



BeastMode Throwers Shotput and Discus Clinic
February 18, 2017

LOCATION: Friendswood Jr High School, 1000 Manison Pkwy, Friendswood, TX

SCHEDULE:

Sign In: 7:30 AM – 8:00 AM
Morning Session Glide Shotput: 8:00 AM – 11:00 AM
Lunch Provided (BBQ): 11:00 AM – 1:00 PM
Afternoon Session Discus: 1:00 PM – 4:00 PM

REGISTRATION: www.beastmodethrowers.com

Athlete:

Shotput: \$100
Discus: \$100
Both: \$150

Coach/Parent: \$250

Open to Coaches and Athletes from around the Houston Area. Group Rates available to Teams with 5 or More athletes attending.

REFRESHMENTS:

Lunch, Water, and Gatorade provided for athletes and coaches.

TRAINING:

Training will be conducted by Coach Nick Capuano, BeastMode Throwers and the BeastMode Throwers Assistant Coaches.

A Certificate of Completion will be provided to all Athletes and Coaches who complete the training.

Special Guests: Christian and Teri Cantwell

Christian is a two time USA Olympian and Silver Medalist in shotput at the 2008 Beijing Olympics. He is also the 2009 shotput World Champion.

Teri Steer-Cantwell is a 2000 Olympic Shot-putter in Sydney, Australia and a Bronze medalist from the 1999 World Championship.

The Cantwell family will be joining BeastMode Throwers from their home in Missouri. Their son is the 8 and Under AAU Jr Olympic Champion in shotput and National Record Holder in Javelin.



- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

Christian Cantwell, United States (From USATF Bio Page)



About Christian

Every season from 2003 to 2012 there was not a time when Christian Cantwell wasn't ranked in the top five in the world in the shot put for either indoor or outdoor competition. Over that time he recorded the farthest throw in the world five different seasons in both indoor and outdoor competition. In 2010 alone Cantwell competed in 20 meets where he threw the shot more than 70 feet and won the inaugural IAAF Diamond League Championship in his event. In 2009 he ended the outdoor season with the three best throws in the world. In 2006, Cantwell posted the top-three outdoor throws in the world, and six of the top eight throws. In 2004 he posted the top four throws in the world that outdoor season. He held a 14-meet winning streak heading into the 2004 Olympic Trials. Cantwell was a hotel and restaurant management major at Missouri. He married Terri Steer in 2005 and the couple had their first child on May 27, 2008, a son named Jackson Daniel.

- 1 x World champion
- 1 x Olympic Games Silver medalist
- 3 x World Indoor champion
- 1 x World Championships Bronze medalist
- 1 x Olympic Games finalist
- 1 x World Championships finalist
- 1 x World (Continental) Cup winner
- 2 x World Athletics Final winner
- 2 x World Athletics Final Silver medalist
- 9 x Diamond League meeting winner
- 2 x World Athletics Final finalist
- 3 x National champion
- 5 x National Indoor champion
- 1 x Diamond Race winner

Nick Capuano

Head Coach, BeastMode Throwers

- Trained over 30 Jr Olympic Qualifiers
- Trained 4 Jr Olympic National Champions
- Trained 2 Age Group World Record Holders
- Arete Throws Nation Certified Level One Coach
- USATF Certified Official
- Operation Iraqi Freedom Veteran
- USATF Masters Shotput Competitor

