

The Hurricane Throwers Classic
December 16-19, 2011 @ Coastal Carolina University

Youri Sedykh
Current World Record Holder - Hammer

Tentative Clinic Schedule

Friday, Dec 16

12:00pm Registration/Welcome
1:00-3:00pm Group A Throwing/Group B Drills
3:00-5:00pm Group B Throwing/Group A Drills
5:30-6:30pm Discussion

Saturday, Dec 17

8:00-10:00am Group A Throwing/Group B Drills
10:00-12:00pm Group B Throwing/Group A Drills
12:00-1:30pm Lunch
1:30-2:45pm Group A Throwing/Group B Drills
2:45-4:00pm Group B Throwing/Group A Drills
4:00-5:30pm Break
6:00pm Special Event

Sunday, Dec 18

8:00-10:00am Group B Throwing/Group A Drills
10:00-12:00pm Group A Throwing/Group B Drills
12:00-1:30pm Lunch
1:30-3:15pm Group B Throwing/Group A Drills
3:30-5:15pm Group A Throwing/Group B Drills
5:30-6:30pm Discussion

Monday, Dec 19

8:00-10:00am Group A Throwing/Group B Drills
10:00-12:00pm Group B Throwing/Group A Drills
12:00-1:00pm Closing Remarks
1:00pm Clinic Ends

Youri Sedykh

2x Olympic Champion 76', 80'
Olympic Champion 88'
3x Olympian 76', 80', 88'

Current World Record Holder

Alternate Games Champion 84'
Broke 6 World Records between 1980 and 1986
World Champion 91'
World Championship 83', 91'
European Champion 78', 82', 86'
Goodwill Games Champion 86'

Hammer 86.74m

The Hurricane Throwers Classic
Clinic Entry Form

<u>Event</u>	<u>Age</u>	<u>Best Performance</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Name: _____

Affiliation: _____

Email Address: _____

Contact #'s: _____(h)_____ (c)

Checks Payable to: **Jacquie Grimes**

Amount Enclosed: _____

T-Shirt size (circle one)

XS S M L XL XXL 3x 4x

Send to: Jacquie Grimes
Track & Field Office **OR** Track & Field
PO Box 261954 843-349-2240
Conway, SC 29528

****Please feel free to make copies of the forms if needed****

Important Information

- Cost:** \$250 per person Includes T-Shirt
- Deposit:** \$100 deposit due with registration
Non-refundable
- Balance Due:** Remaining balance due on or before arrival date.
- Entry Limit:** 50
- Ages:** 9th Grade – 12th Grade
Collegiate/Post Collegiate/Masters
- Deadline:** December 1, 2011
- Implements:** No implements will be provided, please bring your own
- Website:** www.mjolnirthrowersclub.com
- Questions:** jjgrimes@coastal.edu or 843-421-6840
- Hotels:**
- | | |
|------------------------|--------------|
| Boardwalk Beach Resort | 843-448-8545 |
| Clarion Hotel | 843-236-1000 |
| *Comfort Suites | 843-347-9292 |
| Comfort Suites | 843-448-4884 |
| Hampton Inn West | 843-236-0045 |
| Microtel Inn & Suites | 866-826-5837 |
| *Quality Inn | 843-347-7254 |
| Sleep Inn | 843-365-2828 |
- *close to campus
Ask for CCU Rate
- Instructors:** Youri Sedykh – Hammer
Amber Campbell – Hammer/Weight
Dr. David Vandergriff – Hammer/Weight
Jacquie Grimes – all events

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Coastal Carolina University
Track & Field Complex