andy Fryman)  **Registration**: [www.trackiereg.com/masonthrows](http://www.trackiereg.com/frymanthrowsclinic) or on-site  Lunch: You will have an hour for lunch. The cost of lunch is not included in the cost of the camp. (Snacks and refreshments will be provided for in-session breaks)  Each participant should bring a shot put and a discus  Housing will not be provided. You must make accommodation arrangements. |

Throwing Camp Schedule

**Sunday, June 11th**

12:30 - 12:50: Registration

12:50 - 1:00: Introduction

1:00 - 3:00: Shot Put Drills and Throws

3:00 - 5:00: Discus Drills and Throws

5:00 - 6:00: Intro to Hammer Technique and Drills

**Monday, June 12th**

9:00 - 11:00: Discus Drills and Throws

11:00 - 1:00: Shot Put Drills and Throws

1:00 - 2:00: Lunch (will **not** be provided)

Suggestions: Subway, Pasquales, Hardees, Wendy’s

2:00 - 3:30: Discus Drills and Throws

3:30 - 5:00: Shot Put Drills and Throws

5:00 - 6:00: Hammer Drills and Throws (Different Venue)

**Tuesday, June 13th**

9:00 - 11:00: Shot Put Warm-Up and Competition

11:00 - 1:00: Discus Warm-Up and Competition

\*Tentative