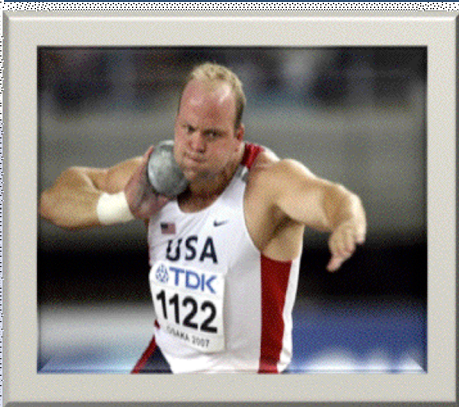


2010 Adam Nelson Clinic



Adam's Biography:

2000 Olympic Silver Medalist
2004 Olympic Silver Medalist
2008 Olympic Finals Qualifier
2005 World Champion
NCAA National Champion

Outdoor Career Best:

2009 21.82 Eugene, OR
2008 22.12 Eugene, OR 08/06/2008
2007 21.61 Osaka 25/08/2007
2006 22.04 Indianapolis, IN 23/06/2006
2005 21.92 Monaco 10/09/2005
2004 21.68 Gresham, OR 05/06/2004
2003 21.29 Kuortane 20/07/2003
2002 22.51 Portland 18/05/2002
2001 21.53 Rüdlingen 19/08/2001
2000 22.12 Sacramento, CA 15/07/2000
1999 20.64 Palma de Mallorca 10/07/1999
1998 20.61 Rüdlingen 23/08/1998
1997 19.92 01/01/1997
1996 19.14 01/01/1996
1995 18.27 01/01/1995
1994 18.34 Lisboa 23/07/1994

**DON'T MISS THIS ONCE
IN A LIFETIME
OPPORTUNITY!!!**

Ages limit: 12yrs and above

Hosted by: MJC

Modesto Junior College will be hosting one of the summer's premier Shot Put Clinics, which will feature one of the World's best Shot Putters Adam Nelson. Nelson has been competing at the highest level for over 15 years and still is seeking the one win that will set him apart from many of those who have thrown before him...the 2012 Olympic Gold Medal.

So come and join us for a 1 day clinic with Adam Nelson as he will cover many aspects of Shot Putting, and the mental game to perform at your best. He will speak about his journey from High School to his College days at Dartmouth University and to the "BIG SHOW" the Olympic Games.

Don't miss this great opportunity to get coached by one of the best Shot Putters in the world. Coaches and Parents are welcome to come and join us as well to be part of this unique learning experience for your athletes.

Clinic details below:

Features:

- Fundamental Shot Put Techniques for spin and glide styles.
- Drills – To help speed up development
- Video Analysis of elite throwers
- Mental approach to PEAK Performance

Date: July 14th 2010

Time: 9:00am to 5pm

Location:

(Modesto Jr College Stadium)
435 College Ave, Modesto, Ca 95350

Contact Person:

Ryan Vierra
Cell: 209-605-6005
Email: ryan@mjcthrowers.com

COST: \$45.00

Send Check or Money order to:

C/O Mary Shea Head Women's Coach
435 College Ave, Modesto, Ca 95350