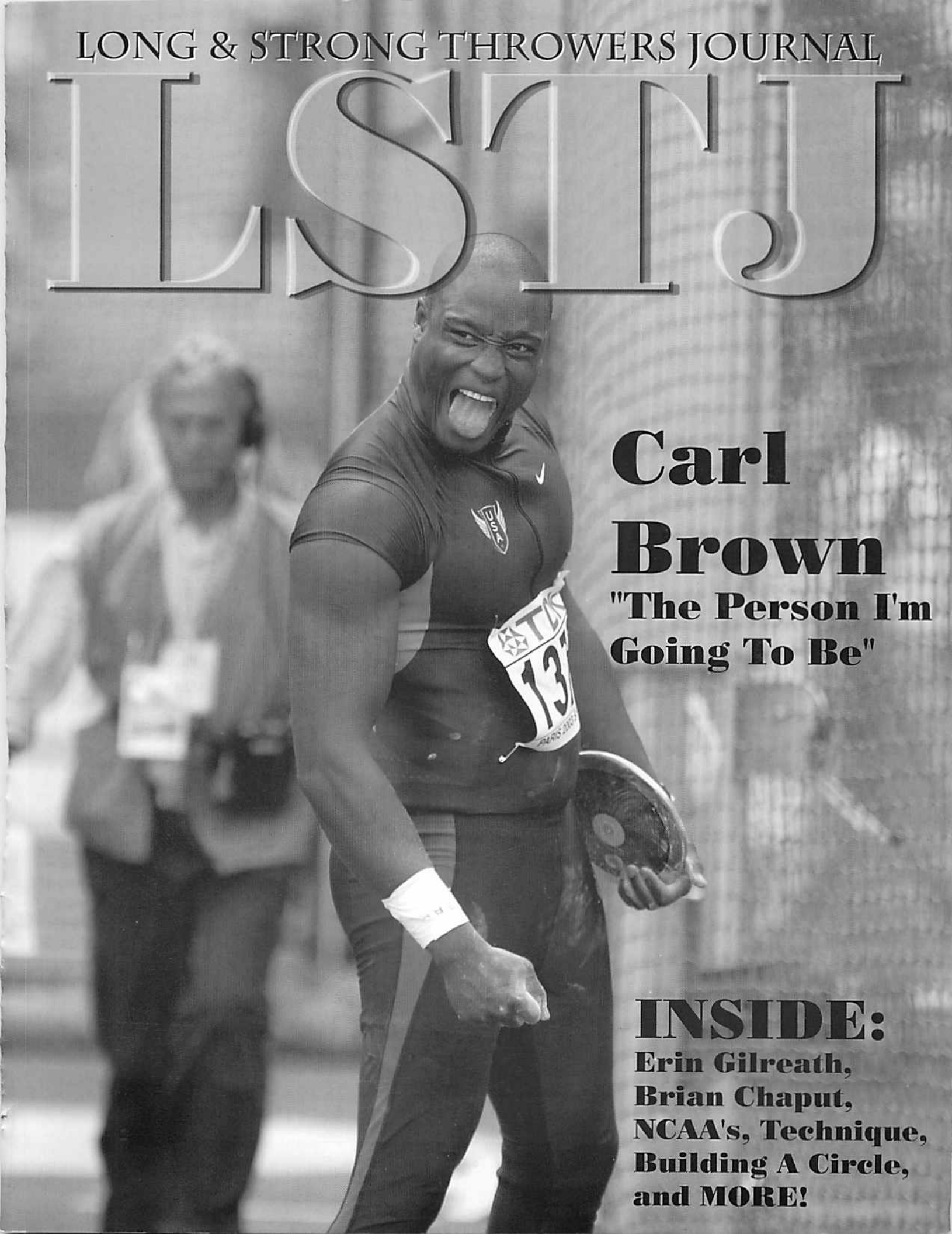


LONG & STRONG THROWERS JOURNAL

ILSITU



**Carl
Brown**
"The Person I'm
Going To Be"

INSIDE:
Erin Gilreath,
Brian Chaput,
NCAA's, Technique,
Building A Circle,
and MORE!

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On the cover: Carl Brown ups the intensity at the 2003 IAAF World Championships in Paris. (Victor Sailer)

This page: Cari Soong, our NCAA D1 correspondent, at the 2004 NCAA Championships, where she finished 5th. (Cheryl Treworgy)

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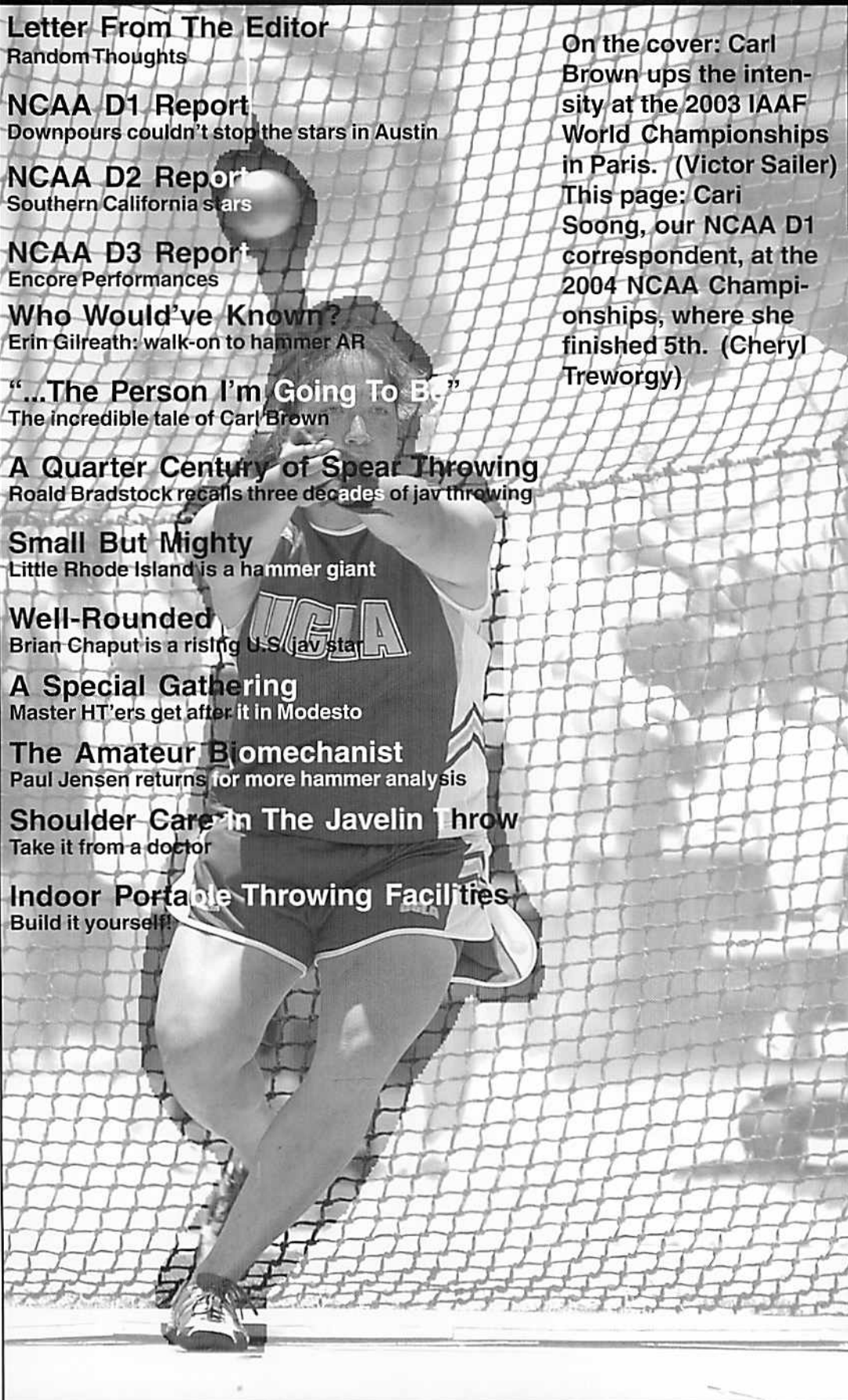
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LETTER FROM THE EDITOR

GOOD TIMES

The last piece to come together in seemingly every issue, is what you are reading. Not sure if I've covered everything by now, or am suffering from a creative crisis. But something always comes to the surface, just in time.

As I begin this, I am sitting outside gate B28 in Denver International Airport. It's 10:37 PM Mountain time, and I'm awaiting a red-eye flight home. My travel companions, Ryan Whiting, Chase Renoll and my daughter, Caitlyn Green, and I, are on our way back from the IronWood Throwers Development camp at Eastern Washington University. We have been joined by fellow camper Matt Feiling, who is headed to the Richmond, Virginia area. We were scheduled to make a 6:40 PM connection in Denver, but that plan was shot when our flight out of Spokane was over an hour late leaving due to a cargo light problem. Our scheduled midnight return to Baltimore-Washington International had evolved into a 5:00 AM landing at Dulles Airport in the nation's capital, an additional 45 minutes away from our home of Harrisburg, PA.

I didn't catch Tom Hanks' *Terminal*, but I don't think anyone likes getting stranded in any airport. It just ain't fun. But as I sit here, it really doesn't seem that bad. Why? Because I'm hanging out with four great kids, three of whom I have the pleasure to coach. Why? Because we're all making the best of it, laughing at our circumstance, and oh, the woman in the customer service line who is apparently on her way to the retired hooker convention (short skirt, shorter thigh high stockings).

Being here makes me reflect on all that I enjoy about working with kids. I've never coached at a school. My first experience was answering an ad in the sports section from a Dr. Robert Silverman, to teach his youngest son Jeremy the spin. That was some ten years ago, and Jeb has moved on to UCLA, finishing second in the NCAA West region shot while qualifying for the Olympic Trials in the process. I learned as much from Jeb, as he did from me. His father remains one of my very good friends.

The great thing about working with individual kids is that they have a desire to learn. I'm not stuck with the wood-headed football player

just looking for something to do in the spring so his parents don't make him get a job, or the ditzy princess who paints her nails before she comes to practice. My deepest appreciation goes out to all the scholastic coaches who have to put up with those scenarios. I've been blessed to work with some talented, but more importantly, dedicated, kids who are goal-driven and eager to learn.



Glenn Thompson

I was reminded of this time and time again at IronWood, where I worked with several other coaches teaching the rotational shot. IronWood attracts some serious talent every year. Kids who are never satisfied and are there to further improve their performances. It's a great thing to look into a kid's eye and he is looking right back into yours. There's a legitimate high when you suggest something, he tries it, and it works. That's powerful stuff! Of course, not everything I suggested during the week worked for everyone, but there were enough of those moments to keep me, and my fellow instructors, going through four and a half days of two-a-day sessions, in what was often an unforgiving sun. My sciatica kicked in from doing umpteen thousand jump-turns, not to mention standing for hours at a time. But I wouldn't have traded that time for anything. Well, within reason, at least. I understand why some of my peers went into education (I'm assuming it wasn't just to get their summers off).

Getting you home from vacation always seems to challenge the airlines more than getting you there. So here we are, telling camp stories, walking the wrong way on conveyors, laughing about Dave Chapelle skits. The four-and-a half hour layover is flying by. Seems like I always laugh the most when I'm hanging with throwers. Guaranteed I wind up in tears at some point.

So here we sit in Denver, at nearly 1:00 AM Eastern time, with no prospects of getting in our respective doorways before 7:30 AM, and our luggage probably days later, given the July 4 weekend. I should be very irritable at the moment, but I'm having a great time. Yup, it just doesn't get much better than this. *LSTJ*



Passing time (left to right): Matt, Chase, Ryan, Caitly and I.

Shining Through

By Cari Soong (with Glenn Thompson)



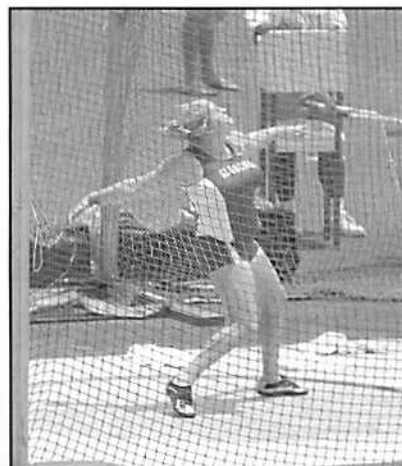
Last year it was the cold delta wind of Sacramento. This year it was the rain of Austin, and oh, did it rain. On the first day of scheduled events, most athletes could be found sitting in their hotel rooms watching the Weather

Channel's thunderstorm updates. The rest of the athletes were being held hostage by the rain over Mike A. Myers Stadium. When it was clear the rain wasn't going to stop, the athletes were released around 8 pm, and it wasn't until midnight that an alternate schedule was created and posted online. The new plan eliminated preliminaries in the men's and women's discus, advancing all the athletes to the finals on Friday.

Women's Discus

The women's disc was Becky Breisch's to lose. And lose it, she almost did. Having dominated the event all season, she was the clear favorite, but had more than a few people a little worried when she fouled her first two throws of the Friday final. On attempt number three Breisch showed her skill and experience and

came through big with a toss of 191-10 to win the competition. On the first try of the finals she unleashed a mark of 204-5 to improve her lead to 13 feet. Finishing in second place was Beth Mallory of Alabama, who doubled in the hammer.



Mallory

"My form broke down," said Breisch (third in last year's NCAA discus) later of her first two attempts, which landed just left of the sector. "I really wasn't that worried. I've been in that position before - like at the Big 12 meet. I knew what I had to do. It was just a matter of getting it done. It's exciting to win. The throwers are very good this year, and I had fun."

