

# VIKINGS

## SHOT PUT AND DISCUS CLINIC

**Where** Grand View University  
Charles S. Johnson Wellness Center  
Des Moines, Iowa

**When** Sunday, February 7, 2010 or  
Saturday, March 13, 2010  
Registration: 11:30 a.m. — Noon  
Clinic: Noon — 4:00 p.m.  
  
OR Friday, March 12, 2010  
Registration: 4:00 p.m. — 4:30 p.m.  
Clinic: 4:30 p.m. — 7:30 p.m.

**For** All high school throwers (Beginners or Experienced)  
Coaches and parents welcome

**Advanced Throwers** We are offering an alternate session designed specifically for advanced throwers from 8:30–11:30 a.m. Sunday, February 7, and Saturday, March 13, ONLY. Advanced throwers will receive additional individualized coaching and throwing time in this session. To apply, indicate interest on the registration form. Application to the advanced session does not guarantee acceptance.

**Fees** Registration received January 29: \$35  
After January 29 or at the door: \$45

Free to coaching staff with at least one athlete attending.  
Coaching staff without athletes: \$20 each.

**Register** Online at [www.vikingthrowclinics.com](http://www.vikingthrowclinics.com) or by mail or e-mail.

### What to expect

- Quality throws experience. Over the past four years our clinic has produced 75 state meet qualifiers, 17 Drake Relays qualifiers and five state champions.
- Hands-on instruction on proper throwing technique and drills.
- Rotational discus and glide and/or rotational shot put instruction.
- Video analysis of throws.
- Instruction on plyometric and strength training for throws.
- Grand View Throws Clinic T-shirt.

### What to bring

- Indoor shot put and discus for use in clinic drills. Check with your high school about borrowing one.
- Wear athletic clothes and shoes. Bring throwing shoes if you have them.



## CLINIC INSTRUCTORS

**Lead Instructor:**  
**Seth A. Roberson, CSCS**  
**Throws Coach**



Under Roberson, Grand View throwers have seen vast success including qualifying for the NAIA National Championships seven times in the past two years. He is also responsible for strength and conditioning of all Grand View athletes. A USA Track and Field Level 1 certified coach, certified strength and conditioning specialist (CSCS), member of the National Throws Coaches Association, and Academic All-American athlete, Roberson was a competitor in multiple throws events in college.

**Instructor: Jerry Monner**  
**Head Track & Field and**  
**Cross Country Coach**



Monner has led Grand View to seven men's and women's conference championships since 2007. He has coached many all-conference and school record-holding throwers, and earned Conference Coach of the Year awards. Monner is a member of USA Track and Field and the National Throws Coaches Association.

### Instructors: Members of the Grand View Throws Crew

During the past four seasons Grand View throwers have accomplished the following:

- Placed at conference championships 75 times.
- Set 12 school records.
- Won 11 individual event MCC titles.
- Qualified for NAIA National Championships seven times.
- Garnered five Strength and Conditioning All-American Honors.
- Earned four NAIA Scholar Athlete Awards.
- Broke three MCC Championship event records.
- Qualified for the Drake Relays.
- Voted MCC Field Athlete of the Year.

# REGISTRATION FORM

An online registration form is also available at [www.vikingthrowsclinics.com](http://www.vikingthrowsclinics.com)

Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Gender \_\_\_\_\_

Home address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

High school \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_

Phone \_\_\_\_\_

E-mail (Please be sure to include if you are applying for the Advanced Throwers Session so we can notify you of acceptance.) \_\_\_\_\_

T-shirt size (check one)

S  M  L  XL  XXL  XXXL

Session (check one)

Sunday, February 7  Friday, March 12  Saturday, March 13  
 Please consider me for the Advanced Throwers Session

Advanced Throwers Accomplishments \_\_\_\_\_

Fees: On or before January 29: \$35  
After January 29 or at the door: \$45  
Coaches without athletes: \$20

Parent Release Agreement

We (I) hereby release the Grand View Athletic Club staff, Grand View University, and all employees for all claims (present or future) resulting from any injuries which may be sustained by our (my) son/daughter while attending the Grand View Track & Field Throws Clinic.

Date \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_

Address \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_

Phone \_\_\_\_\_

Register online at [www.vikingthrowsclinics.com](http://www.vikingthrowsclinics.com)

OR

Send form and check (payable to Grand View Track & Field) to:  
Grand View University, Attn: Seth Roberson, 1200 Grandview Avenue  
Des Moines, Iowa 50316-1599

OR

RSVP to [sroberson@grandview.edu](mailto:sroberson@grandview.edu) (Bring payment and waiver to clinic)

Coaches: Feel free to make photo copies of this brochure for your athletes or print copies online from [www.grandview.edu](http://www.grandview.edu) > Athletics.



1200 Grandview Avenue • Des Moines, Iowa 50316-1599  
515-263-2800 • 800-444-6083 • [www.grandview.edu](http://www.grandview.edu)



# TRACK & FIELD



# THROWS CLINIC

February 7, March 12 or March 13, 2010