

COACHING & EDUCATION FOR MASTERS ATHLETES

SATURDAY APRIL 10TH 2021

SUNDAY APRIL 11TH 2021

MASTERS THROWS CLINIC

HAMMER, DISCUS, SHOT PUT, JAVELIN, WEIGHT THROW
GREATER VERNON ATHLETICS PARK



Masters Clinic Schedule

Day One Saturday April 10th, 2021

10:00am Morning Classroom Session

Noon Lunch

1:00pm Afternoon Coaching, Demo's & Throwing
Hammer, Discus & Weight Throw

Day Two Sunday April 11th, 2021

10:00am Morning Classroom Session

Noon Lunch

1:00pm Afternoon Coaching, Demo's & Throwing
Javelin & Shot Put

CORY HOLLY CLASSIC 1ST ANNUAL MASTERS THROWS CLINIC

- Register at trackie for Full Two Day Clinic or Day One or Day Two only
- Participants must be current Members of BC Athletics
- Bring your own implements or rent what you need during registration
- Bring your own lunch or order lunch online during trackie registration
- Attend this clinic to improve your performance and learn new skills!
- Prepare for the 2021 season and get the Masters support you need!
- Classroom sessions featuring films, lectures and discussions on theory



REGISTER @ CORYHOLLY.COM/CORY HOLLY CLASSIC