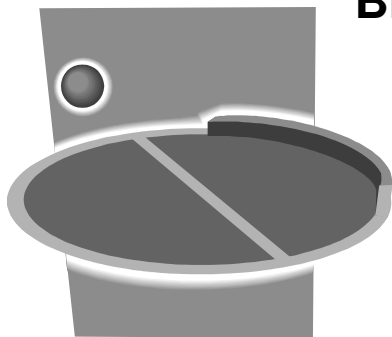




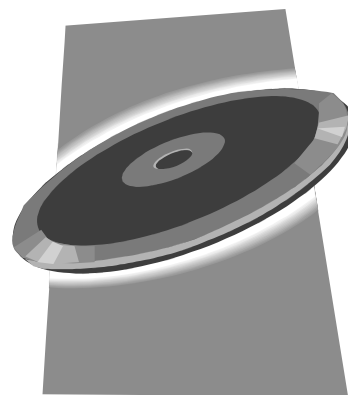
# **Greg Henger's Throwers MiniCamp**

**Saturday March 15th  
Bridgeport High School's  
Wayne Jamison Field**



Cost—\$10 per athlete  
(Bring Day of Clinic)

If weather is bad, clinic will  
be in the BHS gym.



Learn the fundamentals and advanced techniques for throwing the Shot and Discus from an experienced clinic instructor. This all day clinic is an excellent value and will assist throwers of all skill levels.

## **Schedule**

**9:00—12:00 Discus**

**12:00—1:00 Lunch  
(On Your Own)**

**1:00—3:00 Shot Put**

Coach Henger has coached several WV state champions in the shot and discus at Ritchie County High School. He has also been an instructor at the John Powell (former record holder) Throws camp in Ohio.