

# HAMMER THROW CLINIC

Hosted by Yuri Sedykh

*World Record Holder*

*1976 & 1980 Olympic Champion*

*1991 World Champion*



**When:** Saturday, December 3, 2016  
Registration begins at 9:00 a.m.

**Where:** Providence Career Tech. Academy  
91 Fricker St. Providence, RI

**Cost:** \$50.00 - Cash/Check payable to RITCA

**Events and Training:**

10:00 a.m. - 12:00 p.m. - Lecture and Video

12:30 p.m. - 1:00 p.m. - Book Signing

1:00 p.m. - 3:00 p.m. - Interactive Throwing Session

**Contact:** Bob Palazzo - Phone: (401) 580-6238

Email: [robert.palazzo@ppsd.org](mailto:robert.palazzo@ppsd.org)

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## National Throws Coaches Association Discus Throw and Shot Put Clinic Hall of Fame Breakfast

**When:** Sunday, December 4, 2016  
Registration begins at 9:00 a.m.

**Where:** Providence Career Tech. Academy (PCTA)  
91 Fricker St. Providence, RI

**Cost:** \$50.00 - Cash/Check payable to RITCA

**Events and Training:**

NTCA Hall of Fame Ribbon-Cutting Ceremony

Various Hall of Fame members and Olympic medalists will attend

10:00 a.m. - Hall of Fame Breakfast Buffet - PCTA Cafeteria

12:00 p.m. - 3:00 p.m. - Interactive Discus Throw & Shot Put Clinic

**Yuri will be present during events for book signings and autographs**

**Sponsored By:** M-F Athletic, National Throws Coaches Association,  
R.I. Track and Field Coaches Association, R.I. Track and Field Foundation, USATF-NE

