



Mackay Athletics Club Inc

Athletic Throws Clinic

Thursday 9 July 2009

Cameron Quirk will be conducting a training clinic on Shot Put, Discus and Javelin. To be held on Thursday 9 July during the school holidays at the club house. The cost is \$5 per event for Members or \$10 for non members. Parents are welcome to stay to help, listen, ask questions. If they want to participate in the events a \$5 fee will apply. Bring along your water bottle, morning teas and lunch.

<u>Time</u>	<u>Details</u>	<u>Age</u>	<u>Cost</u> <u>Member / Non Member</u>
8.45am	Registration		
9.00am	Warm up		
9.30am - 10.30am	Shot-Put	From 7 years up	\$5 / \$10
10.30am - 10.45am	Morning Tea		
10.45am - 11.45 am	Discus	From 7 years up	\$5 / \$10
11.45am - 12.15pm	Lunch		
12.15pm - 1.30pm	Javelin	From 12 years up	\$5 / \$10

For Further information, please contact Cameron Quirk on 0417 707 157

REGISTRATION FORM

Please complete and bring along with you on the day

Name: _____ Age as at 31/12/2009 _____

Address _____

Event Training: SHOT-PUT (7 years +) @ \$5/\$10 _____
 DISCUS (7 years +) @ \$5/\$10 _____
 JAVELIN (12 years +) @ \$5/\$10 _____

Mackay Athletics Member Yes No **TOTAL** \$ _____