



**Schedule**

9:30 Check-in

10:30 Shot Put

Noon - Talk by Andy Bloom

*RCTC Coach & Olympian*

1:00 Discus

3:00 Hammer

*Rancho Cordova  
Track Club*

# THROWS CLINIC LEARN-BY-DOING

**10TH OF NOVEMBER**

**9:30am-4:30pm - \$20 Per Athlete - \$5 for XC Runners**

**Throws clinic for shot put, discus, and hammer. Come and learn the fundamentals of the events with the expert coaches of the Rancho Cordova Track Club with their high school, collegiate, and Olympic experience.**

**We will teach you the drill sequences needed for your development before the upcoming season.**

**Open to athletes of all ages and experience level.**

**You will have a chance to try all of the events.**



**Location - Cordova High School Track & Throwing Facilities  
2239 Chase Drive, Rancho Cordova, CA 95670**

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**rctrack.org**