

## 10<sup>th</sup> Annual NE Nebraska Elite Throwers Camp

### "Learn From Some of the Best Coaches in the USA!"

**When:** Tuesday, May 31st, 2016  
9:00 am – 4:00 pm \*\*Lunch Provided  
Registration – 8:30 am

**Where:** Pierce High School

**Who:** Sr. High and Jr. High Throwers and Coaches

**Cost:** \$50.00 per participant

\*\*Remember to bring your own shots and discs!!

\*\*Every thrower who brings 6 or more paid participants gets their camp for FREE!

\*\*Camp T-Shirt – FREE with paid admission to the camp.

\*\*Pictures with throws coaches available!

\*\*\*For more information, contact Doug Shelton at 402-750-0544.

\*\*\*Drawing for 4 free shot puts and discs

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Sign up for:

\_\_\_ Discus and Shot Put Participant - \$50.00

\_\_\_ Coach – Parents of Throwers - Free

Name\_\_\_\_\_

Address\_\_\_\_\_

Grade\_\_\_\_\_ Gender\_\_\_\_\_

Personal Best – Discus\_\_\_\_\_ Shot Put\_\_\_\_\_

Phone Number\_\_\_\_\_ \*include area code

**\*\*\*Make checks payable to Pierce Public Schools. Applications and Payment due by Wednesday, May 25, 2016. If you can not get your application and payment in by the 25<sup>th</sup> of May, please contact the camp director, Doug Shelton, to make arrangements to pay on the day of the camp.**

**\*\*\*\*Send Applications and Payment to: Doug Shelton, Pierce High School  
201 N. Sunset, Pierce, NE 68767**

**Parent's Release and Indemnity Agreement:**

My son or daughter has permission to attend the NE Nebraska Elite Throwers Camp. I have no knowledge of any physical impairment that would affect or be affected by my son's/daughter's participation in the camp. In the event of an emergency in which my son/daughter requires medical care, I authorize the staff of the NE Nebraska Elite Throwers Camp to act for me and to obtain for him/her whatever medical treatment the staff in its best judgment deems necessary and appropriate. I specifically consent to such treatment including but not limited to hospitalization and surgery and will be responsible for any medical or any other charges in connection with his/her attendance at camp. I acknowledge that at the NE Nebraska Elite Throwers Camp my son or daughter will participate in a sport that may involve among other things physical contact of the body with throwing implements, the throwing ring or surface, and the ground: that at the NE Nebraska Elite Throwers Camp he/she may incur a risk of injury. I specifically waive and give up and release the NE Nebraska Elite Throwers Camp staff, Pierce Public Schools, and the Pierce High staff from liability for any claim for damages which I or my son/daughter may have for injuries or illness that he/she may sustain at the NE Nebraska Elite Throwers Camp.

Parent Signature\_\_\_\_\_ Date\_\_\_\_\_

***Gain Both Experience and Knowledge from Some of the Best College and High School Throws Coaches in the Region:***

**A.G. Kruger** – University of South Dakota Throws Coach – Coach Kruger is a 3-time Olympian, competing in the hammer throw in the 2004 Athens, 2008 Beijing, and 2012 London Olympic games. He has competed on 5 World Championship Teams and has qualified for 14 U.S. National Championships. In 2014, Coach Kruger broke the American record in the 35 lb. weight throw as well as the 56 lb. ultra weight throw. He is a graduate of Morningside College and is a native of Sheldon, Iowa.

**Doug Shelton** – Current Throws Coach at Pierce High School. Coach Shelton has coached numerous throwers to state medals over the past 25 years.

**Derek Frese** – Nebraska Wesleyan University – 4 time All-American at the University of Nebraska-Kearney. Coach Frese has coached 8 All-Americans and 11 National Qualifiers as well as numerous All-Conference throwers while at Wesleyan. Coach Frese was also named the 2010-2011 Central Region Track & Field Coach of the Year.

**Ed McLaughlin** – Concordia University – During his 19 year tenure at Concordia, Coach McLaughlin has coached 51 All-Americans, 65 National Qualifiers, 8 National Champion Runners-up, and numerous All-Conference throwers.

**Brett Suckstorf** – Wayne State College – Coach Suckstorf is the head throws coach at Wayne State College where he is the holder of the hammer and weight throw records. After two years at Wayne State as a collegiate thrower, Coach Suckstorf transferred to the University of Nebraska where he finished as the 2<sup>nd</sup> best all-time Hammer and Weight Thrower ever at UNL. As the throws coach at Wayne State, Coach Suckstorf was named the 2014 National Assistant Coach of the Year in NCAA Division II. He has coached 10 All-Americans and 17 National Qualifiers. During the 2015 season, Suckstorf coached Sara Wells to national championships at both the national indoor and outdoor meets.

**Jake Nelson** – Wisner-Pilger High School – Coach Nelson has coached numerous state qualifiers and state medalists. He recently coached Samantha Liermann to multiple state throws titles. Ms. Liermann is currently a scholarship thrower at the University of Nebraska-Lincoln.

**George Blum** – Howells-Dodge High School

**Carly Fehringer** – Wayne State College – Carly was a 4-time All-American while at Wayne State and was a high school state meet qualifer as well.

**J. Wewell – Factory Representative for BLAZER Shot and Discus Company** – Mr. Wewell will be at the camp to demonstrate Blazer products and to allow coaches and athletes the opportunity to buy shots and discs at discount prices. He will also hold a drawing for 4 free discs and shot puts for the participants attending the camp.

**\*\*For additional entry forms go to the Pierce Public Schools website (piercepublic.org). At the top of the page you will see a group of “tabs”. Scroll over the tab “Activities”. Then scroll down to “Athletics” then click on “Camps”. All the information needed will appear and one can download an entry form where it says “Throwers Camp Brochure”.**

**Call Doug Shelton – 402-750-0544 – camp director for additional information.**