

# South Metro Throws Club 2018



This throws club is designed to help throwers of all levels improve their shot put and discus technique.

Coaching by:

**Jon Flatness, Prior Lake, Logan Hussang, Farmington, Tim Kasper, Lakeville North, Rick Ringeisen, Lakeville South, Josh Wolter, Lakeville North**

**Throwers and coaches from other schools/universities are welcome to attend the SMTC.**

**Follow @JonFlatness on TWITTER for inclement weather cancellations and other notifications.**

South Metro Throws Club Practice Nights will run from **6:00 to 7:30 PM**, at the following dates and sites:

**Wednesday, June 13, 2018, at Lakeville North High School**

**Wednesday, June 20, 2018, at Prior Lake High School**

**Wednesday, June 27, 2018, at Lakeville North High School**

**Wednesday, July 4, 2018, National Holiday Week - No Throws Club – MSHSL Black Out**

**Wednesday, July 11, 2018, at Prior Lake High School**

**Wednesday, July 18, 2018, at Lakeville North High School**

**Wednesday, July 25, 2018, at Prior Lake High School**

**Cost:** There will be **NO FEE** to join the South Metro Throw Club. Athletes are asked to log on to [www.usatf.org](http://www.usatf.org) and join USA Track & Field. The fee to join USA Track & Field is \$20.00. By joining USA Track & Field athletes are eligible to throw in USA Track & Field meets as well as have a general liability insurance policy. See link for more info. (<http://www.usatf.org/usatf/files/a2/a200d5ad-2d1b-43ae-9e14-255aae3dcacb.pdf>) Athletes are not required to become a member of USATF but will not be able to participate unless the waiver below is signed.

## **WAIVER, PARENTAL WAIVER AND RELEASE OF LIABILITY**

I, the undersigned, parent (or legal guardian), acknowledge the inherent risk involved in the sport of Track & Field relating to the throws of shot put and discus. I acknowledge and fully understand that I (or child) will be engaging in activities that involve risk of injury that might result from my (or my child's) actions, in action, or negligence of others. On behalf of myself (or my child) I agree to assume all the foregoing risk and accept personal responsibility for my damages and injuries.

Name of Participant (printed): \_\_\_\_\_

Signature of Parent or Legal Guardian: \_\_\_\_\_

Printed name of Parent or Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_