

**DISCUS & SHOT
THROWING CLINIC**

GOALS : TO IMPROVE PERFORMANCE IN THE SHOT AND DISCUS
AND LEARN THE COACHING NEEDED TO ACHIEVE THIS

DATE: MARCH 28, 2010

PLACE: MILLIKIN UNIVERSITY
DECATUR, ILLINOIS
AT THE GYM

THIS WILL BE A WORKING CLINIC. BRING YOUR SHOES
YOU WILL BE WORKING WITH SOME OF THE AREA FINES COACHS

THE GUEST SPEAKER IS LANCE BROOKS:

LANCE IS 2009 4TH PLACE USA NATIONAL CHAMPIONSHIP-DISCUS
2008 14TH PLACE USA OLYMPICS TRIALS -- DISCUS
2006 NCAA DIII ALL AMERICAN 4TH PLACE-DISCUS
2002 ILLINOIS STATE DISCUS CHAMPION

DURING THE YEARS 2006 TO 2008, LANCE WENT FROM BEING A BASKETBALL
PLAYER TO BECOMING ONE OF THE TOP 50 DISCUS THROWERS IN THE WORLD.
THIS IS A GREAT STORY..

MAKE CHECKS PAYABLE TO LANCE BROOKS OLYMPICS FUND

MONEY WILL BE USED TO PAY CLINIC EXPENSE AND AS a DONATION FOR
LANCE'S TRAINING FOR THE 2012 OLYMPICS.

**FREE T-SHIRTS FOR THOSE THAT ARE THE FIRST 50 ATHLETES TO
PREREGISTERED AND PAY.**

COST \$20 PREREGISTERED ATHLETES
\$25 LATE REGISTRATION
\$10 PARENTS AND COACHS

COST INCLUDES LUNCH

FOR MORE INFORMATION CALL PHILLIP BROOKS HOME 217-787-9892 OR
WORK 217-965-5416.

ANY QUESTION ABOUT THE CLINIC AND IHSA CALL RON MC GRAW AT
IHSA 309-663-6377

SEND CHECKS TO: PHILLIP BROOKS
4109 GASKELL
SPRINGFIELD, ILL 62711

THERE IS A LIMITED NUMBER OF SPOTS FOR THE CLINIC

SCHEDULE	9:30-11:00	DOORS OPEN LATE REGISTRATION
	10:30-11:00	COACHS AND PARENT MEET LANCE FOR QUESTION AND ANSWERS
	11:00-3:00	CLINIC
	12:30-1:30	LUNCH //ATHLETES QUESTION AND ANSWERS WITH LANCE

CLASS YEAR _____

SHIRT SIZE M L XL XXL

INTEREST

SHOT _____

DISCUS _____

NAME / ADDRESS

**PLEASE RETURN THIS FORM BY MARCH 24, 2010
WE NEED TO ORDER FOOD AND T-SHIRTS**