

COORDINATOR

Coach Middleton held the Illinois High School Class A from 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 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. The throws camp has helped produce over 100 top six place finishes at state meets.

He has been awarded the Assistant to the Head Coach of the year award eleven times by the MHSAA. 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.

Coach Middleton is also the discus coordinator at the Iron Wood Throws Camp, which is the largest throwing camp in the nation.

Middleton currently competes in Highland game events throughout the country. He placed fourth at the Lightweight World Championships in 2014 & 2018, and third at the Lightweight World Championships in 2016.

COACHING STAFF

- Paul Middleton (Volunteer Coach)
- Alan Cress (University of Providence)
- Chris Jessop (Hamilton High School)
- Curtis Bean (Columbia Falls High School)
- Brookelyn Palin (Collegiate)
- Adeline Richardson (Collegiate)

More coaches to be added soon!

Previous State Champions who attended the Throws Camp

Daniel Jones	Columbia Falls
Tucker Yates	Colstrip
Cailyn Schroeder	CMR
Calla Haldorson	Corvallis
Jesse Sims	Corvallis
Courtney Albright	Corvallis
Dalton Sybrant	Corvallis
Branden Butt	Corvallis
Austin Atkins	Corvallis
Austin Forson	Deer Lodge
Brandon Forson	Deer Lodge
David Phillips	Deer Lodge
Ariel Clark	Deer Lodge
Bryan Slingsby	Florence
Adeline Richardson	Frenchtown
Noah Ambuehl	Great Falls Central
Hailey Poole	Huntley Project
Carlee Smith	Manhattan
Anna Pershouse	Missoula Sentinel
Brian Maus	Missoula Sentinel
Alan Skogen	Ronan
Klaire Kovatch	Seeley-Swan
Amy Ostermiller	Shepherd

Previous State Placers who attended the Throws Camp

Payton Lammerding	Arlee	Ross Coleman	Bigfork
Chance Wessel	Bozeman	Jake Dennenhy	Butte
Weston Wagner	Columbus	Jane Booth	Corvallis
Brookelyn Palin	Corvallis	Jayce Gilder	Corvallis
Chris Jessop	Corvallis	Matt Smith	Corvallis
Paige Lennis	Corvallis	Jimmy Henderson	Corvallis
Carli Jessop	Corvallis	Michaela Wood	Corvallis
Seth Henderson	Corvallis	Jessica Lewis	Corvallis
Skyler Jessop	Corvallis	Garrett Brown	Corvallis
Brooke Wiltbank	Corvallis	Denali Smith	Corvallis
Andy Walters	Darby	Alye Fjell	Deerlodge
Kyle Moore	Dillon	Canter Coverdale	Fairfield
Jesse Mecham	F-Town	Dillon Spear	Hamilton
Averyl LaSalle	Hamilton	Megan Kratofil	Hamilton
Jaylen Taggart	Hamilton	Jacob Campbell	Hamilton
Coltan Pipinich	H-Capital	Michael Smith	H-Capital
David Cross	Hot Springs	Sawyer Zimmerman	Libby
Madi Arneson	Sentinel	Lauren Emter	Park
Trent Thompson	Plains	Ethan Harvey	Plains
Franky Winnebrenner	Plains	Riley Linsted	Sentinel
Madi Arneson	Sentinel	Aaliyah Woods	Sentinel
Brady Ostermiller	Shepherd	Michael Durglo	St. Ignatius
Brock Cantrell-Field	St.Regis	Cody Hanson	ThreeForks
Payton Tillotson	Victor	Your Name here	Montana
Your Name here	Montana		

15th Annual Blue Devil Throws Camp

CORVALLIS, MT

Friday
June 14, 2019
9:00am - 5:00pm

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 payable to
Garrett Middleton

MAIL REGISTRATION FORM &
PARENTAL RELEASE FORM
To

353 Sweathouse Cr Rd
Victor, MT 59875

CALL, TEXT, or EMAIL
TO SIGN UP!

OVERVIEW

This is the fifteenth year of the annual Blue Devil Throws Camp. The throws camp is a one-day camp focusing on the rotational shot put, glide shot put, and discus throw. The camp will include a “learn by doing format.” There is an average of one coach per five throwers. There will be sessions of technique discussion, throwing, and video. The first half of the day will be spent on the discus and the second half will focus on the rotational & glide shot put. 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

<https://www.facebook.com/corvallisthrows>

Link to registration and parental release form are also found on Facebook

INFORMATION

WHEN: Friday, June 14, 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 (Discus & Shot Put)

Discus Session: \$30 Shot Session: \$30

Includes Throws Camp T-shirt

Coaches/Parents are free

WHO: 7th Grade & up

TIME SCHEDULE:

8:45am Check In
9:00 - 9:15 Overview - Video
9:15 - 9:45 Discus presentation
10:00 - 12:30 Discus throwing
12:30 - 1:00 Lunch
1:00 - 1:30 Shot put presentation
1:30 - 3:45 Shot put throwing
3:45 - 4:00 Lifting programs
4:00 - 5:00 NCAA/NAIA Compliance Recruiting Tips Question & Answer

WHAT TO BRING:

2 - 4 Discuses & 1 Shot Put, Throwing Shoes
Implements are available

OTHER HELPFUL ITEMS:

Tennis Shoes, Towel, Athletic Tape, Notebook, Pen, and Sack Lunch. Dress for the weather.

LUNCH & BREAKFAST

Please provide your own meals.
Deli & Subway in Corvallis.

Registration Form - Shot & Discus
\$50.00 Checks payable to Garrett Middleton
Mail to: 353 Sweathouse Cr. Rd. Victor, MT 59875

Name: _____

Year in School (2019-20): _____

School: _____

Phone Number: _____

Email: _____

T-Shirt size: Small Medium Large
XL XXL 3XL

Circle event(s) you will attend: DISCUS SHOT

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 facsimiles may be posted on the internet and social media.

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