Breisch became the first Husker to win NCAA gold in the discus. Close behind was another fellow hammer thrower, Dayana Octavien, of South Florida, who threw 190-7 to Mallory's 191-4. Ina Reiber of Idaho was fourth with her toss of 182-0. Finishing fifth was the very consistent shot and disc doubler Stacy Martin of Auburn, who threw 181-5.

1, Becky Breisch, Nebraska, 62.31m, (204-05). 2, Beth Mallory, Alabama, 58.32m, (191-04). 3, Dayana Octavien, S. Florida, 58.08m, (190-07). 4, Ina Reiber, Idaho, 55.48m, (182-00). 5, Stacy Martin, Auburn, 55.30m, (181-05). 6, Amarachi Ukabam, Ohio State, 54.64m, (179-03). 7, Ildiko Varga, Kentucky, 54.62m, (179-02). 8, Carol Stevenson, Northridge, 54.54m, (178-11). 9, Jelena Jurlina, Tulane, 53.43m, (175-03). 10, Sheni Russell, California, 53.32m, (174-11). 11, Melissa Bickett, Michigan, 52.95m, (173-09). 12, Rachel Vamer, Arizona, 52.47m, (172-02)



Breisch

Women's Javelin

Prior to the deluge, there was just enough "dry" time to get the women's javelin prelim started. It didn't take long for that to change and the women's qualifying took place in the rain. USC's Inga Stasiulionyte had the longest throw of the day at 177-10. Oregon's Sarah Malone wasn't far behind with her throw of 172-1. Katy Doyle of Texas A&M took a safe throw and



Cheryl Treweary/PhotoSport.com
fin-
ished
third at
160-2.
The
women's
javelin
was
the
only
field
event
sched-
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for
Wednes-
day
that
was
able to
take
place.

Doyle

final had no shortage of fireworks, as past champion Stasiulionyte tried to win another, with a commanding 185-4. However, it just wasn't her day. Doyle threw 185-7, a six-foot personal best, on her final throw to move from third to first. Oregon's Sarah Malone capped off her outstanding season with a third place finish, throwing 178-1, coming very close to her PR (179-7).

Inga Stasiulionyte of USC led practically from start to finish with almost all of her six throws over Doyle's initial effort.

"This is a very big surprise based on the way I had been throwing up until that last throw," Doyle said. "I went up there and basically said, 'Oh well. Just go out there and have some fun.' I'm floating right now."

Doyle's victory capped a successful recovery from an elbow injury that sidelined her for two years. Doyle appealed to the NCAA for an extra year of eligibility after undergoing 'Tommy John' surgery in the summer of 2001. She rebounded to win the Big 12 title in 2003, but faltered at last year's national meet, not qualifying for the finals.

1, Katy Doyle, Texas A&M, 56.57m, (185-07). 2, Inga Stasiulionyte, USC, 56.48m, (185-04). 3, Sarah Malone, Oregon, 54.28m, (178-01). 4, Megan Priestersbach, Washington, 52.90m, (173-07). 5, Dana Pounds, Air Force, 51.92m, (170-04). 6, Rachel Walker, Texas A&M, 50.50m, (165-08). 7, Mallory Webb, Fresno St., 49.64m, (162-10). 8, Inge Jorgensen, Virginia, 49.23m, (161-06). 9, Lindsey

Stephenson, Michigan, 48.45m, (158-11). 10, Brenda-Grace Hunt, LA Tech, 47.27m, (155-01). 11, Neely Falgout, Boise State, 46.76m, (153-05). 12, Katy Cullen, Texas A&M, 44.00m, (144-04).

Women's Hammer

Thursday started with the women's hammer and a major plot twist when one of the favorites, Coastal Carolina's Amber Campbell, fouled out with huge sector
fouls. On
paper the
final
appeared
wide open;
however,
Candice
Scott can
never be
overlooked
and has
been the
definition of
women's
collegiate
hammer
throwing for
the past
few years.



Scott

The
Saturday
final took
place under the blazing hot Austin sun. Hotter than the air was UCLA's Jessica Cosby. Cosby, who was coming off a six-foot PR at the West regional, PR'ed by an additional five feet to 219-5, to surprise everyone in the third round and take the lead going into the final three throws. Scott took over the lead, however, on her fourth throw, with a toss of 67.53m/221-6, and bettered that mark with her final throw of 68.83m/225-10. The battle for third was fought between Georgia's frosh phenom Jenny Dahlgren and Jukina Dickerson of Florida, who threw 216-11, and 216-9 respectively. UCLA's Cari Soong rounded out the top 5 with her throw of 211-3.

"This win is special, but a little different than last year's, because this is an Olympic year and I'll be competing there, too," said Scott. "For me, this meet was preparation for the Olympics. This win is going to help a lot with my confidence and shows that I can still throw in the big meets."

Scott's title is the fourth NCAA championship of her career.

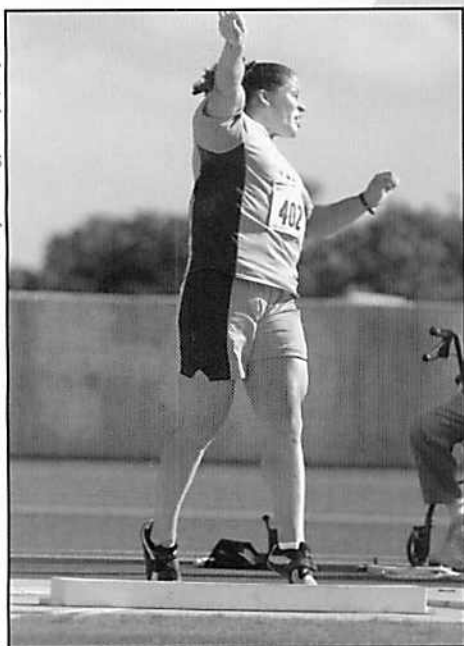
Cheryl Treweary/PhotoSport.com

1, Candice Scott, Florida, 68.83m, (225-10). 2, Jessica Cosby, UCLA, 66.88m, (219-05). 3, Jenny Dahlgren, Georgia, 66.12m, (216-11). 4, Jukina Dickerson, Florida, 66.07m, (216-09). 5, Cari Soong, UCLA, 64.39m, (211-03). 6, Loree Smith, COST, 63.51m, (208-04). 7, Beth Mallory, Alabama, 62.48m, (205-00). 8, Keturah Lofton, Ohio State, 62.37m, (204-07). 9, Sultana Frizell, Georgia, 61.94m, (203-02). 10, Julia Rozenfeld, USC, 59.16m, (194-01). 11, Johvonne Hernandez, Syracuse, 58.46m, (191-09). 12, Holly Scherder, Missouri, 56.15m, (184-03).

Women's Shot

The rain subsided Thursday, and instead of raindrops falling on the field it was shot puts. The women's shot preliminary was split into two groups that threw simultaneously off two rings. The big surprise in the

preliminaries was local favorite Michelle Carter (Michael Carter's daughter) not advancing to the Saturday final. Florida's shot put trio appeared to struggle, as only Kim Barrett qualified for finals.



Gerraughty

Just as Becky Briesch was the overwhelming favorite in the discus, Laura Gerraughty was the odds-on favorite to win the shot. Gerraughty's tentativeness in warm-ups left the door wide open for other very talented, and worthy opponents. Jill Camarena of Stanford reminded everyone that she can throw under pressure. Camarena came out charging on her first attempt, throwing 59-5, just shy of her PR. This tightened up the competition for a couple rounds and it looked like she might win, until Gerraughty timed one of her throws



Camarena

and put a little something special on it, exceeding Camarena's best by 6 inches. Becky Briesch, the 2003 outdoor shot champion, was also very close in the battle for the title, throwing 58-3/4 and challenging for the lead on every throw. Janae Strickland of Missouri finished eighth with her throw of 55-2 3/4.

This shot competition was one of the most competitive ever and next year appears to be just as competitive as almost all the top competitors return, with the exception of the great glider, Camarena.

Gerraughty, the 2003 and 2004 NCAA indoor champion, won her first outdoor NCAA title. She was the runner-up at the 2003 outdoor NCAA Championships.

1, Laura Gerraughty, North Carolina, 18.26m, (59-11). 2, Jillian Camarena, Stanford, 18.11m, (59-05). 3, Becky Briesch, Nebraska, 17.77m, (58-03.75). 4, Kim Barrett, Florida, 17.18m, (56-04.50). 5, L'Orangerie Crawford, USC, 17.09m, (56-01). 6, Aubrey Martin, W. Illinois, 16.90m, (55-05.50). 7, Tiffany Bunton, Texas St., 16.84m, (55-03). 8, Janae Strickland, Missouri, 16.83m, (55-02.75). 9, Kamaiya Warren, UCLA, 16.27m, (53-04.50). 10, Chandra Brewer, S. Florida, 16.24m, (53-03.50). 11, Jessica Cosby, UCLA, 16.17m, (53-00.75). 12, Zara Northover, Northeastern, 16.04m, (52-07.50).

Men's Shot

Two flights of men, two rings, and huge warm-ups, all led to a rather anti-climatic qualifying round. Carl Myerscough of Nebraska wasted no time, throwing 68-7 3/4 on his first throw, automatically qualifying for the finals. The battle for the other 11 spots was very tight, with Jeff Chakouian qualifying second at 63-8 1/4, and Dan Ames of UCLA third at 62-8. The fourth and tenth places were separated by only 7 inches. The final two spots went to Ronny Jimenez of Texas A&M and Noah Bryant of USC.

The final was definitely more action-packed than the preliminary. In warm-ups, Karl Erickson appeared to be throwing very far and looked to be a



Myerscough



Taylor

real threat for the title. Once the event started, however, Myerscough set the standard throwing 67-8¼. Three of Myerscough's five legal throws would have won the national crown. From that point it was essentially a battle for second between Dan Taylor of Ohio State and Chakouian, with Taylor coming out on top, 65-11¾ to Chakouian's 65-

2¾. Hannes Hopley, of SMU, the winner of the discus, had a nice effort on his last throw to move up a few places to fourth. Ronny Jimenez, who didn't have the best preliminary throws, made the most of the final, throwing 63-3½ to take fifth away from tripler (shot, discus, hammer) Ames, who appeared a little flat. With four seniors in the finals (Myerscough, Taylor, Ames and Jimenez), next year appears to be wide open for a Chakouian, Erickson or Lohse to be national champion.

Myerscough won his fourth NCAA title (two indoor and two outdoor) in the shot put. "I really wanted to finish my career with an NCAA title," he said. "I thought I could have thrown farther, but it was a hot and humid day. I didn't quite put it together like I wanted, but a win is a win."

1, Carl Myerscough, Nebraska, 20.64m, (67-08.75). 2, Dan Taylor, Ohio State, 20.11m, (65-11.75). 3, Jeff Chakouian, Kentucky, 19.88m, (65-02.75). 4, Hannes Hopley, SMU, 19.41m, (63-08.25). 5, Ronny Jimenez, Texas A&M, 19.29m, (63-03.50). 6, Dan Ames, UCLA, 19.09m, (62-07.75). 7, Conrad Woolsey, Missouri, 19.09m, (62-07.75). 8, Edis Elkasevic, Auburn, 19.05m, (62-06). 9, Karl Erickson, Minnesota, 18.72m, (61-05). 10, Magnus Lohse, COST, 18.06m, (59-03). 11, Rhuben Williams, California, 17.62m, (57-09.75). —, Noah Bryant, USC, FOUL.

Men's Discus

Due to the rain on Wednesday, all the competitors advanced to the finals automatically. The strong favorite was Hannes Hopley, the collegiate record holder. The same favorable conditions that he encountered at his regional were not present Friday afternoon. Prior to the start of the competition, a rain shower passed through the region, leaving behind a wet ring and an inconsistent, bad wind. Many of the throwers struggled under these conditions, throwing out of the sector or short of their normal distance.

Hopley released a 203-5, that secured his first place

finish in the fifth round, and Jason Young of Texas Tech finished close at 197-8. Hopley's teammate, Michael Robertson, rounded out the all-Texas top three with his throw of 195-2. The amazing performance of the event was BYU's Nik Arrenhius, finishing seventh at 188-2. Arrenhius competed with a broken wrist.

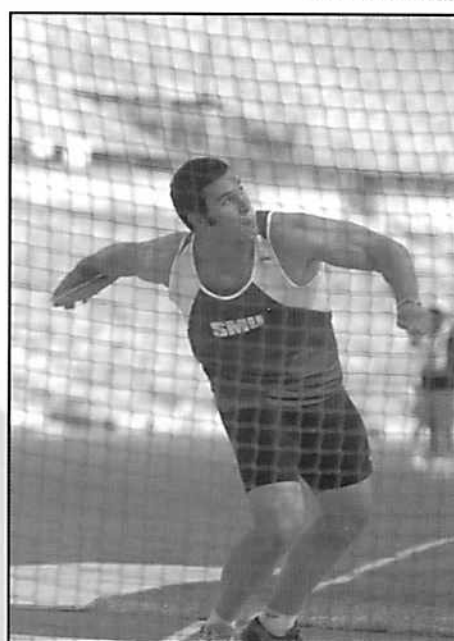
Hopley continued the Mustangs' three-year dominance in the discus, repeating as national champion. Janus Robberts won the event for the Mustangs in 2002.

SMU announced in February that it was eliminating its men's track and field program.

