



SASQUATCH THROWS CLUB

STEP 1: FILM YOUR THROW(S)

- **ALL Throwers...**
Film from the back of the ring (spot 1) for the main angle
- **RIGHT HANDED Throwers...**
Film from the side of the ring (spot 2) for the secondary angle
- **LEFT HANDED Throwers...**
Film from the side of the ring (spot 3) for the secondary angle
- Make sure your entire body is in the shot...not too close!



STEP 2: EMAIL YOUR VIDEO(S)

- Make sure that your videos clearly show the throw
- Attach up to 3 throws videos to an email to sasquatchthrows@gmail.com

STEP 3: COMPLETE PAYMENT

- Determine which level (gold, silver bronze) of technical analysis you want
- Complete your payment on the **payment page** of our website
- Once we have received payment we will create your technical analysis video. Expect to receive your video within one week of payment.