



Northside Throwing



Students Entering 6th-9th grade
Come and learn about shot put and discus!

Interested in learning about throwing or wanting to work on improving your skills at shot put and discus?
Are you entering 6th through 9th grade?
Come Join us June 2nd and 3rd for some throwing fun.

What to Bring
Good Closed toe shoes,
Water

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.

Location
Lake View High School
Track and Field Complex

Dates and Time
June 2nd Shot Put
June 3rd Discus

Beginners 8:30-9:30
Intermediate 9:40-10:45

Welcome to attend both

Sign Up Today!



<https://forms.gle/NX3PzAtVaLKChTDe9>



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