



# 4<sup>th</sup> ANNUAL SUMMER THROWS CAMP TOUR

ROTATIONAL SHOT | GLIDE SHOT | DISCUS THROW

**JULY 17<sup>th</sup> & 18<sup>th</sup>**  
**DOWNERS GROVE SOUTH HS**  
**DOWNERS GROVE, IL**



**SIGN UP @**  
**ARETETHROWSNATION.COM**

"The Arete camp was amazing. I FINALLY understand what I need to do to throw BIG numbers!"



"I have more confidence to coach my athletes. The TCR™ system makes it easier...period!"



## **BONUS 1**

**TCR™ VIDEOS**  
**JUMP START YOUR RESULTS**

## **BONUS 2**

**WORLD FAMOUS**  
**ATN™ LOGO TEE**

## **BONUS 3**

**TCR™ THROWS**  
**DRILLS PACK**

Come join us if you want to...

- learn proper throws technique
- break through your technical road blocks
- throw big numbers more consistently
- Learn how to coach athletes all the way to the podium!



**TCR™**  
  
**SYSTEM**