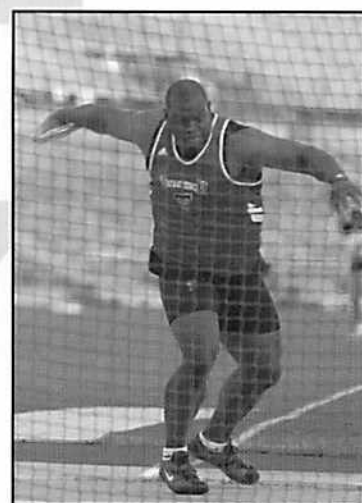
1, Hannes Hopley, SMU, 62.01m, (203-05). 2, Jason Young, Texas Tech, 60.24m, (197-08). 3, Michael Robertson, SMU, 59.50m, (195-02). 4, Gaute Myklebust, Memphis, 59.28m, (194-06). 5, Karl Erickson, Minnesota, 58.59m, (192-03). 6, Josh Ralston, Texas A&M, 58.25m, (191-01). 7, Niklas Arrenhius, BYU, 57.36m, (188-02). 8, Sam Johnson, Texas St., 57.30m, (188-00). 9, Sam Segond, Rutgers, 56.37m, (184-11). 10, Ryan McIntyre, Florida, 56.30m, (184-08). 11, Raigo Toompuu, W. Kentucky, 56.23m, (184-06). 12, Lucais MacKay, Georgia, 55.82m, (183-02)

Men's Hammer

The men's collegiate hammer is definitely below international levels, and below that of previous years when the event was dominated by foreigners. Last year Lucais Mackay broke the streak of foreign dominance. This

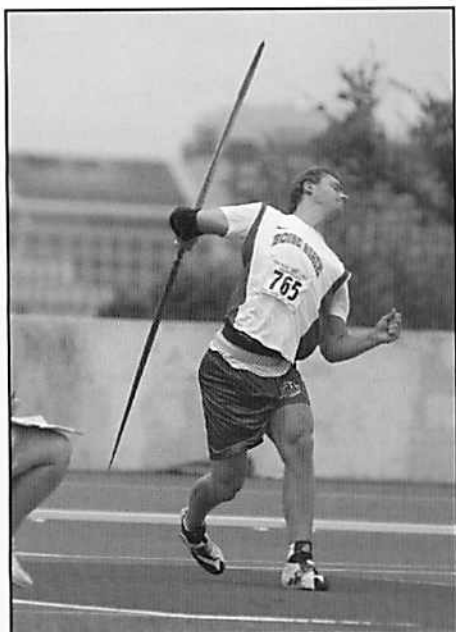


Hopley



Young

year that role was occupied by Thomas Freeman of Manhattan College. In the preliminaries on Thursday, Mackay looked very strong, throwing 221-3, qualifying in first place. Right behind him was Keith McBride of Purdue at 220-8. Dan



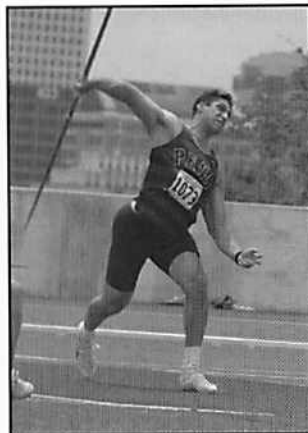
Wallin

Taylor automatically qualified on his first throw, which allowed him extra time to rest before the shot qualifying. Freeman qualified fifth at 214-5 and looked to be working out the kinks of his fourth turn.

The distances shot way up from the preliminaries to the finals. This was on Dan Taylor's first throw, in which he launched the hammer 227-6. Freeman fouled his first two throws and had to switch from four turns to three to make the final. His three-turn throw went 232-0. Spyridon Jullien of Virginia Tech responded with a huge fourth round throw of 231-11, which earned him second place. Third place went to Taylor, who didn't exceed his first round throw. On Freeman's final throw he threw 232-2. Last year's champ Mackay finished fourth at 224-2.

Of his victory, Freeman said, "I've waited four years for a national championship, so it's about time! I felt strong coming into today, nice and loose. I was just trying to concentrate on doing what I know how to do and I had a throw over 70-meters. I was nervous after my first two throws because I fouled them. Then I had a good throw, so it gave me a little confidence headed into the finals."

1, Thomas Freeman, Manhattan, 70.77m, (232-02). 2, Spyridon Jullien, VA Tech, 70.70m, (231-11). 3, Dan Taylor, Ohio State, 69.35m, (227-06). 4, Lucais MacKay, Georgia, 68.32m, (224-02). 5, Jerome Bortoluzzi, SMU, 67.42m, (221-02). 6, Jake Dunkleberger, Miami-Ohio, 65.11m, (213-07). 7, Colton Hodge, Auburn, 64.64m, (212-01). 8, Michael Murray, USC, 64.59m, (211-11). 9, Dan Ames, UCLA, 63.45m, (208-02). 10, Adam Hamilton, Iowa, 63.02m, (206-09). 11, Oleksandr Lutsenko, SMU, 62.12m, (203-10). 12, Keith McBride, Purdue, 61.90m, (203-01)



Chaput

Men's Javelin

The javelin competition was one of the most exciting in years as the wind was very good and the quality of throwers was outstanding. A ninth place throw of 230-7 speaks volumes about the level of competition.

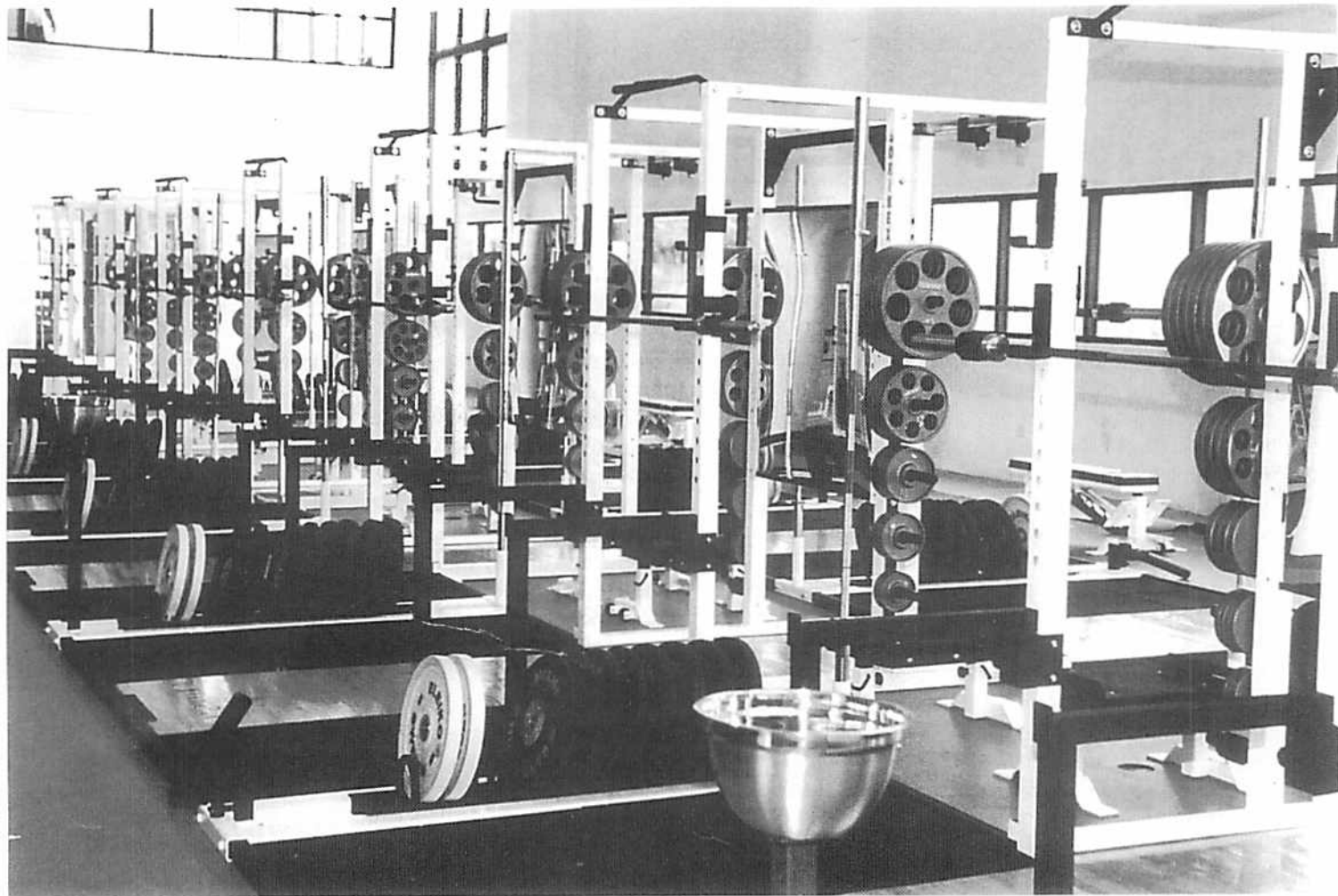
In something of an upset, Gabriel Wallin, a junior from Sweden, became just the third collegiate track and field national champion in Boise State University history, launching the spear 264-9. His winning throw was the ninth best ever by a collegian. Wallin also produced the top preliminary throw, 254-8. Brian Chaput of Pennsylvania, who claimed the title last year, placed second with his throw of 256-2. Arkansas picked up a big six points in the team battle as Eric Brown finished third with his mark of 246-3.

Wallin's teammate, Keron Francis, placed fourth with a personal best throw of 243-2 (74.11m).

"Today's throw was a surprise, but I think I was more surprised in the qualifying round," Wallin commented following his victory. I looked at Thursday's throw on video and it didn't look that good, so I knew if I could get the javelin positioned well and have a good tailwind, then I could throw well today."

1, Gabriel Wallin, Boise State, 80.71m, (264-09). 2, Brian Chaput, Pennsylvania, 78.07m, (256-02). 3, Eric Brown, Arkansas, 75.07m, (246-03). 4, Keron Francis, Boise State, 74.11m, (243-02). 5, Leigh Smith, Tennessee, 73.72m, (241-10). 6, Curt Borland, Washington St., 72.83m, (238-11). 7, Doug Lefler, Long Beach, 72.03m, (236-04). 8, Sean Furey, Dartmouth, 71.49m, (234-06). 9, Matt Wagner, Arizona, 70.28m, (230-07). 10, Kristo Galeta, W. Kentucky, 69.43m, (227-09). 11, Adam Burke, Army, 68.20m, (223-09). 12, Tom Engwall, Texas, 63.41m, (208-00)

LSTJ



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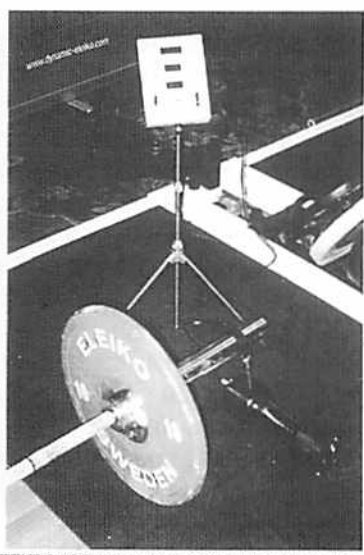
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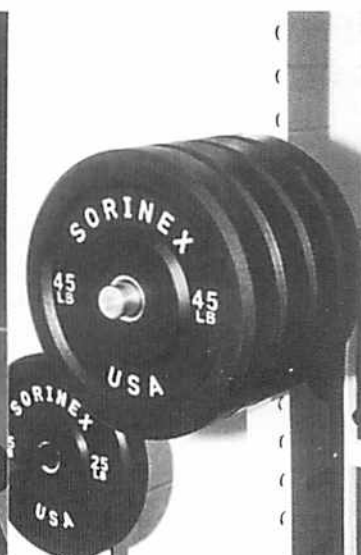
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SORINEX BRAND BUMPER PLATES

Southern California Stars

By Kurt Dunkel, Shippensburg University (PA)

The 2004 Division II Outdoor Track and Field Championships were hosted by Cal-Poly Pomona; however, the majority of the meet was held at Mt. SAC.

Although the men's and women's hammer and discus throwers were forced to throw at Pomona (throwers are used to this kind of treatment), it was none-the-less a thrilling and well-run meet. Furthermore, it was a great opportunity for those of us from the East Coast to see Southern California's world-class track venue. Those at the meet were able to catch a glimpse of a few stars. They included Cal-State Bakersfield's April Burton, who earned a gold, silver, and bronze; Indianapolis's Damieon Smith, who broke the Division II record in the hammer; Lock Haven's Nick Slotterback, who repeated as national champion in the javelin; and Slippery Rock's Karyn McCreedy, who won the javelin by 15 feet. In addition to the stars, those who saw the women's shot put competition witnessed some fireworks, as Emporia State's Rachel Goetz proved, "It ain't over 'till it's over."

Men's Hammer

The hammer and discus competitions were held at Cal Poly- Pomona, while the rest of the meet (and the other throwing events) was held at Mt. SAC. Those who ventured to Pomona saw two of the best hammer throwers in Division II history lock horns. Damieon Smith's 228' seeding was one of the top throws in the U.S., while Arnaldo Cueto's 221' seeding would have led Division II any other year. The championship record of 215'10" was in jeopardy. The remainder of the competitors were relegated to just spectators as they battled for the bronze. Smith and Cueto battled, but in the end, Smith's 218' 4" throw proved too much for Cueto (who nearly broke the championship record himself). The short, efficient, and powerful Smith broke the championship record by three feet. The remainder of the competition, for the most part, followed the pre-meet seedings, with the exceptions of John Christenson, and Brendon Page, who were the 13th and 17th seeds respectively.

1, Damieon Smith, Indianapolis, 66.54m, (218-04). 2, Arnaldo Cueto, Cs-Bakersfld, 65.39m, (214-06). 3, Aaron Lawson, Indianapolis, 57.51m, (188-08). 4, Nick Umholtz, Cs-Bakersfld, 57.00m, (187-00). 5, John Christensen, ND State, 55.64m, (182-06). 6, Arley Smith, Mo. Southern, 55.17m, (181-00). 7, Denver Guillory, Cs-Bakersfld, 55.01m, (180-06). 8, Brendon Page, Chico State, 54.98m, (180-04).

