



VIKING THROWING

OFF-SEASON INFORMATION

SUMMER PROGRAMMING

*****MOST CAMPS ARE RSVP // AND WILL CLOSE REGISTRATION WHEN FULL.
DON'T MISS OUT BY DRAGGING YOUR FEET!**

Don't complain about the results you don't have, with the work that didn't happen, because of the help that was turned down.

GIBSON SOUTHERN CAMP - JUNE 10, 2023

Register: southwestindianathrowingcamp.com

Location: Gibson Southern High School, \$60-\$100

Register yourself for this event. I have been and it's EXCELLENT. I will be attending at least a half day this year

ARETE THROWS NATION - July 12

Register: aretethrowsnation.com/tcr-throws-camps/

Location: Knoxville, TN, \$150-\$250

This is a National camp and is VERY good. I went last year and it's two very full days. I will be going for the disc day only this year.

If your child would like to attend, they may carpool with me or they can set up arrangements themselves. Other locations (not closer) are available as well. I plan on departing 7/11 and returning the evening of 7/12.

CINCINNATI BEAR CATS 2023 SUMMER CAMP - 6/21-6/23

Register: <https://gobearcats.com/sports/2017/12/4/2017-18-cincinnati-track-field-camps.aspx>

Location: Cincinnati, OH, \$100-\$350

The Bear Cats hold many National titles and have a very successful program. The program director herself is a 3x hurdle Olympian.

THROWING AT SCHOOL

I plan on doing some Saturday morning sessions at the high school through out the summer. Please join our Throwers Message Thread to keep up to date. I can also provide throwing-specific weight training for you to do on your own *upon request*. *Please text if interested*.

CONSISTENCY builds COMPETITORS.

**Do you know someone who's interested in throwing? Do you want private sessions?
Message Coach Smith at 812-480-3947.**