

# THROW CLINIC

(SHOT PUT & DISCUS THROW)



## COACH



TAN SONG HWA  
(HP. No. 011-3763 3581)

EX-NATIONAL ATHLETE  
(10 YEARS)

2 TIMES SEA GAMES  
GOLD MEDALIST  
2009 & 2011

2 TIMES ASEAN UNIVERSIADE  
GOLD MEDALIST  
2008 & 2010

CERTIFIED ATHLETICS COACH

STRENGTH & CONDITIONING  
COACH

REHABILITATION TRAINER

## ABOUT THE CLINIC

THROW CLINIC is designed to give each athlete an informative introduction into each discipline. All athletes & coaches are welcomed whether beginner, intermediate or advanced each will receive instruction appropriate to their current abilities.

The FOCUS of this clinic is to increase the athletes' understanding of the event, bringing athletes to a new level of technical proficiency by learning principles that progress physical conditioning enabling greater distances to be thrown.

This clinic is also giving each athlete an enjoyable experience by mixing hard work with fun and creating a positive competition environment.

- Demonstration technique for each Discipline
- Basic progressions for technical Development
- Basic Strength Development
- How to develop & Warm-up
- Mini Competition

Organised By :



(Federal Territory Kuala Lumpur Athletic Association)

## SCHEDULE

Date : 15<sup>th</sup> January 2017 (Sunday)

### MORNING

- 9.00 am - Registration
- 9.30 am - Introducing Shot Put
- Shot Put Technique
- 10.00 am - Medicine Ball & Drill
- 10.45 am - Water Break
- 11.00 am - Throw – Shot Put
- 12.00 noon - Break

### AFTERNOON

- 12.00 noon - Introducing Discus Throw
- Discus Throw Technique
- 12.30 pm - Discus Throw
- 1.30 pm - Ceremony and awards ceremony
- 2.00 pm - Closed

## ENTRIES

- 1) Entry forms can be downloaded from our:-
  - a) Website : [www.ftaaa.org.my](http://www.ftaaa.org.my)
  - b) Can also be collected at **FTKLAA Office, 2<sup>nd</sup> Floor, Wisma OCM, Jalan Hang Jebat , 50150 Kuala Lumpur.**
- 2) Entries are to be forwarded to FTKLAA Office, 2<sup>nd</sup> Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur with cheque address to **PERSATUAN OLAHRAGA AMATOR WILAYAH PERSEKUTUAN** or in cash.
- 3) Please be informed the first three in each category will be awarded with medals and certificate.
- 4) The closing date entries shall be **10/1/2017.**

## APPLICATION

### ATHLETE INFORMATION

ENTRY FEE : RM 20-00

Name : \_\_\_\_\_  
\_\_\_\_\_

Gender :  Male  Female

My Kad No. : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Age : \_\_\_\_\_  
(9yrs and Above)

Address City : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email : \_\_\_\_\_

Telephone : \_\_\_\_\_

Name of parent or guardian : \_\_\_\_\_  
\_\_\_\_\_

Persons to Contact in Case of Emergency : \_\_\_\_\_  
\_\_\_\_\_

Parents or Guardian are agreed for athletes to attend this clinic.