Women's Hammer

For two reasons this competition embodied the reason why championships are held. First, we got to see why certain athletes and teams have gained the reputation they have (i.e. athletes such as April Burton, and Universities such as Cal-State Bakersfield, and Ashland). Second, we often witness very low seeds excelling in pressure situations and earning All-American honors. April Burton began her string of three top three finishes by winning the hammer competition in very narrow fashion. April won by four inches over the top seed, Crystal Smith of Ashland University. Smith was the only thrower with a pre-meet seed over 200'. Burton, who is very dynamic, agile, and active for her large size, performed very well under pressure (as usual). Similar to the men's competition, Burton and Smith battled while the rest of the field fought for the bronze. Seventh seed Cammie Carroll earned the bronze by another four-inch margin. Interestingly enough, Jaci Cederberg, Mary Wirt, and Jacqueline Wells (the 13th, 17th, and 15th seeds respectively) competed very well, finishing 5th, 6th, and 8th respectively.

1, April Burton, Cs-Bakersfld, 57.20m, (187-08). 2, Crystal Smith, Ashland, 57.11m, (187-04). 3, Cammie Carroll, San Fran St., 54.15m, (177-08). 4, Cari Roush, Indianapolis, 54.06m, (177-04). 5, Jaci Cederberg, W. Oregon, 53.81m, (176-06). 6, Mary Wirt, Nw. Mo. St., 52.77m, (173-01). 7, Belinda Eastlack, Moorhead St., 52.39m, (171-10). 8, Jacqueline Wells, Chadron St., 52.04m, (170-09).

Women's Discus

Do you think they would ever hold the final of the 100 meters at another venue? Certainly not. Although the discus competitions were held at Pomona, these women put on a great show. The favorite, Bakersfield's Cecilia Barnes, only needed one throw to win the competition. It was a clutch throw on her third attempt of prelims (after two fouls) that won the competition. She proved that inconsistency isn't all that detrimental when you are that much more talented than the rest of the competition (she was the number one seed by over ten feet). Her teammate, the always-tough April Burton, had three throws over 50m; however, she could not match Barnes's third round effort. Northwest Missouri State's multi-talented senior, Mary Wirt, finished with a nice sixth round effort of 165' to nearly challenge for the silver. The eventual shot champion, Rachel Goetz, was one of the most consistent throwers in the competition. Her third round effort of

156'2" earned her a fourth place finish. With six of the top nine finishers having eligibility remaining, next year's competition should be an exciting one.

1, Cecilia Barnes, Cs-Bakersfld, 51.28m, (168-03). 2, April Burton, Cs-Bakersfld, 50.58m, (165-11). 3, Mary Wirt, Nw. Mo. St., 50.30m, (165-00). 4, Rachel Goetz, Emporia St., 47.60m, (156-02). 5, Danee Jones, Mo. Southern, 47.24m, (155-00). 6, Laura Tave, Cal St L A, 46.69m, (153-02). 7, Kami Sweet, Minn.-Mankato, 46.10m, (151-03). 8, Becky Haug, Cent. Mo. St., 45.66m, (149-10).

Men's Discus

Another national champ from Ashland? Please, Jud, give the rest of us a chance! There was never a doubt as John Schulte's first round effort effectively won the meet. The pre-meet favorite by seven feet, Schulte had three throws over 54 meters, while the silver medallist, Isaiah Haines, had only one throw over 53 meters. The senior from Western Oregon (14th seed) could not have picked a better time to produce a seasonal best by over 5 feet. Spencer Tyler was very consistent in the low 52-meter range, and his fourth round 171'10" was good enough for bronze. The remaining All-American places were up for grabs, with those who were able to equal their pre-meet seed distance earning a top-eight finish. Chico State's Brendan Page, the 12th seed, earned eighth place with his second round 167'10", while Taylor Treesh, the 15th seed, picked up 7th with a seasonal best.

1, John Schulte, Ashland, 54.74m, (179-07). 2, Isaiah Haines, W. Oregon, 53.02m, (173-11). 3, Spencer Tyler, Tarleton St., 52.37m, (171-10). 4, Jake Evig, Adams State, 51.75m, (169-09). 5, Jason Cook, North Dakota, 51.74m, (169-09). 6, Scott Jorgensen, Neb-Kearney, 51.66m, (169-06). 7, Taylor Treesh, St Joseph's, 51.18m, (167-11). 8, Brendan Page, Chico State, 51.16m, (167-10).

Women's Javelin

Slippery Rock's Karyn McCready demonstrated why she has been the most consistent and most dominant javelin thrower in Division II this year. There were many other talented throwers in the competition; however, they must have known the gold was out of reach after McCready's first round bomb of 164. That effort may earn her a trip to the Olympic Trials. Even her third round 47.54m would have won the meet by over two meters. With the top seed, Anjanae Wilson, struggling, and the multi-talented second seed, Lacy Adkisson, nearly ineffective with a knee injury, the door for silver and bronze was wide open. Leah Shireman's second round 45.42m was good enough for the silver; however, it was not without some excitement. Shippensburg's softball player – turned javelin thrower, Kelly Frick, unleashed a four foot personal best on her last throw to move from seventh

place to third, and narrowly miss the silver medal. With the exception of McCready and Frick, the field seemed to struggle to meet or exceed their pre-meet distances. North Dakota's Dana Olimb seemed to keep the crowd on their toes as she slowly and steadily improved with each throw; however, she was not able to challenge for a top six finish.

1, Karyn McCready, SlipperyRock, 50.00m, (164-00). 2, Leah Shireman, Pittsburg St, 45.42m, (149-00). 3, Kelly Frick, Shippensburg, 45.34m, (148-09). 4, Anjanae Wilson, Pittsburg St, 44.77m, (146-10). 5, Jennifer Brogger, Saginaw Vall, 44.51m, (146-00). 6, Sara Johnson, Seattle Paci, 44.27m, (145-03). 7, Dana Olimb, North Dakota, 44.20m, (145-00). 8, Maegan Bergeson, Cal St L A, 43.08m, (141-04).

Men's Shot

With the likes of Tony Thompson, Chris Figures, and Conrad Woolsey not competing this year, the men's shot competition figured to be a toss-up. Minnesota-Duluth's Dan Soldner left no doubt as to who the best shot putter in Division II was. He was dominant from the start, as he opened with a 59'2.75" and never looked back. All four of Soldner's measured throws were good enough to beat runner-up Bennie Oliver's fourth round 58'4". The 11th seed, Concord's massive West Virginian, John Paul Blankenship, was sporting some fresh lamb chops. He screamed his second round throw of 17.16m to a fourth place finish. The 2002 National Champ and former 60-foot freshmen phenom, Manuel Brandeborn, seemed to continue his decline. The number two seed in the discus, he did not place, and he managed only a narrow 5th place finish in the shot.

1, Dan Soldner, Minn-Duluth, 18.05m, (59-02.75). 2, Bennie Oliver, Tarleton St., 17.78m, (58-04). 3, Nate Wheat, Neb-Kearney, 17.36m, (56-11.50). 4, John Paul Blankenship, Concord, 17.16m, (56-03.75). 5, Manuel Brandeborn, Abilene Chr., 17.11m, (56-01.75). 6, Brendan Page, Chico State, 17.04m, (55-11). 7, Merek Dec, TX A&M (King), 16.90m, (55-05.50). 8, Michael Mayo, Angelo State, 16.86m, (55-03.75).

Men's Javelin

Could Nick Slotterback, the third seed, defend his title this year? After the wiry and tough, Kevin Dolechek opened big with a 65.75m first round bomb, some may have doubted Slotterback. He apparently did not doubt himself as he seemed to will his fourth round throw to 66.41m, which would eventually earn him his second national championship in as many years. Third place was claimed by the colossal freshman, Andy Vogelsberg (by the way, it was rumored that he was primarily a high school discus thrower with a javelin P.R. of only 160 feet!). Suspect technique was compensated for by a tremendously strong arm. Watch for

big things from him. Robert Barnes was the miniature version of Vogelsberg. With nearly no run-up, Barnes hit the delivery position perfectly and achieved the best flight of the competitors. The top seed, Mika Alahaivala, struggled again this year. The slight Fin, a very technical thrower, could not pull it all together for the big throw, and managed only a seventh. In addition to Slotterback, the Pennsylvania State Athletic Conference earned three other All-Americans. Shippensburg's Dan Maha and John Pacovsky were 5th and 8th respectively, while East Stroudsburg's Dan Gale was 6th.

1, Nick Slotterback, Lock Haven, 66.41m, (217-10). 2, Kevin Dolechek, Ft. Hays St., 65.75m, (215-08). 3, Andy Vogelsberg, Emporia St., 64.34m, (211-01). 4, Robert Barnes, NY Tech, 64.23m, (210-09). 5, Dan Maha, Shippensburg, 63.25m, (207-06). 6, Dan Gale, East Strouds, 63.21m, (207-04). 7, Mika Alahaivala, Mo. Southern, 62.76m, (205-11). 8, John Pacovsky, Shippensburg, 62.62m, (205-05).

Women's Shot

As the sun began to set on the last evening of the championships, there was certainly some excitement

left in the women's shot competition. April Burton already had a gold and silver; it only seems fitting that the Cal-State Bakersfield junior would earn the bronze in the shot. Her third round throw of 47'5.25" bettered the top seed, Abilene Christian's massive Latvian, Liga Klavina. The real battle, however, was for the gold. Emporia State's Rachel Goetz unleashed 47'11.25" on her last throw, which moved her from fifth to first. The previous leader, Nebraska Kearney's Shauna Brichard had one final opportunity to match Goetz's effort on her last throw. Although she produced her best throw (another seasonal best), her 47'9.25" was a mere two inches short. Goetz won the gold in exciting fashion. There were only two seniors in the top eight, so next year should prove to be just as dramatic.

1, Rachel Goetz, Emporia St., 14.61m, (47-11.25). 2, Shauna Brichard, Neb-Kearney, 14.56m, (47-09.25). 3, April Burton, Cs-Bakersfld, 14.46m, (47-05.25). 4, Liga Klavina, Abilene Chr., 14.39m, (47-02.50). 5, Tasha Savage, TX A&M (King), 14.21m, (46-07.50). 6, Jacqueline Wells, Chadron St., 14.14m, (46-04.75). 7, Elfrieda Reid, Lincoln, 14.08m, (46-02.50). 8, Sagrario Hernandez, UC San Diego, 13.90m, (45-07.25).

LSTJ

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2003 NCAA D3 Outdoor Championships- S. Illinois Univ., May 22-24

Encore Performances

By Steve Michmerhuizen, Calvin College (MI)

There were a lot of familiar faces in the throwing events at the NCAA Division III National Championships. Five of the eight throwing event champions had been victorious in a previous DIII national championship meet. These five athletes repeated as national champions under a variety of differing and interesting circumstances.

MEN'S SHOT

Spectators at the NCAA DIII championships love watching the shot put competition. A crowd estimated at over 300 was on hand to witness the action. After a couple of rounds, it was clear that only three competitors would be vying for the championship – Uzoma Orji (MIT), John Schuna (Wisconsin Eau Claire), and Cody Brotherton (McMurray). Brotherton won the outdoor title last year on his final attempt, when he threw 58'6½" (17.84m) to move from fourth to first. Early on in this competition, however, Orji glided to a 58'10¼" (17.94m) mark that placed him solidly in the lead. This mark was then threatened by the spinner Schuna, who went 58'6½" (17.84m). Brotherton, meanwhile, struggled to find his rhythm. He had a couple of tosses that landed near 57', and another throw, which he barely fouled, landed on the 60' line. When it was time for the last round of throws, Orji and Schuna were still 1-2. Brotherton faced the pressure of being the defending champion, and the pressure of trying to seize another championship on his final throw. As he stepped into the ring for his last attempt, all eyes were on the champion. He whirled and released a high, arching throw that landed near the 60' line. Stumbling and twirling, he managed to save the throw. But was it good enough? Did he retake the lead again on his last throw? Yes! His mark was 59'1½" (18.02m). Neither Schuna nor Orji could surpass this effort, and Brotherton was again the champion.

1 Cody Brotherton, Jr, McMurry University, 58'10.25" (17.94m), 3 John Schuna, Jr, Wisconsin Eau Claire, 58'6.5" (17.84m), 4 Sean Duggan, Jr, Catholic University, 55'7.75" (16.96m), 5 Ryan Tietjen, Jr, Nebraska Wesleyan, 55'2.25" (16.82m), 6 Matt Acciaioli, Jr, Springfield College, 54'5.5" (16.60m), 7 Ross Kapp, So, Wisconsin Whitewater, 53'2.75" (16.22m), 8 Peter Cathcart, So, St. Olaf College, 52'11" (16.13m)

WOMEN'S SHOT PUT

Normally a throw of 48 feet (14.63m) is good enough

to win almost any women's shot put competition, including the NCAA DIII national championships. However, at both the 2003 indoor and outdoor championships, Liz Wanless (Bates) exceeded this distance, yet only placed second. She was defeated both times by Healy Thompson (Williams), who graduated in 2003 as the top female shot putter in NCAA DIII history. This year Wanless set her sights on winning the indoor and outdoor national championships, and surpassing Thompson as the top NCAA DIII putter. She accomplished all this, and more. After winning the indoor national championship, she achieved the best-ever NCAA DIII mark of 53'1" (16.18m) on May 15. She ended her collegiate career with a winning mark of 52'½" (15.86m) at the outdoor championships. Wanless combines speed and agility with impeccable technique and nearly flawless timing to produce her winning marks. She will continue to compete and needs to improve by just one inch to qualify for the Olympic Trials.

