

REGISTRATION

Name: _____

Birthdate: _____

Age: _____

Male: _____ Female: _____

Parent/Guardian Name:

Phone: _____

Email: _____

School: _____

Grade Next fall: _____

Best Distance:

Shot Put: _____

Discus: _____

*Spin shot putters should go to discus camp only

*I will try to group throwers of equal ability

Please indicate possible alternate
dates below

Mark '1' for first choice, '2' for
second choice, etc

Mon, June 11 Tues, June 12
Discus: _____ Shot Put: _____

Wed, June 13 Mon, June 18
Discus: _____ Shot Put: _____

Tues, June 19 Tues, June 26
Discus: _____ Shot Put: _____

Mon, June 25
Discus: _____

Wed, June 27
Discus: _____

When registration is received, you will be contacted
on where to meet and all other details.

MAIL TO: Tom Thorkelson

Tom Thorkelson
Southern MN Throwers Camp
1601 Windsor Lane
Saint peter, MN 56082

Southern Minnesota Throwers Camp

FOR

Boys and Girls
(Grade 8-12)

2012

Shot Put:
June 12, 18, 26

Discus:
June 11, 13, 19, 25, 27

Camp Director:
Tom Thorkelson

Camp Site:

General Information

- **Limited Enrollment:**
We will keep the number of campers each day to 14 or less. Put your 2nd choice and 3rd choice on the application in case your 1st choice is full. Dates are filled in the order they are received.
- **Cost:**
The cost will be \$100 for one day or \$190 for 2 days. The fee should be sent in with the application. Deduct \$25/day if you have been to this camp before.
- **Pre-Camp Letter:**
Each camper will receive a letter the week before camp with a map and all other necessary information
- **Overnight:**
Please let Coach Thorkelson know if you are interested in staying overnight. The cost to stay in the college dorm is \$18/night for 1 person and \$15/night each for 2 people in the same room. You will have to buy dinner at the cafeteria.
- **Hours:**
Each camp will start at 8:30am and end at approximately 4:00pm
- **What to Bring:**
Campers should bring a shot put/discus, workout clothes, a towel, and throwing shoes or smooth bottom shoes.

Special Features

- Continental Breakfast in the morning: fruit, juice, breakfast bars, and donuts.
- Each camper will receive a camp t-shirt
- "All you can eat" lunch at noon in the nationally famous Gustavus Dining Service
- Each camper will receive a DVD of Coach Thorkelson demonstrating everything covered at camp.
- A 3-ring binder with the best handouts on throws that you will see anywhere
- Each athlete will be filmed so we can watch and analyze you in slow motion.
- We will watch the techniques of the best throwers in the world on videotape.
- The camp is open to anyone from 8th grade on up. Coaches are more than welcome to attend free of charge (but must pay for their own lunch).

Topics to be covered

- Common mistakes & how to correct them
- The perfect start
- The perfect power position
- How to block
- Drills for every phase of each throw
- Strength & Conditioning
- Medicine ball Drills
- We will be throwing at the Gustavus Track & Field venue-one of the top facilities in the country.

Tom Thorkelson, Gustavus Adolphus Throws Coach, will conduct the throwers camp with the help of Aaron Banks. Thorkelson has worked with many All-Conference, All-State, and over 40 All-American throwers at Gustavus Adolphus College and Mankato State University. Banks was an 11 time all-American thrower in College and placed 12th in the 2000 Olympic trials shot put competition with a throw of 62' 5 1/2".

For more information contact:
Tom Thorkelson: 507-317-0755 (Cell)
tork@gac.edu