

SOUTHWEST MN THROWS CAMP

Throws Coach conducting the camp:

Tom Thorkelson, Gustavus Adolphus Throws Coach. Thorkelson has worked with many All Conference and All State throwers over the years as well as 50 All-Americans and 6 National Champions at Mankato State and Gustavus Adolphus College.

When: July 10, 2018

Time: 8:30am to 4:00pm

Camp includes:

1. Both Discus(morning) Shot Put (afternoon) at the YME Track in Granite Falls
2. Lunch
3. Folder with all drills and DVD
4. Camp t-shirt

Cost per athlete: \$30.00 t-shirt size (S M L XL 2XL)

(Please make checks payable to YME Running Club, if the fee is a financial burden contact me individually)

Coaches are welcome to attend for \$15, t-shirt size (S M L XL 2XL)

[includes Lunch, Folder, and Camp t-shirt]

I, undersigned parent/guardian for _____ . (print athlete's full name) do hereby authorize the staff to act on my behalf according to their best judgement in an emergency requiring medical attention. I also release the School District 2190 and program staff from any and all liability for injuries incurred while participating in the YME Throws Camp.

I certify that to the best of my knowledge, the child is in good physical condition and has no disease or injury that would impair their ability to participate in the Throws Camp.

_____parent signature

_____printed parent name

Athletes should dress in workout clothes and bring your throwing shoes if you have them. Shot put and discus, sunscreen, water bottle would be some things to bring. We will have a couple of shot puts and discs available if you cannot bring your own.

We will grill lunch for everyone.

Checks should be made out to: YME Running Club

Please notify me by email that you plan to attend.

Email: phoernemann@isd2190.org

This form must be filled out and payment either mailed to me or brought with you to the Throws Camp

Address: Paul Hoernemann
12090 30th Ave SE
Granite Falls, MN 56241

Thank you,
Paul Hoernemann
Throws Coach, YME