



**Rosethrows.com** invites you to join this spring's elite coaching staff for a learn-by-doing throws and jumps clinic. Learn proper technique, event-specific drills, and dynamic stretches that will give you an advantage the rest of the season.

The annual Rose Throws & Jumps clinic provides an opportunity for athletes to immediately improve performance. Proper technique is broken down and explained, giving the athlete a better understanding between technique and style.

**SAVE THE DATE!**  
**SUNDAY, MARCH 25, 2018**

WHERE: GEORGETOWN PREPARATORY SCHOOL  
10900 ROCKVILLE PIKE  
NORTH BETHESDA, MD 20852

TIME: 12pm-5pm, Meet on the Track

**SPEAKERS & INSTRUCTORS:**

**Maurice Smith**

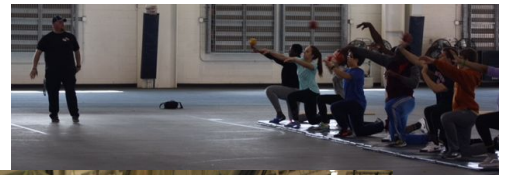
Team Jamaica, 3x Olympian, World Silver Medalist

**Jon Hill**

Jumps Coach, University of Maryland

**Dan Rose**

Throws Specialist, Georgetown Prep



**TO REGISTER VISIT:**

[www.ROSETHROWS.COM](http://www.ROSETHROWS.COM)

**\$65 per athlete**

**\$75 per coach/adult**

**Group Discounts Available (5 athletes)**