

# 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 fifteen years in Kentucky and Montana has and helped produce over 90 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 Montana Coaches Clinic. He has coached twelve state champions 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 and third at the Lightweight World Championships in 2016.

## COACHING STAFF

PAUL MIDDLETON

ALAN CRESS

CARLIE JESSOP

JIMMY HENDERSON

CHRIS JESSOP

DAVID PAUL

CULLEN WILLIAMS

### Previous State Champions who attended the Throws Camp

Calla Haldorson	Corvallis
Jesse Sims	Corvallis
Courtney Albright	Corvallis
Cailyn Schroeder	CMR
Branden Butt	Corvallis
Tucker Yates	Colstrip
Austin Atkins	Corvallis
Daniel Jones	Columbia Falls
Anna Pershouse	Missoula Sentinel
Carlee Smith	Manhattan
Brandon Forson	Deer Lodge
Amy Ostermiller	Shepherd
Dalton Sybrant	Corvallis
Brian Maus	Missoula Sentinel
David Phillips	Deer Lodge
Bryan Slingsby	Florence
Alan Skogen	Ronan

### Previous State Placers who attended the Throws Camp

Ross Coleman	Bigfork
Chance Wessel	Bozeman
Jake Dennenhy	Butte
Weston Wagner	Columbus
Jane Booth	Corvallis
Brookelyn Palin	Corvallis
Jayve Gilder	Corvallis
Chris Jessop	Corvallis
Matt Smith	Corvallis
Paige Lennis	Corvallis
Jimmy Henderson	Corvallis
Carli Jessop	Corvallis
Courtney Albright	Corvallis
Michaela Wood	Corvallis
Seth Henderson	Corvallis
Jessica Lewis	Corvallis
Skyler Jessop	Corvallis
Andy Walters	Darby
Austin Forson	Deerlodge
Kyle Moore	Dillon
Canter Coverdale	Fairfield
Adeline Richardson	Frenchtown
Averyl LaSalle	Hamilton
Megan Kratofil	Hamilton
Jaylen Taggert	Hamilton
Coltan Pipinich	Helena Capital
Michael Smith	Helena Capital
David Cross	Hot Springs
Sawyer Zimmerman	Libby
Trent Thompson	Plains
Ethan Harvey	Plains
Franky Winnebrenner	Plains
Riley Linsted	Sentinel
Brady Ostermiller	Shepherd
Payton Tillotson	Stevensville
Cody Hanson	Three Forks

# 13th Annual Blue Devil Throws Camp

CORVALLIS, MT

Friday  
June 16, 2017  
9:15am - 5:00pm

5 Discus Rings

3 Shot Rings

TO REGISTER CONTACT:

Garrett Middleton

(406) 381-0370 or

[middletonfabrication@gmail.com](mailto: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

# INFORMATION

## THROW FAR, THROW LOUD!!!

This is the thirteenth 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 and Olympic lifts 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

WHEN: Friday, June 16, 2017  
TIME: 9:30am - 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, 2017

Discus Only: \$30      Shot Only \$30

WHO: 7<sup>th</sup> Grade & up

### TIME SCHEDULE:

9:15am	Check In
9:30 - 10:00	Presentation
10:00 - 12:30	Discus Throwing
12:30 - 1:00	Lunch
1:00 - 1:30	Technique Presentation
1:30 - 3:45	Shot Put Throwing
3:45 - 4:00	Tips & Technique
4:00 - 4:30	Weight Lifting programs & Olympic Lifts Video
4:30 - 5:00	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

Bring a sack lunch, or there is a deli close by

Registration Form - Shot & Discus  
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

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 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.