

ATTENTION THROWERS:

Modesto Junior College Information:



WHAT: Track and Field Throws Class

WHEN: Sundays 1pm–3pm (September 7th to December 13th)
Usually meet near tennis courts @ 12:30

WHERE: MJC West Campus Throwing Center

WHO: Throwers, Multi-Event athletes. Throw with college athletes and get coached by college coaches/professional athletes. Throwing shot/discus and exposure to the hammer and javelin.

WHY: We had numerous athletes take advantage of this class last spring and fall, amazing results. One college unit earned for enrolling in the class.

More information:
Coach Moren
535-2280

Coach Moren is enrolled as a student in the class and will help with transportation and coaching.