



Luis and Coach Infurna at the 2016 DIII Indoor National Championships

By attending this clinic, coaches and athletes will learn to:

- Efficiently warm-up before your competitions
- Properly, safely, & proficiently throw the Weight

Weight Throw Clinic

- Clinic Provided To High School Throwers & Coaches
- Instruction provided By Dr. Charles Infurna & Luis Rivera
- Throwers of all ability Levels are encouraged To attend
- Coaches and Parents Are encouraged to Attend and Participate



Questions can be directed to Charles Infurna by phone (585) 406 – 1399 or email forzathletics@gmail.com

Coaches:

Dr. Charles Infurna has coached a National Record Holder, two Division III Weight Throw National Champions, 10 All-Americans, and numerous conference champions in the Hammer, Weight-Throw, Discus, and Shot-Put in his coaching career.

Luis Rivera placed 6th at the 2017 USATF Indoor National Championships. Coach Rivera is the Puerto Rican 35lb. Weight Throw National Record Holder with a best of 22.01m. He is the 2016 Division III National Weight Throw Champion and a 4x All-American. His Hammer Throw personal best is 63.88m

What athletes & parents have said about Dr. Charles Infurna

"If it wasn't for you, I would have never been able to think I could do something like this! I appreciate it so much!"

"You are the only person I want coaching me. You built me into the thrower I am today and no one will ever understand me like you do!"

My son had a great time at your clinic, thank you! He has not been blown away with the quality of instruction at some of the others he's been to recently and hasn't stopped talking about it.



Throwers from the Forza Athletics Hammer Clinic, May 2017

Private Coaching Available

- In person and online coaching available
- Video analysis
- Technical review of your throws
- Weightlifting programming available in 1, 3, and 6 month blocks