



Lake View High School



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

Sign Up Today!!



SCAN ME

<https://forms.gle/yudPwDkyR6V9WDq88>



For further details, Contact Coach Brewster:
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