

# 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 Are Offered Year-Round!*

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

### **A. SPRING TRAINING:**

**Pre- & In-Season Individual Peak-Performance Coaching...**

6-Lesson Series: \$595; 10-Lesson Series: \$995

— AND —

### **B. SUMMER TRAINING:**

**Individual – Core / Foundational Training...**

6-Lesson Series: \$595; 10-Lesson Series: \$995



### **2 Locations:**

**Northern NJ & Central NJ**

Registration - Schedules & Locations - Further Info...

**Contact:**

**Erik Bernstein**

**Erik Bernstein  
.COM**

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