



THROWERS INDOOR WEEKEND TRAINING

WHAT EVENTS: SHOT PUT AND DISCUS
WHEN: EVERY SUNDAY 11AM – 1PM, STARTING OCTOBER 2, 2011
WHERE: FUZION ATHLETIC TRAINING CENTER
14350 ROSEMOUNT DR.
BURNSVILLE, MN 55306

COST: 1 SESSION \$50 OR 1 MONTH (5 TIMES) \$180

WHAT TO EXPECT:

Top Quality Shot Put and Discus Training Instruction and Technique Analysis. We will breakdown the throws into specific movements, and conduct drills to Throw BIG! We will also work on mental aspects of competition.

We Have Equipment:

We have everything you will need or buy your very own from us. Throwing shoes are optional.

Name _____ Year in School _____ Years of Throwing _____

Address _____ Method of payment Cash/ Check/ Online

_____ 1 Session \$50 or 1 Month \$180

_____ Please Mail Bottom Portion to:

Email _____

Phone _____

Fuzion Athletics
1301W. 143rd St #127
Burnsville, MN 55306

Online Applications available at www.fuzuionathletics.com

Questions?: Please call 612-987-6147 or email us at info@fuzionthletics.com