



"Girls Can't What?!"
**Throwing
 and
 Growing**
 The Myrle Mensey Foundation



**6th Annual Winter Throws Camp – Indoor Shot Put / Weight throw
 Females Only – Youth – Open – Masters - Ages 8 and up
 YMCA Downtown St. Louis, MO - 1528 Locust - 63103 December 28-29, 2015
 9:00am – 4:30pm (Monday) 8:00am- 10:00am Tuesday**

**Shot Put / Weight Throw Competition with Awards - USATF SANCTION # 15-22-459
 (Tuesday) 10:30am – 3:00pm
 Youth and Family Center – 818 Cass Ave – 63106 (1 mile from Y)**



**Cost : \$65 - includes t-shirt, lunch, and competition
 (competition only \$25) *Space is limited to 40 participants**

Camp activities are designed to help develop skills and improve throwing mechanics in the shot put and weight throw. Our goal is to make sure each athlete leaves with added knowledge in her ability to accomplish the fundamentals necessary to improve performance. Throwers attending the camp last year averaged 4ft -7ft improvements in their performance over the previous year. Last year's camp was a great success. We had 34 girls from St. Louis and surrounding areas, including some as far as Chicago to attend our camp and competition.

Don't worry, if you have never thrown before, this is the perfect opportunity for you to try something new and exciting. Plus you will be surprised at how easy it is. Our all female staff collectively have competed internationally, Olympics, Olympic trails, World championships, currently hold 3 World records and 15 American records, earned 30+ NCAA All American honors, competed in over 50 championship events.

**** Coaches Clinic 5:30 – 7:00 - Monday, December 28
 (YMCA) Cost \$35 – Limit 10 coaches**
 (Glide vs Rotational – Strength vs Technique – Athlete Selection)**



Myrle Mensey- Executive Director – 2014 USA Track and Field Hall of Fame
 World Champion Thrower / World Record Holder
 IAAF Certified Level 5 Throws Coach - USATF Certified Level 3 Throws Coach / Trainer
 USATF Certified Level 2 Jumps Coach
 2013 USATF Masters Female Athlete of the Year and Thrower of the Year

Don't miss out! Space is limited, so register today to ensure your space.

**For more information call: (314) 650-1008
 Download Application from our website: www.throwingandgrowing.org**

Camp Photos



All-time 3 event thrower showing how to shot put



Myrle giving competition instruction