



SAINT FRANCIS HIGH SCHOOL

A Holy Cross school educating hearts and minds to serve the world

Throwing Clinic December 29 – 30, 2003 at Saint Francis High School for grades 5 through 12

Saint Francis High School would like to offer the beginning and intermediate thrower the chance to improve their technique in the *Discus* and *Shot Put*.

Come join the St. Francis throw coach and her athletes and learn how they have been so successful at the high school level.

This clinic will be a learn-by-doing clinic for the athlete and his/her coach. We would like to offer this opportunity all throwers so that they can learn basic drills and techniques used in our daily practice. You will work directly with the coach and athletes that are currently on the team as well as graduates who are currently competing in local colleges and universities.

Daily Schedule

Monday, December 29th

8:30 – 9:00 Registration in Gym II
9:00 – 10:00 Warm-up and Foot Drills
10:00 – 11:00 Discus Drills and Techniques
11:00 – 12:00 Shot Put Drills and Techniques

Tuesday, December 30th

9:00 – 10:00 Throwing and Techniques of the Show Put
10:00 – 11:00 Throwing and Techniques of the Discus
11:00 – 12:00 Weight Training and Polymetrics for Throwers

Clinic runs rain or shine.

Fees

The price is \$50.00 per athlete for the two-day clinic. If a school sends two or more athletes with a coach, the coach will be free. If five or more athletes come from the same school, the maximum fee per school is \$250.00.

Registration

Fill out the attached registration form and return it with payment to:

Roberta Chisam
c/o Saint Francis High School
1885 Miramonte Avenue
Mountain View, CA 94040

Check should be made payable to **Saint Francis High School**.

For questions please call (650) 968-1213, x623 or send Email to rochisam@sfhs.com

Location

Athletes and coaches should meet the first day at Gym II on the Saint Francis High School Campus in Mountain View. Most of the instruction will take place at the Track immediately behind the Gym.

To reach St. Francis from the south, take Highway 85 north to the Fremont Avenue. Turn left (west) Fremont Avenue west to Miramonte Avenue. Turn right (north) onto Miramonte. The school is on your right after Miramonte becomes a four-lane road (about 1 mile down the road).

To reach St. Francis from the north on Highway 101, take Highway 85 south to Fremont Avenue. Turn right (west) Fremont Avenue west to Miramonte Avenue. Turn right (north) onto Miramonte. The school is on your right after Miramonte becomes a four-lane road (about 1 mile down the road).

To reach St. Francis from the north on Highway 280, exit 280 onto Magdelana. Take Magdalena to Foothill Expressway. Turn right (southeast) onto Foothill Expressway. Exit at Miramonte Avenue. Turn left (north) onto Miramonte. The school is on your right after Miramonte becomes a four-lane road (about 1 mile down the road).

Equipment

Bring your own implements, flat or throw shoes, running shoes and an old towel. Dress ready to participate. This includes coaches so be prepared to participate.

Staff

Coach Roberta Chisam began her coaching career as the throw coach at UCLA from 1977 through 1984. Since 1986 she has successfully coached the St. Francis throwers to many league and CCS titles. Several of her athletes have gone on to place in the CIF State Championships. Last season her throwers won 6 out of the 8 WCAL league championships. Freshman Sela Painsi won the girl’s CCS shot put competition and qualified for the State Championships. Junior Nick Sheuerman was 4th in the CCS boy’s discus finals. Coach Chisam has been selected by USA Track and Field as the throw coach for the World University Games, Junior National team and two Olympic Festival competitions.

----- Detach and return with payment -----

Athlete’s Name: _____

Address: _____

Home Phone: _____ Age: _____

School in Attendance: _____ Grade: _____

I give my son / daughter permission to fully participate in the st. Francis Throw’s Clinic

Parent’s Signature: _____ Emergency Phone: _____