

Clinic Information

Athlete's Name

Athlete's Date Of Birth

Parent/Guardian Name

Address

City State Zip code

Telephone Emergency Phone

Email Address

Grade (Fall 2016) & School Currently Attending

Personal Records:

Shot Put:

Discus:

Medical Release:

My child's immunizations are up to date:

Yes No

I certify that my child is in good physical health and has my permission to participate in all the activities associated with Benzie Central Throwing Clinic. I hereby authorize the members of the staff of Benzie Central to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the camp's personnel and Benzie Central from any liability for any injuries or illnesses incurred while in camp.

Signature of Parent/Guardian Date

Other Questions:

Any medical conditions-

Any allergies-

T-shirt Size: M L M X 2X

(adult sizes)

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Back The Track

Benzie Central Throwing Clinic

June 11, 2016

Benzie Throwing Clinic

Morning Session (grades 6th-12th):

9:00am-1:00pm (Check in time 30 minutes prior)(Rain or shine)

This clinic is designed to introduce, teach, and participate in the Middle/High School field events of Track. Athletes will be learning techniques in throwing and training within the disciplines of shot put and discus. Athletes will also have the opportunity to experience hammer and javelin. With the help of **Benzie Central Throws Coach Leah Hornacek, Grand Valley State University Throws Coach Sean Denard, Kalkaska High School Coach Andy Henderson and Benzie Central Alumni** that are current/retired collegiate throwers, your athlete will experience drills, develop and improve current technique that will get your athlete excited about the throwing sports.

9:00-9:15: Introductions/Welcome

9:15-9:30: Warm Up

9:30-10:30 Shot Put /Discus

10:30-10:45 Break

10:45-11:45 Discus / Shot Put

11:45-12:00 Break

12:00-12:45 Hammer / Javelin

12:45-1:00PM Close Out

1:00PM Bonus

Questions? Contact Us

Leah Hornacek- Benzie Central Throws Coach
Phone: 231-883-3114
Email: ljrebel52@gmail.com

Linda Palmer
Phone: 231-871-0214
Email: luckyx6@yahoo.com



What Players Should Bring to Clinic:

- Throwing shoes (good tennis shoes will work!)
- Water bottle
- Shot put/Discus implements –please have clearly marked (will be provided if needed)
- Great attitude and willingness to learn



***Players should wear athletic clothing to clinic. Dress appropriate to weather. It is Northern Michigan!! Please... no jeans!**

Payment:

Our Throwing Clinic is only **\$50.00**
10% discount for school teams of 5 or more participants-coaches may attend clinic free when accompanying their athletes

*No credit cards accepted.

*Please make checks/ Money orders payable to **Back the Track**

**All proceeds from clinic to benefit Back the Track program

Mail payment and registration info to:
Back the Track
C/O Linda Palmer
1848 Pine Cone Ln
Beulah, MI 49617



Leah Hornacek is in her 6th year as Benzie Central's Throws Coach. Prior to coaching at Benzie Central, she was Throws coach at Traverse City Central for four years. As an alum of Traverse City Central, she was the regional champion in both discus and shot put for three years, All State Champion for four years and currently is the school's discus record holder at 138'5". She attended the University of Nevada Las Vegas. Coach Hornacek resides in Traverse City with her husband, Michael and daughter, Anna.



Sean Denard is in his second season at Grand Valley State University as an Assistant Track and Field Coach in charge of the Throwing Events.

In his first season Denard's athletes earned 9 All-American awards, including two National Runner-ups, as the men's and women's teams swept the indoor and outdoor GLIAC titles while placing second (men/indoors) and fourth (women/outdoors) at the team level during the NCAA National Championships.



Andy Anderson is the head coach of Kalkaska High School track teams. As coach he has produced 9 All State Athletes in his coaching career.



Emily Eilers –2006 Benzie Graduate. Current Shot Put Record Holder. Emily attended Saginaw Valley State University then Iowa State University where she participated in Shot Put, Hammer and Weight Throw. She placed 6th in the Hammer at Big 12s. And was top 20 NCAA Division One West Preliminaries in Hammer.