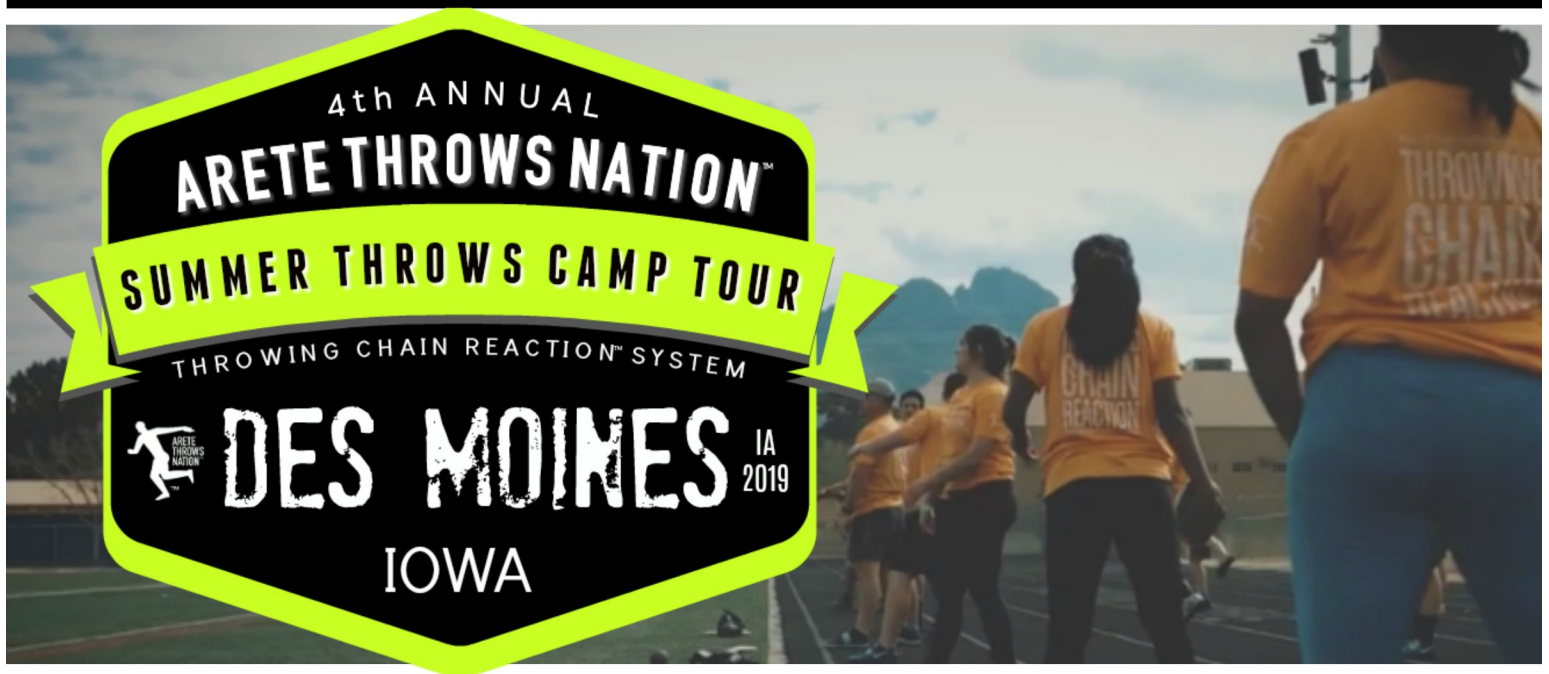


4th ANNUAL TCR™ SUMMER THROWS CAMP TOUR

SHOT PUT & DISCUS



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

"I've been to many throws camps across the country and the Arete Throws Nation camp is the best! "

JULY 20th & 21st

Valley High School
West Des Moines, IA

SIGN UP @ WWW.ARETETHROWSNATION.COM

"I have so much more confidence to coach my athletes now that I learned the TCR™ system... it just makes it easier - period. "

