

Lakeland Thunderbird Shot Put and Discus Camp

We'll teach the basics of throwing and learn the glide and spin.

Who is eligible? Those entering 7th to 9th Grade for the fall of 2025

What do I need? 1) Fill out the form, have your parents sign it and send \$15 cash or a check made out to LUHS track and field. The form can be dropped off at LUHS Activities office or brought to the first day of camp.
2) Water bottle & snack It is permissible for athletes to miss a day if need be.

Who is leading the clinic:

Coach Eichelkraut – Veteran coach from LUHS T & F team

High School Throwers

When: Monday, June **9** through Thursday, June **12** from 2:00-4:30

Location: LUHS Track on Hwy 70.

If you have any questions, contact Coach Eichelkraut: eichelkraut@lakelandunion.org 715-409-9703

Learn the basics of how to plant the pole in the box to get air and land on the mats.

----- Detach and return bottom portion with your payment -----

Participant _____ Grade entering fall of 2025 _____

Parent/Guardian Name _____ Em Phone _____

Address _____

Parent/Guardian Signature _____ Date _____

Waiver/Disclaimer

I, as a parent/guardian of a Lakeland Thunderbird Shot Put and Discus Camp participant, authorize him/her to participate in the Lakeland Thunderbird Shot Put and Discus Camp. I authorize the directors of the camp to use their professional judgment concerning medical care. I will be responsible for his/her health insurance in case there is an injury. I also authorize any emergency exam, x-ray, medical or surgical treatment deemed necessary by a licensed physician or hospital. I understand there is a certain risk involved with throwing activities and we will not hold the coaches, staff, or school district responsible for accidents or injuries.