1 Elizabeth Wanless, Sr, Bates College, 52-0½ (15.86m), 2 Jackie Luehmann, Sr, Gustavus Adolphus, 46-6¾ (14.19m), 3 Kelly Godsey, So, Bates College, 46-2½ (14.08m), 4 Robyn Jarocki, So, Wisconsin Oshkosh, 45-4½ (13.83m), 5 Jenna Wendorff, So, St. Benedict, 45-2¼ (13.77m), 6 Katie Corner, Sr, Calvin College, 45-1¼ (13.76m), 7 Lisa Nanninga, Jr, Calvin College, 44-11½ (13.70m), 8 Ann Schachtner, Jr, Wisconsin Stout, 44-7½ (13.60m), 9 Allison Griggs, So, Rochester Inst Tech, 44-6 (13.56m)

MEN'S DISCUS

This competition featured a dual between two seniors from Wisconsin, both of whom had won national championships in the past. In 2002, as a sophomore, Mike Turgeon (Wisconsin La Crosse) won the national meet with a throw of 183'2" (55.82m). In 2003, Turgeon took second to Chris Jensen (Wisconsin Oshkosh) who sailed the platter out to 180'3" (54.94m). This year both seniors got off to a slow start. Neither was close to the leader going into the finals, but Turgeon remained very intense during every attempt. His intensity paid off, as he unleashed a toss of 179'4" (54.67m) in the fifth round to take the lead. This throw proved to be the winning effort, and Turgeon was once again the champion. Jensen took sixth with a mark of 168' (51.20m), while notable personal bests were turned in by a pair of juniors, Ryan Tietjen (Nebraska Wesleyan), who placed second with 174'4" (53.13m), and Ivan Meiring

(Albion), who placed third with 172'2" (52.47m).

1 Mike Turgeon, Sr, Wisconsin La Crosse, 179-4 (54.67m), 2 Ryan Tietjen, Jr, Nebraska Wesleyan, 174-4 (53.13m), 3 Ivan Meiring, Jr, Albion College, 172-2 (52.47m), 4 Pete Ringquist, So, Wisconsin Whitewater, 171-9 (52.36m), 5 Jeff Schwerdtman, So, College of New Jersey, 171-1 (52.14m), 6 Chris Jensen, Sr, Wisconsin Oshkosh, 168-0 (51.20m), 7 Justin Grasmeyer, So, Calvin College, 164-8 (50.20m), 8 Justin Rodhe, Fr, Mount Union College, 164-7 (50.18m)

MEN'S HAMMER

If a casual observer stopped by to watch the 2004 NCAA DIII championship hammer throw competition, he probably would not guess right away that Jeremy Wendt (Wisconsin Whitewater) was the best of all the hammer throwers at the competition. When Wendt lined up next to his fellow throwers to take his warm-up tosses, he was by far the smallest in the group, packing about 200 pounds on a 5'10" frame. Once Wendt stepped in the ring, however, even a casual observer could notice that he spun much faster and with much more precision than his rivals. Wendt, the 2003 champion with an effort of 205'6" (62.63m), entered this competition as the runaway favorite with a regular season best of 218'1" (66.48m). This mark stands as the all-time DIII best, and it is also an Olympic Trials qualifier. On Wendt's first throw of the championship meet, he put away the competition by whirling the ball-and-wire out to a meet record of 215'5" (65.66m). This record may be threatened soon; second place finisher Kevin Becker (Wisconsin La Crosse), a redshirt freshman who reached of 202'8" (61.77m), shows great potential.

1 Jeremy Wendt, Sr, Wisconsin Whitewater, 215'5", (65.66m), 2 Kevin Becker, Fr, Wisconsin La Crosse, 202'8" (61.77m), 3 Phil Whitesitt, Sr, Wisconsin La Crosse, 193'10" (59.09m), 4 Sean Duggan, Jr, Catholic University, 188'5" (57.42m), 5 Mark Wierzbza, Sr, Wisconsin Stevens Pt, 182'11" (55.76m), 6 Nate Matlock, Jr, Willamette University, 181'5" (55.31m), 7 Scott Cooper, Jr, Bates College, 179'9" (54.79m), 8 Steve Pratt, Jr, Wisconsin Oshkosh, 174'11" (53.32m)

WOMEN'S JAVELIN

Dia Dohlman (Wartburg) followed a long and winding path to become the 2004 NCAA DIII national champion in javelin. This story begins early in 2001, when a coach approached the freshman volleyball player and asked her to try throwing the javelin. She agreed, and just a few months later, the novice placed first and set a meet record at the DIII national championships at Milikin University with a throw of 152'2" (46.38m). The following year, her mark was eclipsed by 26-year-old Christina Schwerin, a native of Denmark, who threw 169'7" (51.69m) in a contest that

saw Dohlman reach 137'11" (42.04m) for third place. As a junior, Dohlman was struggling with a shoulder injury and began competing in the heptathlon. She placed 13th in the heptathlon at the 2003 national championship meet, yet still competed in the javelin and placed eighth with a throw of 130'8" (39.82m). Although her javelin throwing seemed to be going downhill, she never gave up. This year she decided to focus solely on throwing the spear. She achieved a new personal best during the season of 158'11" (48.44m), and entered the national meet as the top-ranked thrower. Her roller-coaster college career ended on a positive note as she won the national meet with a toss of 152'5" (46.46m) – ironically breaking the stadium record, by just a few inches, that she had set three years ago.

1 Dia Dohlman, Sr, Wartburg College, 152'5" (46.46m), 2 Tiffany Masuhr, Jr, Richard Stockton, 152'0" (46.32m), 3 Dee Dee Arnall, So, Pacific (Oregon), 148'2" (45.16m), 4 Kirsten Larsen, Jr, Wheaton College (Ma), 143'6" (43.73m), 5 Libby Hauser, Jr, Thiel College, 143'0" (43.60m), 6 ritni Stewart, Fr, Colby-Sawyer College, 142'1" (43.31m), 7 Alicia Whisner, Fr, Central College (Ia), 140'9" (42.90m), 8 Angie Behrend, Sr, Loras College, 137'0" (41.76m)

While these five competitions featured athletes who repeated as national champions, three of the throwing event titles were captured by athletes with no previous championship meet victories. In fact, all three of these athletes were underdogs entering the championship meet.

WOMEN'S HAMMER

Kelly Godsey (Bates) entered this event as the only DIII athlete ever to exceed 60 meters in the hammer, topping the all-time list this year with a mark of 198'2" (60.41m). Robyn Jarocki (Wisconsin Oshkosh) was ranked second with a throw of 187'11" (57.28m), which placed her fourth on the all-time list. After Godsey hit 188'3" (57.33m) early in the competition, it seemed she would emerge the victor. Yet Jarocki put it all together on her final throw and achieved a championship record of 192'4" (58.63m) to take the lead. Godsey's final throw was solid, but not enough to reclaim the lead.

Interestingly enough, Jarocki and Godsey finished with similar results in three throwing events. It was Jarocki and Godsey first and second, respectively, in the hammer; Godsey and Jarocki third and fourth, respectively, in the shot; and Jarocki and Godsey third and fourth, respectively, in the discus. Look for two more years of great throwing from these sophomores.

1 Robyn Jarocki, So, Wisconsin Oshkosh, 192'4" (58.63m), 2 Kelly Godsey, So, Bates College, 188'3" (57.38m), 3

Allison Griggs, So, Rochester Inst Tech, 176'8" (53.84m), 4 Penny Godleske, Sr, Wisconsin Oshkosh, 175'9" (53.56m), 5 Marci Schachtner, Jr, Wisconsin Stout, 173'6" (52.88m), 6 Kristina Orosz, Sr, Claremont MuddScripps 166'4" (50.71m), 7 Danielle Rankin, So, Wisconsin Oshkosh, 162'2" (49.43m), 8 Rachel Charlston, Jr, Principia College, 156'7" (47.72m)

MEN'S JAVELIN

Matt Gassaway (George Fox) threw 203'4" (61.99m) during the regular season to enter the championship meet ranked fifth. Ranked first was Rory Phillips (Grove City), at 215'10" (65.78m). But in the final meet, Gassaway hurled a huge PR which narrowly exceeded Phillip's seasonal best effort. Gassaway claimed first place with an mark of 215'10" (65.80m), followed by Phillips in second with 211'2" (64.36m).

1 Matt Gassaway, Jr, George Fox Univ, 2 Rory Phillips, Sr, Grove City College, 211'2" (64.36m), 3 James Motzkin, Jr, Rensselaer Poly Inst, 209'0" (63.70m), 4 Tim Gaal, Sr, Wittenberg University, 202'9" (61.81m), 5 Khristoph Becker, So, Middlebury College, 197'8" (60.26m), 6 Michael Brewer, Sr, Greenville College, 195'11" (59.72m), 7 Justin Gruber, Jr, Occidental College, 194'2" (59.18m), 8 Chris Weber, Sr, Coast Guard Academy

WOMEN'S DISCUS

Katie Corner (Calvin) spun the platter out to 167'1" (50.94m) this season to rank fifth all-time in DIII. At the national meet, however, she seemed to struggle with the swirling winds. She threw 156'3" (47.63m) to place second. Kristin Petersen (Gustavus Adolphus) apparently enjoyed the breezes. After entering the meet ranked fourth at 156'1" (47.58m), she achieved a personal best on her second throw, and then again on her third, which landed at 159'6" (48.62m). This mark held up and Petersen won an unexpected but well-deserved victory.

1 Kristin Petersen, Sr, Gustavus Adolphus, 159-6 (48.62m), 2 Katie Corner, Sr, Calvin College, 156-3 (47.63m), 3 Robyn Jarocki, So, Wisconsin Oshkosh, 154-1 (46.98m), 4 Kelly Godsey, So, Bates College 146-7 (44.68m), 5 Anna Morrison, Fr, Williams College, 145-2 (44.24m), 6 Julia Slabosheski, Jr, Wisconsin Stevens Pt, 143-7 (43.77m), 7 Erika Waickman, Sr, Otterbein College, 139-8 (42.57m), 8 Marci Schachtner, Jr, Wisconsin Stout, 138-5 (42.20m)

*DIII throwing just keeps getting better and better. At least one DIII thrower (Jeremy Wendt - Wisconsin Whitewater) has qualified for the Olympic trials, and many more have a very good chance to qualify in 2004 or 2008. Congratulations to all the throwers on a job well done! *LSTJ**

Wilkins vs. Powell

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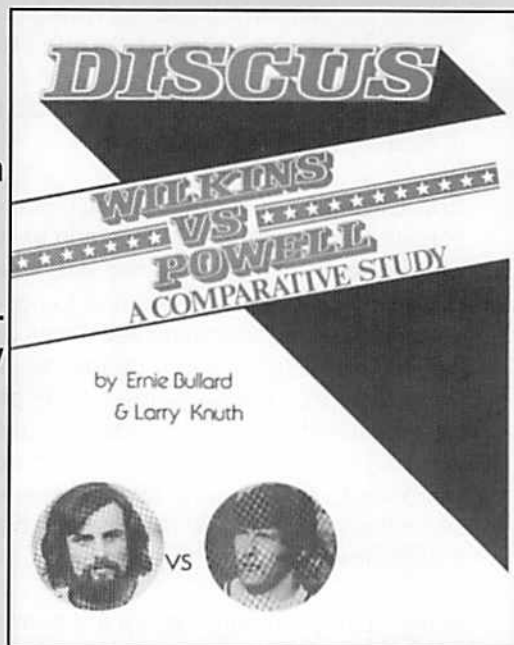
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Erin Gilreath

By
Glenn Thompson

Parents all across the world drag their kids from sport to sport, from season to season, hoping to find that one activity that their child can latch on to and excel at. For some it may be soccer, for others rugby. Some search in vain, never quite finding that niche.

For some fortunate athletes, that niche finds them. Erin Gilreath took the long route to her dream of competing for the University of Florida. Erin saw herself as a shot/discus contributor, but upon landing in Larry Judge's hammer/weight production line, a whole new avenue of success was laid out for her, and she took it and ran to unprecedented heights. Her journey was capped, at least at the time of this interview, by staking claim to the American Record in the hammer at 72.12 meters (236'7") at the Sun Angel Classic in Tempe, Arizona, on April 10.

In the space of four years she has gone from inactive to novice to American Record Holder. In this interview with *LSTJ*, Gilreath talks about where she's been, how she got where she is, and where she's headed.

Long & Strong: What other sports did you participate in as a child? In high school?

Erin Gilreath: As a child I participated in ballet and softball. Two of my cousins were in ballet with me as well. I was flexible, but I'm not sure I was graceful. I'll say my lack of grace was due to not having developed my coordination yet. I was definitely the biggest girl in class. Same quads too. The softball was just a joke. For some reason the people who were running the league decided to put all the girls who had never played before on the same team. Needless to say, we were awful. I played catcher and sometimes outfield. We did have the best team name though: the Babes.

In high school I thought about the swim team, but when they told us the practices were before school at 5 AM at a pool somewhere I didn't know of, I said no. That was after getting the bathing suit, goggles and cap though. After that, I'm surprised my Mom didn't make me do it.

Courtesy of Larry Judge

WHO WOULD'VE KNOWN?



Erin marks her milestone with coach Larry Judge.

LSTC: How were you introduced to track?

EG: My sophomore year in high school, a friend of mine joined the team and told me about how she shot putted, did the triple jump and hurdles. I just looked at her and figured I could throw the shot further than her. My math teacher was one of the coaches and he was pushing me too. But I really decided to do it to get out of my house to escape my step dad who had some drug and alcohol problems.

LSTC: You dreamed of attending the University of Florida, but did not take the typical path after high school to get there. Can you tell us about the College of DuPage and eventually getting to Gainesville?

