



Coaches Please Post
 8TH ANNUAL
 UNIVERSITY OF IOWA
 COACHES AND ATHLETES
 THROWING SESSIONS
SHOT PUT/DISCUS

February 20, 2005 AND March 20,
 2005

Over 100 Coaches and Athletes have attended each
 year



Where: Iowa Football Bubble
When: 12-4 p.m.
Cost: \$30.00 for one session or \$50.00 for both sessions

SCHEDULED COACHES:

Sunday, February 20, 2005

- Shot Put: Scott Cappos- Coach of 13 All-Americans at Iowa
- Discus: Mike Turk- USATF Level II instructor
- Video Analysis: Norm Balke - Iowa City High School
- Weight Training: Damon Davis - Strength and Conditioning Coach at Iowa

Sunday, March 20, 2005

- Discus: Scott Cappos- Coach of 13 All-Americans at Iowa
- Shot Put: Jim Aikens- Fremd HS- Coached several state champions in Illinois
- Nutrition: Dave Kroese- Certified Strength and Conditioning Specialist
- Special Conditioning: Mike Turk- USATF Level II instructor

Any questions : www.hawkeyetrack.com
Scott-Cappos@uiowa.edu or call 319-335-9392



-----Sign Up-----

Name _____

School _____ State _____

Are you are coach or athlete _____ Athlete Age _____

Return sign up form:

Scott Cappos 225 CHA Track and Field Office, Iowa City, Iowa 52242

Enclose a check to: Iowa Throwing Sessions \$30.00 for one session, \$50.00 for both

