

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 fifteen 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 Montana Coaches Clinic. He has coached twelve state champions 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	183'-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 17 All-American performances, two Regional Championships and one National Championship 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 Great Falls for the past four years, where his men's and women's athletes have broken school records in the indoor and outdoor throwing events 50 times, producing ten National Qualifiers and one All-American.

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

Corvallis Javelin Camp

CORVALLIS, MT

Thursday,
June 15, 2017
9:15am - 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

This is the fifth year of the only javelin specific camp in Montana. The javelin camp will be a one-day camp focusing on stretching, medicine ball exercises, footwork, correcting mistakes, strength exercises, and throwing. The camp is a "learn by doing format." You will watch your throws on video & learn how to maximize your throw. 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, video analysis and strength training for the javelin will be covered.

Register soon to reserve your spot!!!

Like Us on Facebook

www.facebook.com/corvallisthrows

WHEN: Thursday, June 15, 2017
TIME: 9:15am - 5:00pm
WHERE: Corvallis High School. Park by cafeteria on East Side Highway. Follow signs upstairs to mini theater
COST: \$50 per camper. Coaches free with camper
T-shirt for pre-registered by June 8
WHO: Anyone interested in learning how to throw the javelin maximum results

TIME SCHEDULE:

9:15am 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 if you cannot bring one.

OTHER HELPFUL ITEMS:

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

LUNCH & BREAKFAST

Bring a sack lunch, or Corvallis School District offers free breakfast from 8am - 9am & free lunch from 11:30 -12:30

Snacks & drinks will be provided.

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

Name: _____

Year in School (2017/18): _____

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.