EG: I applied to Florida right out of high school and even did a visit with Lori Trapp, the former throws coach at Florida. Not only was Trapp not interested in me as an athlete, apparently Florida wasn't interested in me as a student either. So I just enrolled at the local junior college, College of DuPage (COD). My first year there was pretty uneventful. I didn't do much but go to class, work and home. My second year I got a bit more restless and started to get physically active. I took a couple of gym classes (cardio kickboxing and power yoga), started running and lifting each morning before class and I played water basketball once a week with my co-workers. I had a lot of fun. With my improved fitness and my pending graduation, I started thinking about track again. I talked to the strength coach at COD and he arranged a meeting with Tom Pukstys, COD and Florida alum, and AR holder in the javelin. Tom told me about Coach Larry Judge and told me of his reputation of developing great throwers. That got me excited and I contacted Coach Judge via email and he

seemed really open to letting me walk on the team. I had no problem getting into Florida the second time around with an AA and a 3.8 GPA. I actually started classes in the summer at Florida, so I didn't come out for the team right away. I joined a gym and started lifting weights and preparing my self physically. I was still kind of mulling over it, as I was not sure if I was ready. My curiosity got the best of me and I walked on in October, 2001. After two weeks under Coach Judge, my shot was up to over 42' and my weight over 48'.

LSTC: *Were you first introduced to the hammer in Gainesville? Did you have great expectations from the beginning? Did you think it would become your best event?*

EG: Coach Judge first introduced me to the hammer in Gainesville. I think the first time I threw it I did a 2 turn and it went something like 110'. Considering I was completely ignorant about the event, I'm not sure I expected much of anything. When I came to Florida, all I knew was that I had 2 years of eligibility, an enthusiastic, knowledgeable coach and my own desire pushing me. I personally didn't really have the inkling that it was going to be my best event until the end of my last year. I was pretty excited about the shot put when I started. I only threw 38 in high school and hit 48 during my first indoor season. I improved even more and qualified for the USATF seniors outdoors my first year at UF. Coach Judge, on the other hand, might have known the hammer was going to be my best event before I did. He was excited about my gains in the shot put but kept encouraging me to keep working on the hammer and weight.

LSTC: *Last year you were not the best hammer thrower on your campus. Now you are the best in the U.S. Has your rapid rise to an elite thrower taken you by surprise? With relatively modest prep bests of 38'01" in the shot and 100'09" in the discus, could you have known you would have such an aptitude for the ball and wire?*

EG: I'd have to say that my rapid ascent has taken me by surprise but that's just because I didn't really have high expectations for myself. I did not ever expect to throw the hammer, so the ride has been kind of exciting. Sometimes it's hard for me to make sense of it all. The first time I threw 70m this year, I asked myself why am I throwing so far? I was kind of surprised that I was beating people that had been throwing much longer than me. Things have happened pretty quickly, so I try not to think too much. I know my dedication has made the difference. Coach Judge has the experience to help me put things into perspective; I work hard and make sacrifices. That's why I

throw far. Without having yet attended a practice, I figured I would be a shot putter for Florida. Although, I came out for a jav try out very early my first year and Coach Judge seemed very excited about what I was able to do. I remember that I even called my Mom in Chicago and was telling her, "I'm going to throw the javelin!" That wasn't a total lie. I did, about twice in a couple of dual meets. It was kind of embarrassing, but it was for the good of the team. If somebody at South Carolina found a pair of jav boots near the high jump, those were mine. I abandoned them. I placed third in the meet and it was my last!

LSTC: *Describe the training and competitive atmosphere at the University of Florida. The wealth of talent must keep everyone on their toes.*

EG: The training atmosphere at Florida is great. The facilities are top notch, the weather can't be beat, and there is no throws group more talented and no coach more dedicated. The right kind of person will thrive in the training environment at Florida. When I was on the team, I learned a lot from the other girls who were better and had more experience than me. But making the most out of any training situation requires the right attitude. It's great to have people around who always challenge you.

LSTC: *Did you feel like you had officially arrived when you claimed the 2004 USATF gold in Boston?*

EG: If there's one thing I learned my last year at Florida it's that very few people care about the weight, especially if you're not converting in the hammer; In 2003 I won NCAA Indoors, but wasn't really able to convert in the hammer because I hadn't been throwing for very long. So, I didn't feel like I had "arrived" in Boston because I knew that the real test was outdoors with the hammer and I felt like that was the place where I really had to prove myself. I feel like now

Courtesy of Larry Judge



Gilreath's first love was the shot.

I can take a little more pride in my win indoors because I have done fairly well with the hammer. I know a lot of people wrote me off as just a weight thrower and were not sure what would happen this year. It is a constant battle though. I am never satisfied and I am always working to improve my technique. There are many great competitors in the event.

LSTC: *Despite your relative inexperience, you've performed very well in big meets. How do you handle competitive pressure?*

EG: Very rarely do I feel competitive pressure in meets. Generally, I go into every meet feeling very prepared because of my training and the training environment. I'm pushed to the edge a lot in practice and it only prepares me for the pressure of big meets. Some people rely on luck in big meets, or every meet. But I think that luck is a resource of the unprepared. Every result I get in a meet is worked for in practice. There are times though, when I don't handle the pressure so well. Those are the times when I try to throw outside of myself and think more about how everybody else throws than how I know how the throw. When I throw well it's because I'm thinking about how I know how to throw and what makes ME throw far. I don't have a pattern for anything else so doing anything else will not result in success for me.

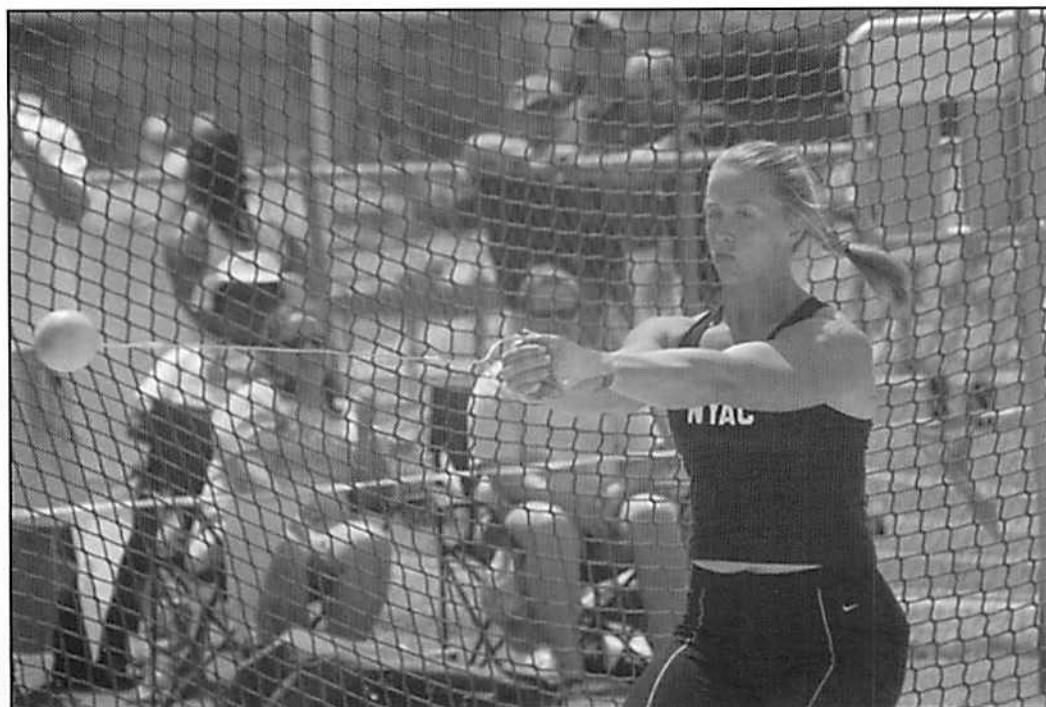
LSTC: *Talk about your record-setting effort at the Sun Angel Classic. Did it feel like a great throw at release?*

EG: No, it didn't feel like a great throw at release. It kind of felt somewhere in the middle. I didn't feel like I had all the tension I could have had, but it didn't feel like I was totally lacking either. I expected them to say it was 68m, but when the read it off I knew right away it was the record. Before we left home for Arizona, and even in Arizona, I had had some pretty

great practices. Coach Judge had really been prepping me for this all along. From the first year I was on the team, we watched video of Dawn, he told me stories about the path he and Dawn took and basically guided me through the same process. I am glad I was able to bring the record back to Coach Judge because I think he's the best coach in the country.

LSTC: *Do you dabble with the other events any more?*

EG: Besides the weight, no. Sometimes Coach Judge and I kid each other about throwing the shot again. The last time I touched it was last summer. But this year it's more important to put my focus on the



In action at the 2004 Florida Relays.

Courtesy of Larry Judge

hammer. I improved my shot 14' in two years, so maybe I will pick it up next year. At the end of my senior year I really felt like things were starting to come together; I think I can improve some more. But this year, it's strictly hammer and weight.

LSTC: *What is your height and weight?*

EG: I'm really close to 5'10" and my weight fluctuates between 195 and 200.

LSTC: *What are your current strength levels? In terms of max's or recent workouts in the major lifts?*

EG: Rarely do we max out, but here are some of the singles I have done at the end of my workout (in

pounds). I have gotten 251 for a single on the clean; I've done 340 for 6 on the squat. My best bench is 205. I know I am definitely not the strongest thrower, that's why I have to do it right.

LSTC: *What is your philosophy toward weight training for the hammer? Does it differ from the shot?*

EG: I'm not sure I have a philosophy. If I do, it's do what Coach Judge says. [laughs] He hasn't changed my lifting workouts at all. I still bench, which I think is something most hammer throwers don't do. My back is strong so I think having pecs to oppose the muscles in my back is pretty important. Balance is good. Besides, I like the bench press because it challenges me. And if I miss my set, it's not such a big deal. So I look at bench like a bonus lift. If I get the set, great. If not, I'll be trying something else next week. The general philosophy is to lift heavy and a lot. It's pretty simple.

LSTC: *Are you a three or four-turn thrower? Why so?*

EG: My first year with the weight I did two turns, then for the hammer we changed to three. My second year throwing the weight I did three turns, and after the second meet outdoors Coach Judge added a toe turn for the hammer because he thought I would eventually be very limited by the three heel turns. He thought I could catch on by the end of the season. It felt a little awkward at first. I finally started to catch on by the Penn Relays (205') and I knew at USATF outdoors (212' 8") it was a great decision. He thought if I wanted to throw after college, I needed to make the change as soon as possible.

LSTC: *What are your best technical points? And your areas that need the most improvement?*

EG: I'm not sure I can tell you one of my best technical points. I guess I would say my release is pretty good. I can always get better though. I remember after USA's last year, Stewart Togher was doing the high performance center and he said, in regard to my release, "Usually you have to coach the hell out of a guy to get him to do that." As far as the areas that need improvement, I think I could go on and on. I need to feel my right side more throughout the throw, work on getting away from the ball in my earlier turns and I need to make sure I wait on the ball at zero degrees. There are tons of minor things I can do better too, but I think the minor things get better when the major problems are fixed.

LSTC: *Do you have different technical approaches to the hammer and weight? How about drills?*

EG: This year, Coach Judge approached the weight and the hammer exactly the same. The principles of the technique are very much the same. It's just the timing that is different due to the length of the implements. I do the same drills for both. The only thing that might change is the number of winds if I'm doing a drill where winds are involved. I've still got some improving to do in the weight and I think that the training I am doing with the hammer now is going to help that because to throw hammer far you HAVE to do things right. And of course the specific strength that is gained in the weight really helps the hammer...if you do it right.

LSTC: *Most throwers have a technical point or two on their mind as they begin their throw. Do you have a couple items you focus on?*

EG: I consider the start of my throw to be one technical point, and the most important one. Most problems in a throw can, in one way or another, be related to an error in the start. Mostly I just try to relax and feel the ball on the winds and entry. There are a ton of other points that make up the start that I might need to cue, but my most important cues are about letting the ball pass me on the start and take me into the first turn with a loaded right leg, then making sure I get my heel down and hips under me before I go into the next turn.

LSTC: *What other hammer throwers do you admire (female and male), and why?*

EG: Having Coach Judge as a coach, I can't help but look up to girls like Dawn Ellerbe and Jessica Cross. They were so intense when they trained and competed. I look up to Yipsi Moreno as well because she's at the top of her game and she and I are the same age. On the men's side it's Lance Deal, Iouri Sedykh, Ivan Tikhon. Basically, I actively watch those who I think have the best technique. Those are the ones I try to emulate. I met Harold Connolly at USA Indoors and he's a very cool guy. He knows A LOT about the hammer and what it takes to medal because he's been there. I have a lot of respect for him.

LSTC: *Obviously you've decided to remain at Florida to train. Talk about your transition to post-collegiate athletics. Are you working? Part-time, full-time?*

EG: My transition has been facilitated by the great cast of people who support me. The women's coaching staff at Florida has been very supportive of me and I'm pretty much treated like a member of the team. In fact, the University of Florida in general has been very good to me. On top of all that, I have my

family supporting me. I'm lucky enough to be able to live at home so that's saving me a ton of money, and also saving me from going out and getting a job. My family is very excited for me and supportive of me. I'm fortunate enough to have a chiropractor and two massage therapists who like me well enough to see me pro bono. The NYAC has been great as well. They have really helped me financially with travel and training expenses. Because of all this I'm able to train full time! I am a pro-athlete and that is the way it should be!

LSTC: *Talk about your affiliation with NYAC. How did that come about?*

EG: First off, I'm really honored to be part of a club that has a great history and tradition of backing throwers. I'm in great company there with the likes of Dawn Ellerbe, and Lance Deal, who are pretty much the pioneers of American hammer throwing. Coach Judge was the one who got me into the club. He lobbied hard on my behalf with Paul Mascali, my track guy for NYAC. Paul and the club have been really good to me so far and I'm very fortunate to have their support.

LSTC: *Tell me three things the average track fan would not know about you.*

EG: I love the movie *Predator*, I enjoy video games, and I speak Spanish.

