

Western Oklahoma Throws 2021

DISCUS AND SHOT PUT TECHNIQUE CLINIC

Dates: June 7th, July 13th, August 2nd

Time: 6:00 PM to 8:00 PM

Who: Athletes interested in learning or improving technique for shot/discus

What: Participants will learn proper and safe techniques needed for throwing both Discus and Shot Put.

Location: Clinton High School throw area (located behind football stadium)

Parking is also available across Lexington St at Church

Things to Bring: Athletic Shoes (NO CROCS) / Athletic Attire

Practice implements will be available but athletes are welcome to bring their own implements if they choose

Attendees/Coaches:

Kat Meacham 2021 5A State Discus Champion

Montiel Crane State Qualifier Discus

Lola Hester State Qualifier Discus

Instructors: Russ Radford

Clinic fee is \$1.00 per athlete for all sessions

Registration forms and waivers will be available on site.

Questions please contact Russ Radford at (405)795-0438.

Registration Information / Waiver

- **Name** _____
- **City / Town** _____
- **Grade** _____

Acknowledgement of Risk and Waiver

I hereby consent to the above person participating in the Western Oklahoma Throws Clinic. I represent that I understand the nature of the clinic, the activities involved and certify the above named participant is qualified, in good health, and in proper physical condition to participate in the clinic. I also certify that my participant does not have any condition that could be worsened as a result of participation in the clinic. I accept and assume all responsibility for losses, costs, and or damages I and/or my participant may incur as a result of participation of the above named clinic. I release, indemnify and hold harmless any and all clinic staff, Clinton Public Schools, their administrators, and other clinic participants, from all liability, any loses, claims, demands, costs, or damages that I and/or my participant may incur as a result of participation in this clinic. I further agree that if despite this Release, I or anyone on my behalf, makes a claim against any of the releases, I will indemnify, save, and hold harmless each of the releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

I have read this Release, fully understand it and represent that I have signed it voluntarily.

Parent/Legal Guardian _____

Date _____ Emergency # _____