



Any and all are welcome to attend

SAVE THE DATE!
SUNDAY, MARCH 17, 2019

**WHERE: GEORGETOWN PREPARATORY SCHOOL
10900 ROCKVILLE PIKE
NORTH BETHESDA, MD 20852**

TIME: 11 AM - 4 PM, Meet on the Track

SPEAKERS & INSTRUCTORS:

Travis Coleman
Throws Coach, University of Maryland

Jon Hill
Jumps Coach, University of Maryland

Dan Rose
Head Coach, Throws Specialist, Georgetown Prep

Rosethrows.com invites you to join this spring's elite coaching staff for a learn-by-doing throws and jumps clinic. Learn proper technique, event-specific drills, and dynamic stretches that will give you an advantage the rest of the season.

The annual Rose Throws & Jumps clinic provides an opportunity for athletes to immediately improve performance. Proper technique is broken down and explained, giving the athlete a better understanding between technique and style.



TO REGISTER VISIT:
WWW.ROSETHROWS.COM

\$70 per athlete
\$80 per coach/adult

Group Discounts Available (5 athletes)