

COORDINATOR

Garrett Middleton.

Coach Middleton held the Illinois High School Class A record in the discus throw of 184'3" from 1999 - 2007. After high school he went on to throw for Murray State University, a Division I-A college in Kentucky from 1999 - 2004. In college, Middleton placed numerous times in the OVC conference meet in all five throwing events. Coach Middleton has coached for seventeen years in Kentucky and Montana. Middleton has been awarded the Assistant to the Head Coach of the year award eleven times by the MHSA. He was the key speaker on the throws events during the 2010 & 2019 Montana Coaches Clinic. He has coached 15 state champions and 47 state medalist in the shot, discus, and javelin since 2008 in Corvallis.

Notable Javelin Distances by
Corvallis Throwers

| | |
|----------------|---------|
| Austin Landis | 213'-5" |
| Tylor Olson | 197'-1" |
| Logan Connors | 194'-2" |
| Raymond Jessop | 192'-0" |
| Stuart Landis | 190'-3" |
| Zach Jessop | 187'-0" |
| Edward Ryan | 178'-4" |
| Kenny Jessop | 174'-9" |
| Devonn Jessop | 172'-6" |
| Dennis Jessop | 170'-6" |

| | |
|--------------|---------|
| Zena Smith | 139'-8" |
| Kayla Lewis | 127'-2" |
| Tisha Smith | 125'-2" |
| Katie Landis | 122'-0" |

Javelin Camp Coaching Staff

Alan Cress

Coach Cress has a throwing background of the shot put, discus and javelin in high school and the shot put, discus, and hammer at Emporia State University in Emporia, Kansas. Coach Cress is still competitive in all the throws events at USA Master Track and Field meets, with 20 All-American performances, two Regional Championships and two National Championships in the throws pentathlon. In six years as a high school coach, Cress produced six state champions, and 14 sixth place and better finishes at the state meet. Coach Cress has been the throws coach for the University of Providence - Great Falls for the past seven years, where his men's and women's athletes have broken school records in the indoor and outdoor throwing events 86 times, producing 19 National Qualifiers and three All-Americans.

Notable coaches and former
Montana javelin throwers will be
helping with the camp.

Corvallis Javelin Camp

CORVALLIS, MT

Wednesday,
June 13, 2019
9:00am - 5:00pm

Javelin Throws Camp

TO REGISTER CONTACT:
Garrett Middleton
(406) 381-0370 or

middletonfabrication@gmail.com

<https://sites.google.com/site/corvallisthrowscamp/home>

Cash or check accepted. Please
make checks of \$50 payable to
Garrett Middleton

INFORMATION

Registration Form - Javelin
Checks payable to Garrett Middleton
Mail to: 353 Sweathouse Cr. Rd. Victor, MT 59875

This is the seventh year of the only javelin specific camp in Montana. The javelin camp will be a one-day camp focusing on video, presentations, stretching, medicine ball exercises, footwork, correcting mistakes, strength exercises, and throwing.

The camp is a “learn by doing format.” The first half of the day will be spent on javelin discussion, how to warm up, stretching, javelin specific drills, the second half will cover the run up, and throwing the javelin. At the end of the day, weight lifting programs, NCAA / NAIA compliance, and college recruiting tips will be discussed.

Register soon to reserve your spot!!!

Like Us on Facebook

www.facebook.com/corvallisthrows

WHEN: Thursday, June 13, 2019
TIME: 9:00am - 5:00pm
WHERE: Corvallis High School. Park by cafeteria on East Side Highway. Follow signs to Middle School Commons
COST: \$50
Includes Throws Camp T-shirt
Coaches/Parents are free
WHO: 7th Grade & up
TIME SCHEDULE:
9:00am Check In
9:15 - 10:00 Technique Presentation
10:00 - 12:00 Stretching & Med Ball Drills
12:00 - 12:30 Lunch
12:30 - 1:00 Runway work
1:00 - 3:30 Throwing
3:30 - 4:30 Video Analysis
4:30 - 5:00 Strength & Conditioning

WHAT TO BRING:

1 javelin, running shoes, javelin shoes w/spikes, long sleeve shirt, notebook & pen
Javelins are available.

OTHER HELPFUL ITEMS:

Towel, athletic tape, sunscreen, sack lunch. Dress for the weather.

LUNCH & BREAKFAST

Please provide your own meals.
Deli & Subway in Corvallis.
Snacks & drinks will be provided.

Name: _____
Year in School (2018/19): _____
School: _____
Phone Number: _____
Email: _____
T-Shirt size: Small Medium Large XL XXL
Call 406-381-0370 to reserve your spot

I understand that there are certain risks associated with throwing the shot put and discus. I hereby authorize my child's participation in the Blue Devil Throws camp. I know of no physical, mental, emotional, or behavioral problems which may affect my child's ability to safely participate. I understand that my child must have current and active medical insurance before he/she may attend camp and hereby confirm that he/she does. Neither I nor my child will hold the Blue Devil Throws Camp, Garrett Middleton nor their volunteers for any injuries/illnesses or expenses relation to injuries/illnesses sustained while my son/daughter is at camp. I understand that Garrett Middleton, CHS, or the Blue Devil Throws camp provides no medical or accident insurance for treatment of injury. I assume all financial responsibility for any injuries or illnesses that might be sustained while attending the Blue Devil Throws Camp. I also agree that pictures & video may be posted on the internet.

Parent or Legal Guardian's signature:

_____ date: _____

Athlete signature:

_____ date: _____

Emergency Contact / Medical Information

Name: _____

Relationship: _____

Number: _____

Insurance Provider: _____

Policy/Group/ID # _____

Current/Past Injuries we need to be aware of:

Attach paperwork if necessary

Also attach the Parental Release Form.