

**DISCUS & SHOT
THROWING CLINIC
IHSA**

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

DATE: **March 27, 2011**

PLACE: **MILIKIN UNIVERSITY
DECATUR, ILLINOIS
AT THE GYM**

THIS WILL BE A WORKING CLINIC. BRING YOUR SHOES
YOU WILL BE WORKING WITH SOME OF THE AREAS FINEST COACHES

THE GUEST SPEAKER IS LANCE BROOKS:

2010 4th IN THE USA AND 24TH IN THE WORLD

2009 4TH PLACE USA NATIONAL CHAMPIONSHIP-DISCUS

LANCE IS 2008 14TH PLACE USA OLYMPIC TRIALS-DISCUS

2006 NCAA DIII ALL AMERICAN 4TH PLACE- DISCUS

2002 ILLINOIS STATE DISCUS CHAMPION

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 70 ATHLETES WHO ARE PRE-REGISTERED AND
PAY**

COST: \$30 PRE-REGISTERED ATHLETES

\$40 LATE REGISTRATION

\$15 PARENTS AND COACHES

COST INCLUDES LUNCH

FOR MORE INFORMATION CALL PHILLIP BROOKS HOME: 1-217-787-9892 OR WORK 1-217-965-
5416.

ANY QUESTION ABOUT THE CLINIC AND IHSA CALL ROM MCGRAW AT ISHA 1-309-663-6377

CLINIC COACHES

LANCE BROOKS	2012 OLYMPIC DREAM
DON LUY	LANCE`S FORMER MILLIKIN COACH
JESSICA SOMMERFIELD	EIU THROWS COACH
ERIK WHITSITT	ISU THROWS COACH
SCOTT BLOCK	SIU-E THROWS COACH
TOM BLOOMFIELD	GREENVILLE COLLEGE THROWS COACH
TOM WILLARD	MAHOMET-SEYMOUR THROWS COACH
KEVIN BECKER	2008 OLYMPIC TRIALS COMPETITOR
FLOYD TURNER	2003 STATE CHAMPION SHOT
MIKE WILLARD	GILL ATHLETICS INC.
BEN BISHOP	CURRENT SIU- EDW THROWER
CHRIS FULLER	CURRENT THROWER/COACH
JOHN FULLER	OVER 30 YEARS OF COACHING
JUSTIN ROBERTS	CURRENT EIU THROWER
JOE SOUTH	FORMER MILLIKIN THROWER
JOHN LONG	CURRENT SHOT PUT MASTERS
AND MORE TO COME	