

Discus & Rotational Shot

THROWING CAMP

@ Fairview Track Facility

Hosted By: Derek Gackle with Jadyn Gackle



JUNE 6

Grades 7-12

\$50



Schedule:

10:00-12:00 Discus

12:00-12:30 Break

12:30-2:30 Shot Put

What to expect?

- Build a solid foundation of how to throw correctly
- Practice drills to fix technical issues
- Learn how to throw far using a system
- FREE T-SHIRT

Jadyn Gackle

Fairview High School:

Shot Put: State Champ (2021)

Runner-Up (2019)

Discus: Runner-Up (2021) 3rd (2019)

Black Hills State University:

2nd Team All-RMAC Shot & Disc

Personal Records:

Discus: 139' 11"

Shot Put: 42' 6.6"

THROWING CAMP REGISTRATION

Please Print

First Name	Last Name
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Address

City	State	Zip Code
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School	Grade in Fall
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Cell Phone	Home Phone
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Camp Cost: \$50 per athlete/\$30 per coach

MAKE CHECKS PAYABLE TO DEREK GACKLE

Send forms to:

912 W 8th Street

Fairview, MT 59221

Cell: 406-489-2454

Email: derek.gackle@k12.nd.us

T-Shirt Size (circle): S M L XL XXL

Coaches – We want you to attend and participate in the camp to get the most throws coaching content as possible. We discounted the price for you to \$30. Bring your throwers and do the drills right next to them!

Athletes – Bring implements, shoes, water, lunch (we will have a 30 minute break), sunscreen

MEDICAL RELEASE

I hereby authorize my child's participation in the "Throwing Camp." I know of no mental or physical problems which may affect my child's ability to safely participate in throwing camp. I hereby authorize the staff of the camp to act in my absence in case of illness or injury involving my child. I realize that I am responsible for any and all medical or other charges incurred in connection with my child's participation in the camp. I hereby release and hold harmless the Throwing Camp instructors, Fairview High School and their employees, agents and assigns from any and all liability that may arise out of my child's participation in the camp including transportation to and from.

Signature of Parent/Guardian

Date