

WOODMORE HIGH SCHOOL TRACK & FIELD

THROWS CLINIC, Elmore Ohio

Sunday, March 18, 2012, 9:30 - 4 p.m. (rain or shine)

SPECIAL GUESTS:

John Powell – 4 Time Olympian (discus), 7 Time National Champion,
2 Time Olympic Medalist, Former World Record Holder

Brian Oldfield – Former American & World Record Holder (shot put), First Man to
Throw 73', 74', 75' in the shot put.



SCHEDULE:

8:30 – 9:30 am - Registration & breakfast

Morning Session: Drill demonstration & participation

Lunch Break

Afternoon Session: Throwing Stations (shot put & discus), Weight Room

- **Discus throwing for the new or experienced thrower, skills for both.**
- **Glide and rotational shot put for new to advanced throwers.**

The day will be spent learning alternative weight training, plyometrics and drills to give you an understanding how to be a better thrower. At the conclusion of this clinic you will understand what we do to compete at a high level in throws!!



Come see what works for us !!

Mike Pendleton, Woodmore Throws Coach – Coach of:

Emily Pendleton -2008/09 Big Ten Discus Champion, 2010 Big Ten Silver Medalist DISCUS
2004, '05, '06, '07 Ohio State Champion, DISCUS
2007 National Gatorade Player of the Year Track and Field
2007 2nd place, 2006 4th place finish SHOT PUT Ohio State Meet
2006 & 2007 High School All American & National Champion DISCUS
2007 Pan Am Games DISCUS Champion
All Time Ohio High School State Record Holder DISCUS 183'-3"

Erin Pendleton –2010 Silver Medalist @ Jr. World meet Moncton Canada
2010 Big Ten Discus Champion
2008 & '09 Ohio State Champion DISCUS & State Meet Record Holder
2009 3rd Place Finish @ Pan Am Games Trinidad, Tabago DISCUS
2009 3rd place finish SHOT PUT Ohio State Meet
2008 4th place finish SHOT PUT Ohio State Meet
2007 2nd place finish DISCUS Ohio State Meet

Carly Pendleton – 2011 Ohio State Champion DISCUS
2011 New Balance High School All American DISCUS & HAMMER
2010 Silver Medalist Ohio State Meet Div. III DISCUS
2010 New Balance Outdoor High School All American DISCUS

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**COST:**

**\$75 per athlete - includes: VS Sports Throw Ball for drills, & breakfast & Lunch**

**\$50 per coach or parent - parents are encouraged to participate if there are no throws coaches at your school.**

(Price includes breakfast & lunch)

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REQUIREMENTS: Throw Shoes or hard soled court shoes.

Throwing implements - discus, shot put.

Please call or email with questions: 419-862-3803 (days) *or* 419-665-2177 (evenings). email: onceuponatyme@ezworks.net (subject line: track & field)

- **LIMITED TO FIRST 80 ATHLETES (Deposit of \$50 required to hold spot) There will be NO REFUNDS.** Balance due upon registration. **Make Checks payable to: Woodmore Athletic Boosters/. Please mail to: Mike Pendleton, 3660 C.R. 106, Lindsey, OH 43442.**

Here's your opportunity to be coached by John Powell & Brian Oldfield

Please come and see what's working for us at Woodmore High School. Assisting with the clinic will be Coach Travis Bates (Fremont Ross High School), Emily Pendleton (Univ. of Michigan), Erin Pendleton (Univ. of Michigan), Carly Pendleton (Ohio State University).

Be sure to bring your camera for pictures with John & Brian and a pen for autographs !!

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Name: \_\_\_\_\_ Athlete or Coach (Please circle one):

High School \_\_\_\_\_ HS Graduation Year \_\_\_\_\_

Home Address: \_\_\_\_\_ Date: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Signature of Parent/Guardian:

\_\_\_\_\_



Name: \_\_\_\_\_ Athlete or Coach (Please circle one):

High School \_\_\_\_\_ HS Graduation Year \_\_\_\_\_

Home Address: \_\_\_\_\_ Date: \_\_\_\_\_

Home Phone: \_\_\_\_\_

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