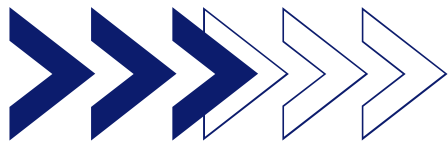


Optimal Performance

Throws Winter Training
Javelin, Shot Put, Discus



Boys/Girls
Grades
7-12



Our Goals

- Develop Maximum Power and Speed using Stretch/Reflex and Torque Principles
- Each Athlete will understand the steps and drills to THROW FAR!
- Be a CONFIDENT THROWER
- EMBRACE Competition



Our Methods

- Realistic Goal Setting
- Ground Based Movements
- Progressive Drill Sequences that grow overtime
- Balance and Coordination Drills
- Plyometric Training

CONTACT US

Coach Hickel

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480-495-7767

Zelle : 480-495-7767

or checks payable to Optimal Performance

\$100 (9 Weeks)

\$75 (5 Weeks)

November 28th-December 22nd (4 Weeks)
January 2nd-February 2nd (5 Weeks)
Monday, Tuesday, and Thursday 3:45 - 5:40pm
Meet at the DV Football Stadium

Experienced Throwers (High School and Middle School) -
Please join us for 9 weeks

New/Beginning Throwers - (High School and Middle School) -
Please join us for the last 5 weeks