



2018 Winter Throws Camp

December 8-9, 2018

Gordon Fieldhouse at Ohio Wesleyan University

Day 1: \$80 (Lunch and Camp T-Shirt Included)

Day 2: \$55 (Bring Own Snacks)

Both Days: \$115 (Camp T-Shirt Included)

Registration Deadline:

Regular-November 26, 2018

WE WILL ACCEPT Late Registrations until the start of the camp but **NO T-Shirt will be provided.**

Registration is ONLINE at bishopsthrowscamp.com

Day 1-Schedule (Shot/Discus)

10:00-10:15—Registration

10:15-10:30-Warmup

10:30-12:00-Technical Drills

12:00-1:00-Lunch-Question Time

1:00-3:00- Throwing Progressions

3:00-4:00–Camp Throws Meet (Shot Put)

4:00-Cooldown/Questions

Day 2- Schedule (Hammer/Weight)

12:00-12:15—Registration

12:15-12:30-Warmup

12:30-3:30– Throwing Progressions

3:30-4:30– Camp Weight Throws Meet

**All Middle and High School Athletes
Welcome to Participate**

**Coaches Welcome with Paying
Campers**

Please bring your own implements if possible. Bring throwing shoes if you have them.

Ohio Wesleyan University is excited about our second throws camp and look forward to seeing you at Gordon Fieldhouse on December 8-9, 2018. Space is limited so please reserve your spot as soon as possible.

Register online at bishopsthrowscamp.com or please complete and send in the Camp registration below.

When sending in Camp Registrations, please Checks made out to **Ohio Wesleyan Track and Field to 61 S. Sandusky St., Delaware, OH, 43105.**

Please return registration **NO LATER** than **November 26, 2018.**

Bring the completed waiver with you for the camp.

Camp information will be emailed out three days prior to the camp.

Please complete and mail this portion below back with payment to Coach Rich. Thank You!

Ohio Wesleyan Track and Field Winter Throws Camp 2018

Name: _____

Phone Number: _____

Address: _____

High School: _____

Graduation Year: _____

Email Address: _____

Size	Small	Medium	Large	XL	XXL	XXXL
Camp T-Shirt						





Ohio Wesleyan Athletic Facilities Individual Waiver Form

Today's Date: _____

Name: _____ Date of Birth: _____

Phone: _____

EMERGENCY CONTACT

Name: _____ Phone: _____ Relationship: _____

In consideration of any and all participation in the Department of Athletics programs and activities, including use of facilities and equipment, the undersigned agrees and understands that risk of serious and permanent injury from the activities does exist, and knowingly and freely assumes all risks, both known and unknown, even if arising from the negligence of the Department or others and assumes full responsibility for participation and use of all facilities. The undersigned further agrees to comply with the stated and customary terms and conditions of participation and agrees that if any unusual or significant hazard is observed, activities will be discontinued and the undersigned will bring such matter to the attention of the nearest official immediately. I, for myself and on behalf of my heirs, assigns, personal representative and next of kin, hereby release and hold harmless Ohio Wesleyan University, its Board of Trustees and officers, agents and/or employees, with respect to any and all injury, disability, death, or loss or damage to person or property which I may incur to the fullest extent permitted by law.

X _____
Signature Date

X _____
Parent/Guardian Signature (If under 18 years of age) Date