



6th Annual

Thrower's Clinic

Improve your throwing performance

Wednesday

2/15

6–8 pm

CompRehab Plaza
**Sports Physical
Therapy Gym**
131 Miller Street

Athletes will learn:

- ▶ Proper throwing mechanics
- ▶ Common training mistakes
- ▶ Rotator cuff exercises
- ▶ Total body conditioning and strength techniques

Who should attend? Overhead throwing athletes: baseball, softball, football, etc.

Athletes will be divided into two groups, nine to 13 year olds and 14 years old and up (siblings/friends may stay together if desired).

Cost: \$15 per athlete. Parents and coaches are encouraged to attend and participate at no additional charge.

Each athlete will receive a FREE t-shirt and exercise bands.

Registration is required. Call 336-716-8113.