LSTC: *What are your future athletic and personal goals?*

EG: Athletically, I just want to keep getting better by making improvements in my technique that will allow me to do so. I want to make the team for the Games in Athens. Everybody keeps telling me I can medal there. I am just going to take first things first. I need to get there first and then try to make the finals. I figure I can only get more confident as the season progresses, and my throws get better and more consistent. As far as personal goals, I want to be financially independent, pay off my student loan and credit cards, and I want to go on vacation in the fall.

LSTC: *What advice would you give to hopeful hammer novices?*

EG: Don't be afraid to work hard and push yourself. Find a knowledgeable coach. Technique is the key to success. Learn it the right way. To get good you have to take A LOT of throws and you have to want to do it right. *LSTJ*

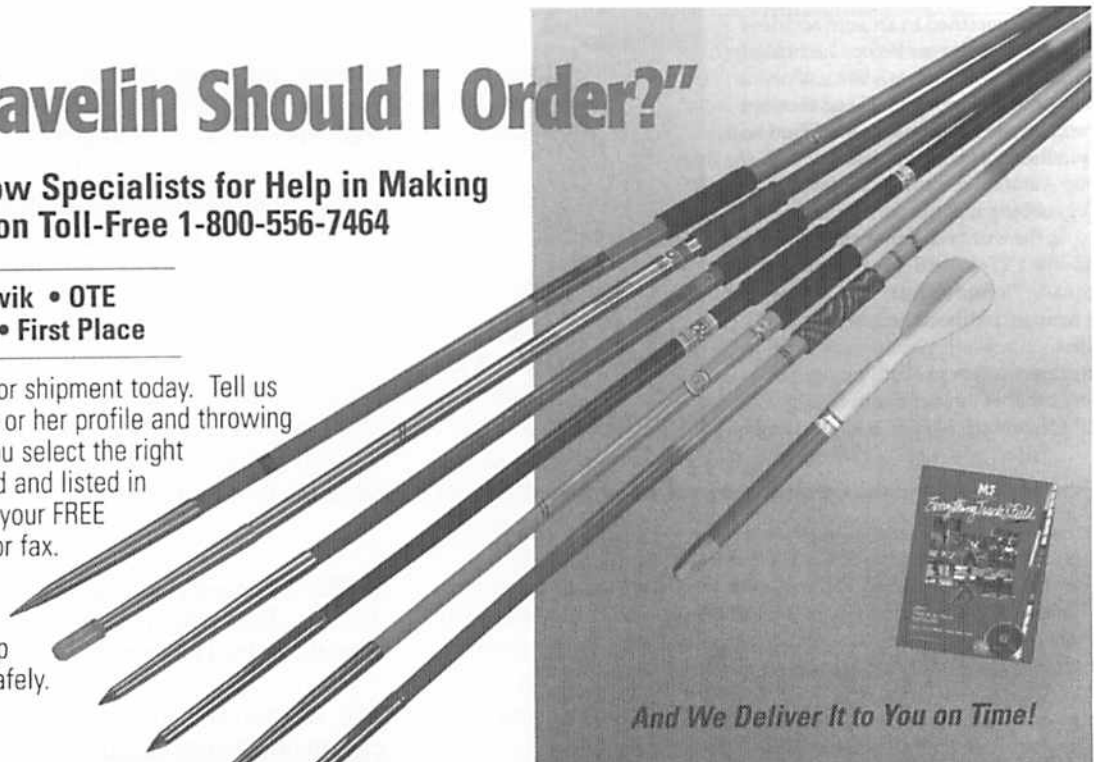
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Carl Brown

"The Person I'm Going to Be"

By Glenn Thompson

You don't know anyone like Carl Brown. Doesn't matter what your sphere of existence is, be it Brooklyn, Birmingham or Bel Air. You may know someone who's done some of the things he's done. You may know someone who has achieved some of the things he's accomplished. You may know someone who's hit the lows he has. But you don't know anyone who's done all the things Carl has done.

Brown's life is one that would be best told on cable television rather than over the air. The network censors would probably cut half of it. At one moment he is a shining monument to perseverance. He's the underdog we all cheer for. A champion that has overcome all the odds. The hard luck story with the fairy tale ending. But when held up at a slightly different angle, the flaws and imperfections aren't easy to miss. He's been a part of that element that suburban America fears. Been in situations that would make a warm stream run down your pant leg and puddle in your Nikes.

He's done more living at 34 than most of us would ever dream of, or for that matter, recoil from. He's the one in the corner bar who can tell real life stories well beyond last call, his audience risking distended bladders, lest they miss a single syllable.

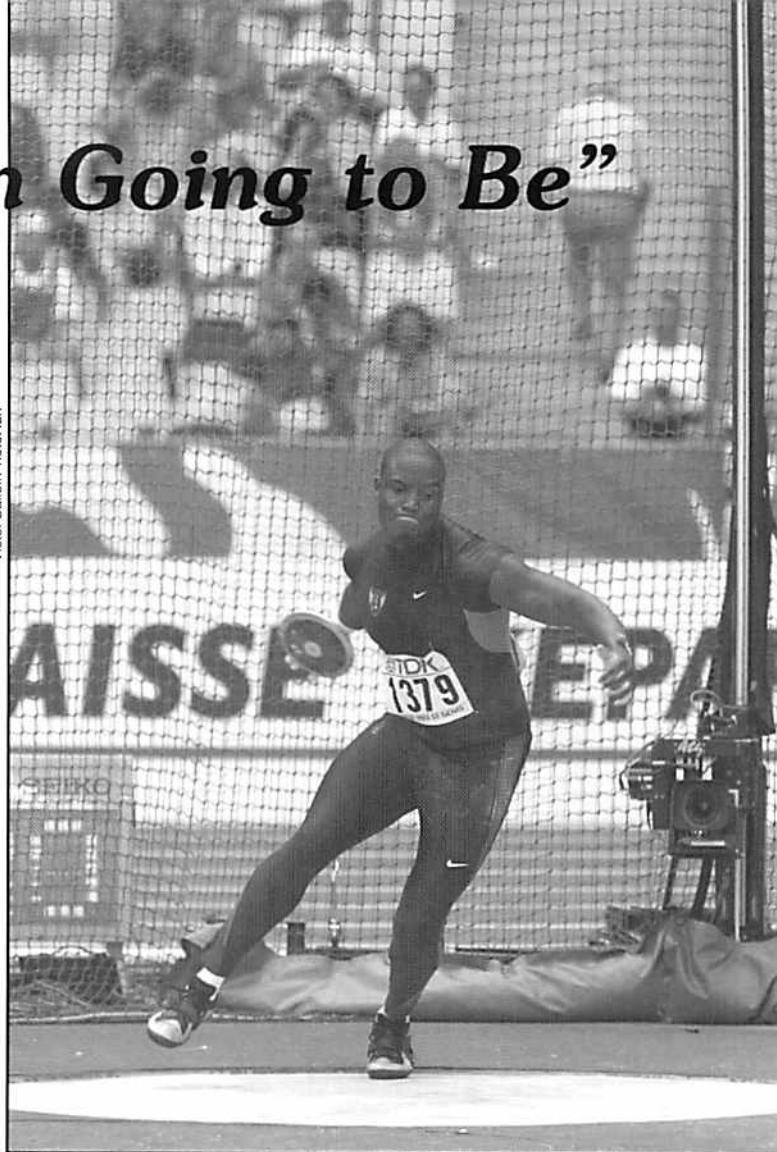
But given all that he's lived, some moments dramatically prouder than others, it's a small wonder that Brown does not seek to suppress any of it. When I asked him if there was anything he did not want printed, he had no qualms about any of it. "All the stuff I've done made me the person I am," he says, "and the person I'm going to be."

So here it is, the only slightly abridged story of one Carl Brown. There's no sense of a sky opening epiphany, but rather a gradual evolution. But one also senses that evolution could spin in any direction at some future point. His love of a two-kilogram metal and plastic plate has driven Brown to the verge of his own slice of athletic immortality. Coupled with the guidance of so many along the way, he has been saved from an unfortunate end.

Becoming Carl Brown

To know, rather attempt to know, Carl Brown, you have to understand where and how he grew up. Brown spent his youth in Michigan. He was raised primarily by his grandmother, Johnnie Craig, in Albion, who

Victor Sailer/PhotoRun



Brown was disappointed with his 9th place finish at the 2003 Worlds.

raised many of her grandchildren and continues to do so to this day. She fondly remembers Brown as "never a troublesome child, never any problems. He always had goals and worked toward them."

He also spent some of his adolescent years with his father, Rudolph Brown, in Grand Rapids. He concurs with Craig's assessment. "He always had a tremendous drive," he says. "I knew from when he was a little boy he would be an athlete. I thought he should have been a decathlete. I just didn't know he would get so big."

Brown grew to a slender 6'4" in high school and was brimming with raw, athletic talent. At Albion High School, Brown was a three-sport athlete, lettering in football, basketball and track. Basketball was his first love. He fashioned himself as a "Rodman, Ben Wallace" type. Not a great shooter, but he hustled and did all the dirty work.

Brown played a couple years of high school football as well, primarily at defensive end and also at tight end.

As a thrower he had a best of 53' in the shot put, finishing fourth in the state his senior year. Brown spent time all over the track, long jumping 19' and running the 200m in 23 seconds. The discus you ask? "We had to work hard to get him to throw the discus," recalls his high school track coach Mike Jurasec. "He high-jumped 6'2" and ran on our 4X400m relay. He had decathlete written all over him, but he loved the shot put."

Brown threw the platter just once in a meet, and then only to fill in a relay. How far? "Bout a hundred feet," Brown recalls. Compare that to the scholastic resumes of some his present-day peers. That ought to give hope to throwers in every corner of the globe. Of course not too many of those hopefuls have the wheels to turn a 10.5 second century.

Jurasec remembers Brown the same way as just about everyone you talk to, as a "fun-loving, good-natured kid. Everyone loved him. Carl talked to everyone, didn't matter who you were. We started that year with one rubber disc and later got another for meets. Our supply of shots was about the same. Come the end of the year we had about twenty of each. He told me, 'Well Coach. I talked to this guy and that guy...' Who really knows, but I had to draw the line when I boarded the bus to head home from a meet and found a hurdle in the aisle!"

Everyone has Carl Brown stories, most sprinkled with laughter and wonder.

Jurasec chuckles heartily recalling the track team staying at a hotel in Madison, Michigan. It was Carl's first time using a shower/tub unit. How did Jurasec know? Probably from the two inches of water on the floor in the bathroom. He didn't realize the curtain went on the inside of the tub.

Brown recalls his high school years were spent in search of acceptance from peers with little or no prospects, a quest that would continually lead him down the wrong avenues. "I never felt I was cool enough," he recalls. "That I got enough girls, or was good enough in hoops."

Brown describes his environment as middle class, but not so much so that he wasn't exposed to the 1980's boom industry: drug dealing. While his upbringing wasn't quite Boyz 'N' The Hood, he saw plenty. One of Brown's friends would be sentenced to life in prison for

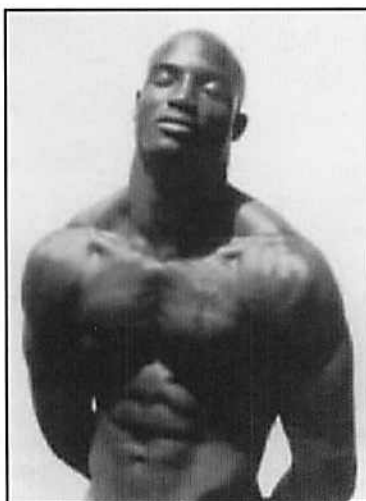
drug trafficking and murder. A cousin is doing time for armed robbery. Brown would make it through high school without dabbling in the trade. But the sweet natured kid's time would come.

Higher Education

Brown's athletic career looked to have met a premature end when he enlisted in the Navy upon graduation. However his hitch came to a quick end after three months when he didn't score well on tests about ships.

So Brown found himself back in Grand Rapids doing electrical work with his father and making ends meet as best as he could.

Most collegians spend four years and eight semesters at one institution. For some it takes slightly longer, and perhaps a transfer to a second institution. Brown's collegiate experience would span seven years, three institutions and many lessons learned outside of lecture halls.



Brown's tapered midsection is evidence of his athleticism.

In the fall of 1989 he enrolled at Allen University in Columbia, South Carolina, primarily to play basketball. On the court he moved out of the paint more, playing both forward spots. He also competed on the track team, producing modest bests of 47' and 130'. Hardly the makings of an elite athlete.

Brown's stay in the south would be short as the institution failed to gain the necessary academic accreditation. Once again Brown returned to Michigan to restart his life, but it would only get more complicated.

In 1990 his first daughter, Jasmine, was born. A second, Jessica, followed in 1991. Brown would later marry their mother in 1994, but the relationship would not last. He was divorced in 1996, and gained custody of his daughters in the process.

His next step was Southwestern Michigan University, a junior college in Adrian, near the Indiana border, with a look as a decathlete. Brown spent some time getting acquainted with the other events, but quickly returned to throwing. He put in some serious training in the school weight room and saw his bodyweight climb from 200 pounds to 215. And it showed in the circle. Brown improved to 54' and 170' over those two years.

But trouble would come to know Brown on a first name

basis, and it came knocking during his stay there. He was kicked off the team his freshman year for sexual harassment (one of the few transgressions attached to his name that he denies) and a resulting conflict with a school administrator.

While the added muscle improved his throwing performances, his new physique also contributed to more frequent encounters with the opposite sex. And his appetite was voracious, becoming something of a serious pastime, adding to what was already a colorful existence.

And then came the big bomb his sophomore year (1993) when his entrepreneurial ways caught up with him. He had first begun dealing drugs in 1989. Far from a kingpin, Brown, however, was in the game. He was arrested and convicted for attempt with intent to deliver. His sentence was a relatively light two years probation, including drug testing. "I remember leaving court and walking to campus to finish up my finals," he says with some small sense of wonder in his voice.

