

# NJ HIGH SCHOOL JAVELIN THROWERS!

...be the Best JAVELIN THROWER... You Can Be!

## Erik Bernstein's 'THROW FAR - GO FAR'... JAVELIN TRAINING...

*A Whole Lot More than... "Just Throwing the Jav!"*

-- Learn Physical, Mental & Emotional Skills that will help you to Master Challenges Both On and Off the Field --  
Discover Your Power...and Improve more than you ever have... with Ease, Power & Grace!

**LEARN to LAUNCH THE JAVELIN!**

*Erik simplifies one of the most challenging events in Track & Field...*

### PROGRAMS / LESSONS:

*Beginner, Intermediate & Advanced Throwers Welcome!*

*Individual & Small-Group Sessions*

**Limited Enrollment...Max Results!**

### A. SPRING 2017:

*Pre- & In-Season Peak-Performance*

*6-Lesson Series: \$595*

**- AND -**

### B. SUMMER 2017:

*Training Series & Clinics / Camps*

*6-Lesson Series: \$595*

2 Locations:

**Northern NJ & Central NJ**

*Registration - Schedules & Locations - Further Info...*

**Contact:**

**Erik Bernstein**

**Erik Bernstein  
.COM**

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