

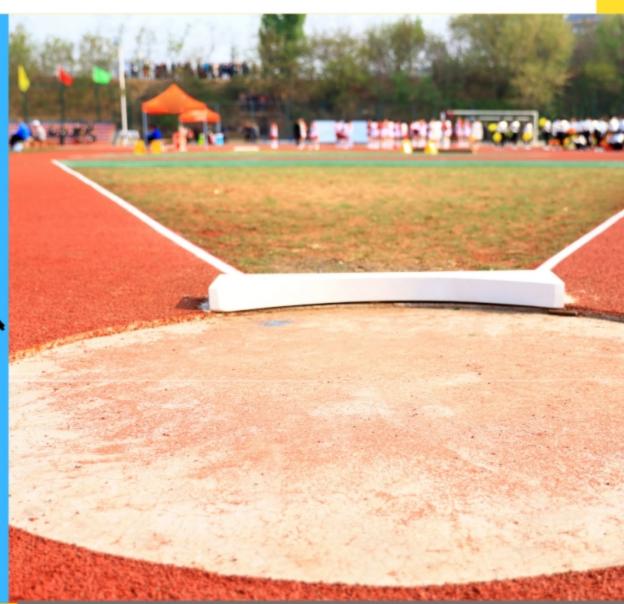
Northside **Throwing**



Students Entering 6th-9th grade



Explore and learn about shot put and discus!



Goal

Students have the opportunity to learn the basics of Shot Put and Discus. Meanwhile, those with more experience can focus on enhancing their throwing skills.

Dates and Time

9am-10:30 am: June 4th Shot Put 9am- 10:30 am: June 5th Discus

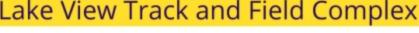
What to Bring

Good Closed toe shoes, Water

Location

Lake View Track and Field Complex







For further details, Contact Coach Brewster: Rachal.Brewster@saisd.org