

Winter 2026

# THROWERS CLINIC

**@ Centennial High School, Boise**  
**All ages welcome!**

**7th & 8th February 2026**

**10 AM - 1 PM**

**High-quality instruction for Beginners & Elite throwers!**

**Over 100 years' combined coaching experience & expertise**

**1:1 instruction**

**Video analysis available**

**Scan to secure your spot  
today!**

**\$50 / ATHLETE**



ITW Winter26

# Let's throw!!



[WWW.IDAOTHROWERSANDWEIGHTLIFTERS.COM](http://WWW.IDAOTHROWERSANDWEIGHTLIFTERS.COM)