

Surrey Athletic Network Throws WORKSHOP



Back to Basics, drills for correction, preparation for competition with Mark Wiseman, Bron Carter, Amir Williamson in Shot, Javelin, Discus and Hammer

SUNDAY 22nd March

10–12 Javelin/Discus

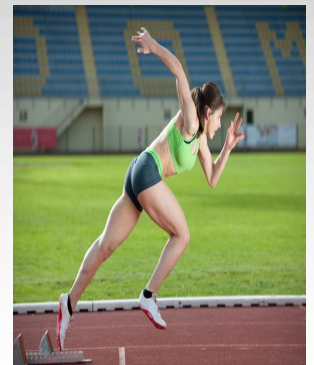
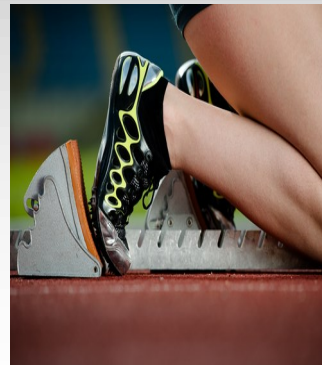
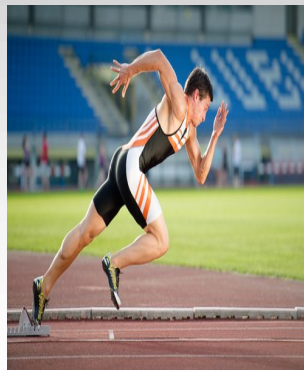
12.30–2.30 Shot/Hammer

The Harrier Centre

Poole Road

Epsom

KT19 9RY



Limited Spaces

To book a place on the course email:

hils_jones@hotmail.com

07961 376703

Delivered by fully insured and qualified throws coaches Mark Wiseman (shot/discus), Bron Carter (javelin), Hammer (Amir Williamson)

In the session you will learn about the drills for correction, preparation for competition in small groups with direct feedback given to athletes and their coaches.

Cost £10 per participant for one session/£15 for two (this is to cover the cost of the location hire).



Not suitable for beginners.

