



ULTIMATE TRACK JAVELIN CLINIC

June 5 & 6 | 1:00-3:00 PM



The Village School of Naples

6000 Goodlette-Frank Rd, Naples, FL 34109

\$69 for 1 day | \$99 for both days

- * Learn proper javelin technique
- * Learn how to avoid injuries
- * Learn strength training techniques specific to javelin improvement
- * Get video analysis

Camp Director: Brad Vaccaro: Coach Vaccaro is the owner of Ultimate Track. He has trained over 10,000 track athletes since 2004 throughout the northeast. He recently brought his program to Naples, Florida! He was an all conference javelin thrower in high school and college with a personal Best of 56.08 meters.

Notable Ultimate Track Javelin clients:

Shannon Ziccarello, Citadel:

126 feet / 38.4 meters

Seth Zuidema, UCONN:

230 feet / 70.22 meters

Kaleb Zuidema, U of South Carolina:

233 feet / 71.07 meters

Maya Laterza, Whippany Park HS:

116 feet / 35.35

Greg Poloso, Rowan College:

223 feet / 67.89 meters

Caleb Hart, Liberty University:

201 feet / 61.26 meters

For more information and to register go to:

www.Ultimate-Track.com