

# Mukwonago Throws Club



## Shot Put & Discus Instruction - 2020

### **Dates:**

Sunday, January 5	Sunday, February 9
Sunday, January 12	Sunday, February 16
Sunday, January 19	Sunday, March 1
Sunday, February 2	Sunday, March 8

**Time:** 1:00pm - 3:30pm. We will begin promptly at 1:00pm. Warmups should be completed by the athlete prior to 1pm. Each athlete will receive an hour of instruction for the shot put as well as the discus. Implements will be provided to throw.

**Location:** Park View Middle School in Mukwonago. Enter through door nine, east side of the building.

**Fee:** \$200 via Venmo @mukthrowsclub, due in full by Sunday, January 5. Cost includes eight camp sessions, and a camp t - shirt. No refunds will be provided. Area coaches of any Mukwonago Throws Club athletes are welcome to join us free of charge.

**Registration:** Capacity for the camp will be capped at 40 individuals. Please email Steve Pratt at [StevePratt34@gmail.com](mailto:StevePratt34@gmail.com) ('Mukwonago Throws Club' in the subject area) to reserve a spot today.

### **Coaching Staff:**

Peter Delzer - Co founder of the Mukwonago Throws Club. Coach Delzer is the Boys & Girls Throws Coach at Carroll University as well as a Strength & Conditioning Coach. As an athlete, Coach Delzer was a multi National Champion and All - American in the throwing events at UW - Oshkosh.

Steve Pratt - Co founder of the Mukwonago Throws Club. Coach Pratt is the Co Head Girls Track and Field Coach and Head Throws Coach at Mukwonago High School. He currently teaches at Park View Middle School in Mukwonago.

Collin Smith - Coach Smith is the Girls Throws Coach at Muskego High School. Coach Smith currently teaches at Mill Valley & Bay Lane Elementary Schools in Muskego.

Charlie Smith - Coach Smith is an Assistant Throws Coach at Mukwonago High School. He specializes in the Shot Put. Coach Smith currently teaches in the Swallow School District.

Lydia Priatko - Coach Priatko is an Assistant Throws Coach at Mukwonago High School. Coach Priatko is currently an intern at Northwest Mutual, and a student at UW - Whitewater.

GET BETTER prior to the start of the 2020 season!

**@MukThrowsClub**

**#MukTCFires**