

**Youri Sedykh/Mac Wilkins/Tom Petranoff
World Record Holders**

Tentative Clinic Schedule

Monday, Dec 15

4:00pm-6:00pm Registration

Tuesday, Dec 16

7:00-8:00am Registration

8:00-10:00am HT/SP Throwing JT/DT Drills

10:00-12:00pm JT/DT Throwing HT/SP Drills

12:00-1:30pm Lunch

1:30-3:15pm HT/SP Throwing JT/DT Drills

3:30-5:00pm JT/DT Throwing HT/SP Drills

5:30-7:00pm Panel Discussion

8:00pm Dinner and Evening Socializing

Wednesday, Dec 17

8:00-10:00am JT/DT Throwing HT/SP Drills

10:00-12:00pm HT/SP Throwing JT/DT Drills

12:00-1:30pm Lunch

1:30-3:15pm JT/DT Throwing HT/SP Drills

3:30-5:00pm HT/SP Throwing JT/DT Drills

5:30-7:00pm Panel Discussion

8:00pm Dinner and Evening Socializing

Thursday, Dec 18

8:00-10:00am HT/SP Throwing JT/DT Drills

10:00-12:00pm JT/DT Throwing HT/SP Drills

12:00-1:00pm Closing Remarks

1:00pm Clinic Ends

Youri Sedykh

2x Olympic Champion 76', 80'

3x Olympian 76', 80', 88'

Current World Record Holder

Alternate Games Champion 84'

Broke 6 World Records between
1980 and 1986

World Champion 91'

World Championship 83', 91'

European Champion 78', 82', 86'

Goodwill Games Champion 86'

Hammer 86.74m

Tom Petranoff

2x Olympian 84', 88'

2x World Record Holder

TAC Champion 1985-1986

World Championship 83', 87'

Mac Wilkins

Olympic Champion 76'

4x Olympian 76', 80', 84', 88'

4x World Record Holder

5x American Record Holder

7x US National Champion

Discus

Discus 70.86m

Shot Put 21.07m

Top 10 in World for 10 years

Ranked #1 in USA for 7 years

Founder of ThrowingZone Ath.

Jav 99.72m(old) 89.16m(new)

The Hurricane Throwers Classic

Collegiate/Post Collegiate/Masters

Clinic Entry Form

Name

Best Performance

Affiliation: _____

Email Address: _____

Contact #'s : _____(h) _____(c)

Checks Payable to: **Jacquie Grimes**

Amount Enclosed: _____

T-Shirt size (circle one)

S M L XL XXL XXXL

Send to: Jacquie Grimes
Track & Field Office **OR**
PO Box 261954
Conway, SC 29528

fax: Jacquie Grimes
Track & Field
843-349-2893

Please feel free to make copies of the forms if needed

Important Information

- Cost:** \$250 per person including coaches
Includes T-Shirt and DVD of Clinic
- Deposit:** \$100 deposit due with registration
Non-refundable.
- Balance Due:** Remaining balance due on or before arrival date.
- Entry Limit:** 50 Collegiate/Post Collegiate/Master athletes
- Deadline:** December 1, 2008
- Implements:** No implements will be provided, please bring your own
- Website:** www.mjolnirthrowersclub.com
- Questions:** jjgrimes@coastal.edu or 843-421-6840
- Hotels:**
- | | |
|------------------------|--------------|
| Breakers Resort Hotel | 843-444-4444 |
| Boardwalk Beach Resort | 843-448-8545 |
| *Comfort Suites | 843-347-9292 |
| Comfort Suites | 843-448-4884 |
| Hampton Inn West | 843-236-0045 |
| Microtel Inn & Suites | 866-826-5837 |
| *Quality Inn | 843-347-7254 |
| Sleep Inn | 843-365-2828 |
- *close to campus
Ask for CCU Rate
- Instructors:**
- Youri Sedykh – Hammer
 - Mac Wilkins – Discus/Shot Put
 - Tom Petranoff – Javelin
 - Robert Weir – Hammer/Discus/Shot Put
 - Amber Campbell – Hammer/Weight
 - Dr. David Vandergriff – Hammer/Weight
 - Jacque Grimes – all events

The Hurricane Throwers Classic



Youri Sedykh

Current World Record Holder - 86.74m



Mac Wilkins

Former World Record Holder - 70.86m



Tom Petranoff

Former World Record Holder – 99.72m

December 16-18, 2008 @ Coastal Carolina University
Track & Field Complex