Legal troubles or not, Brown was a legitimate throwing talent with two years of eligibility left after earning his Associates Degree at Southwestern. The issue was where he would be able to exercise that eligibility. Given the stops and starts of his academic career, his window of time for NCAA Division I, II and III programs had already expired.

So his coach at Southwestern wrote to ten of the top programs in the lesser-known National Association of Intercollegiate Athletics (NAIA), a collegiate association comprised of smaller institutions, many of which are concentrated in the Midwest. Brown settled at Siena Heights (MI) as many of the other programs passed on him. It was a good investment for the Saints. Brown would go on to be at two-time NAIA discus champion for the school and was runner up in the shot his senior year with a school record 56-1 $\frac{3}{4}$. Brown would later be inducted into the school's athletic Hall of Fame.

But as with Southwestern, Brown would find trouble away from athletics. In December of 1994, an argument with his girlfriend ended in Brown trashing her dormitory room in a fit of rage. The police came and Brown was kicked out of campus housing. He was sent to counseling, of which he says, "I loved it. It gave me a

chance to sort out my issues."

Siena Heights track coach Tim Bauer remembers Brown. "We ran our program kind of like the military," he recalls. "We gave the kids one chance. We knew his high school coach so we thought he was worth that chance. We sat on him. Stayed on him and disciplined him quite a bit. He also needed help academically and we got the tutors to assist him."

He also remembers that Brown, "worked as hard as anyone ever had. He could have quit so many times. He was a great competitor. He PR'ed on both trips to Nationals."

The Nomad

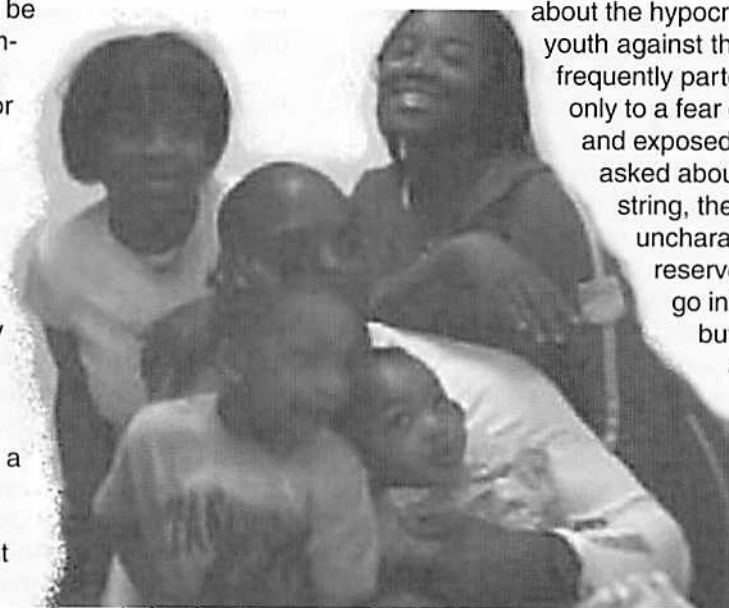
With his collegiate eligibility exhausted, Brown continued his nomadic ways. Training stops over the next seven years would include Nebraska (Doane College), California (Huntingdon Beach with high school coach Tony Ciarelli, Asuza Pacific, Citrus College) and Georgia Tech, along with periodic returns to Michigan.

Along the way Brown made steady progress despite leading a season-to-season existence, breaking 200' feet, finishing fourth at the '98 USATF's (and making that year's Goodwill team) and eighth at the 2000 Trials.

Brown also married and divorced again, adding daughters three (Mykael) and four (Carleigh) to his family.

He made ends meet with income from a disparate variety of occupations including busboy, substitute teacher, counselor for troubled youth, exotic dancing, and yes, continued periodic drug dealing. When asked

about the hypocrisy of advising youth against the very activities he frequently partook of, he admits only to a fear of being caught and exposed to the kids. When asked about his life in a G-string, the sculpted Brown is uncharacteristically reserved. He declines to go into any anecdotes, but offers words of advice to husbands across the land. "Keep your wives at home." The advice is peppered with rolling laughter, than seemingly



Brown's daughter's are central in his life.

continues to crest as a few prime memories come racing back.

Discovering Carl Brown

In 2002, Brown had major turning points in both his personal and athletic lives. In Michigan since the end of the '99 season, he applied to live and train at the ARCO Olympic Training Center in Chula Vista, California. At age 32 he was deemed not to fit the profile of an Olympic hopeful and was denied admission to the program. Never one to be deterred, Brown secured permission to use the facility for a few days of training while visiting friends in Los Angeles. It was during one of those training sessions he was 'discovered' by the center's director, Brooks Johnson. Johnson recognized that age is not the same for the throwers as it is for other events. Johnson took Brown under his wing, got him into the program on March 1, 2003 and the perennial also-ran was looking more like a front-runner.

Brown's time at ARCO reaped immediate dividends, as he sent notice to the throwing community that spring, extending his PR to a world-leading 222-4 on April 25 at the University of California- San Diego meet. He claimed some big name scalps in the process. But he didn't truly command attention until he demolished the pre-meet form charts by walking away from Stanford in mid-June with the USATF title. The track and field world had finally discovered Carl Brown.

Brown was off to Europe for the first time. His first stop was in Madrid where he learned a valuable lesson. Brown produced a feeble 60m effort there. "Woke me up," he says. "There you gotta come ready to play every day."

Brown headed to Paris and found himself sharing a slab of concrete with the very best in the world on Sunday, August 24, at the IAAF World Championships. In the preliminary round Brown threw 63.01 meters and advanced to the finals two days later. With his throw Brown qualified ninth out of twelve, and was the only United States thrower to qualify for the finals. He would again rank ninth during the final with a best of 62.66m, a respectable finish for his first time on such a grand stage. But Brown, ever the open book, gives a very honest assessment of his performance. "I choked," he says without pause. "I was not aggressive right away. Had I been, I think I could have moved up as high as fifth."

Brown used the remainder of his European stay to further hone his technique. "I got into my own rhythm," he says.

Putting Down Roots

With his stay at the training center at an end, Brown knew the track and field hotbed of SoCal was where he belonged. The nomadic Brown was looking to put down some athletic roots. Brown was determined to soak up the UCLA throwing aura, even if just meant hanging around the school's Drake Stadium to train. To train with UCLA head coach and noted throwing mentor Art Venegas was surely beyond his grasp. But when Venegas expressed a desire to have Brown join his post-collegiate camp with the likes of John Godina and Seilala Sua, he was stunned.

"It was like a dream come true," says Brown of the man he refers to as 'The Don.' "It was truly a once-in-a-lifetime opportunity. He told me he wouldn't tolerate this or that and when I needed to show up." Thus far Brown has toed the line and is successfully, soaking up throwing and life advice for which he told Venegas, "I can't afford you." Brown explains, "You can't buy that kind of knowledge."

"I've never chosen to work with people I didn't develop [collegiately]," says Venegas of taking on Brown. "But with him being so close in L.A., it seemed like a crime not to."

Venegas is effusive in his praise of Brown as an athlete. "Carl has an artistry and elasticity that very few athletes have. He's weak in terms of the general lifts, but has great throwing strength with a superior rhythm in the circle. He generates most of his power from the dynamic stretch of his spin. He's so explosive, his body actually wears out."

Brown also draws plaudits from Venegas on a personal level. "He has a very complex life. He's a very responsible dad, and sometimes that interrupts training. He's a loveable guy and really an American original."

Brown is profusive in his praise of both Johnson and Venegas. He compares Johnson's wisdom to that of a deacon in a church. He describes Venegas as "kinda like a father, and kinda like a big brother. He shares many life experiences, which gives me a different perspective."

Brown has also benefited from his watching his much accomplished training partners, Godina and Sua. "They've achieved so much, but you would never know it from how they go about their work," he says.

Brown's personal life came into focus with his engagement and marriage to Dr. Marla Shaver, a family physician in the Los Angeles area. Brown credits Shaver with "calming me down with the women."

Brown brought four daughters to the marriage and inherits a stepson. The couple is expecting their first child (another girl) in October. Of his marriage, he says, "My new wife is the best ever. If I blow this one, you all can say, 'That guy is ...'"

Brown gets a stipend from Nike and currently works part-time in the Home Depot Olympic Jobs program. If you happen to wander through the garden department at the Madeira Heights store, you may just come across him, peddling the kind of plants that won't land you in a penitentiary.

He's even produced a throwing video (www.olympicbound.com) targeted at, "beginners, whether in college or high school, or even for those who want to brush up on the movements."

Looking To The Future

Brown has the ability to speak at length about himself without ever boring the listener, speaking in a raspy tenor reminiscent of a young Louie Armstrong. He sometimes refers to himself in the third person when it comes to his past, perhaps in some way delineating between who he was and who he is. So who is Carl Brown now? Discus champion, devoted father and husband.

Brown's never forgotten where he came from. But because of his past, he wisely chooses not to revisit it, at least physically. He managed to leave a business that people don't just retire from. Once he made that break, he knew that there were places he shouldn't visit, and people he shouldn't be seen by. Leaving the game means leaving the playing field.

It's easy to tie-up a personal profile with a nice, tidy storybook ending. Everyone digs a feel good story, but Carl Brown's tale is a lot more complex than Rocky Balboa's.

Brown's focus for the moment is making the U.S. Olympic team and bringing home a medal (specifically the gold) against the likes of Lars Reidel, Robert Fazekas, Virgilius Alekna and a host of other well-decorated discus men. This is a goal that he lives and breathes. It's become superimposed on his id, ego, super ego and whatever else lies within him.

With his ninth place finish at Worlds last year, does he have it in him? Given that he was never given a chance to make the team, it would be foolish to think he can't climb this mountaintop as well.

Who will this discus throwing vagabond become? Vegas wouldn't know how to handicap that one. But Carl Brown's image of that person has never had greater clarity or potential. ***LSTJ***

In The Ring with Carl Brown

Carl Brown recognizes who he is and what his strengths are. While not born with the outsized frame of many of his competitors, at 6'4" and 250 lbs., he knows he possesses superior athleticism and seeks to exploit it however possible. Mentor Brooks Johnson once described Johnson as having "sweet feet." He emphasizes attacking each attempt with an aggressive sprint/left leg drive out of the back of the circle and improving the speed of his finish. He likes to think of his finish as his finish in hoops terms: "jumping and dunking." He has learned to control the back of the ring by slowing his start, giving him better results at the finish.

Brown's weight room numbers are solid, if not mind-boggling. He has squatted 300 kilograms, and front-squatted 200 kgs. He has benched 450 pounds, but rarely exceeds 405 now. He has cleaned and jerked 150 kilograms and snatched 130 kgs.

Brown At A Glance:

2003: USA Outdoor champion (66.66m/218-8PR, U.S. Leader)...9th at World Outdoors (62.66m/1st at Fresno (64.21/210-8)...1st at Lapeenranta (65.92m/216-3)...1st at San Sebastian (65.63m/215-4)...6th at Zurich (64.25m/210-9)...best of 66.66m/218-8PR...ranked #8 in the world (#1 U.S.) by T&FN.
2002: 6th at USA Outdoors (60.91m/199-10)...ranked 6th in U.S...best of 206-3.
2001: 7th at USA Outdoors (61.17m/200-08)...ranked 7th in U.S...best of 209-3.
2000: 8th at Olympic Trials...ranked 8th in U.S...best of 207-10.
1999: 8th at USA Outdoors...ranked 7th in U.S...best of 202-3.
1998: 4th at USA Outdoors...9th at Goodwill Games...ranked 5th in U.S...best of 205-1.
1997: 13th at USA Outdoors...best of 193-9.
1996: 18th at Olympic Trials...Best of 193-4.
1995: NAIA champion in discus...NAIA runner-up in

Source: www.usatf.org

Send Me Your News Clippings!!!

From time to time I get mail from *LSTJ* subscribers enclosing newspaper clippings of throws-related news. I always appreciate them, and from time to time, they lead to actual stories in *LSTJ*. If you have something you think might be of interest to *LSTJ*'s readership, or maybe just to me, send it to: *LSTJ*, 3604 Green Street, Harrisburg, PA 17110.

Thanks for keeping me informed!

Glenn Thompson, Publisher

Roald Bradstock

A Quarter Century of Spear Tossing

By Jeff Gorski

I first saw Roald Bradstock throw as an SMU athlete at the 1983 Penn Relays while I coached at North Carolina. There was big javelin throwing in the Lone Star state back then: Einar Wilhjalmsson and Dag Wennland showed their Nordic/Viking roots and threw over 300'. Roald also threw that far, and was from Great Britain, never considered a source of big javelin throws. But it was easy to see how he did it; a fast, smooth run and throw, like water running downhill. He also looked like his arms belonged on someone about a foot taller- this guy's got a wingspan!

We started seeing each other at USA Championships in the mid-90's (I coaching, he throwing) and, as luck would have it, spent time talking the event over a pint or four. I had an absolute blast when he came to my place for a weekend in 2002 to throw in his first "official" Masters meet: "I've alway looked like an old fart, now I am one, officially." He had just finished a showing of his artwork in Winston-Salem and we swapped stories for hours (I got about three of his to one of mine, a very good deal on my end!), while watching videos of meets, drank most of my latest batch of lagers, and slept very little. His first Masters meet was, officially, "the worst conditions I ever threw in". The night before that subject had come up. The previous topper was his first international meet in Sweden, where the runway was under 6" of water and it was still raining as they threw. But the 2002 SE Masters was now it- thunder, wind and "rain pissin' sideways".....and he threw over 71m.

Roald touches on a lot of subjects and has a lot to offer. Get comfy, open a pint of your favorite "wobbly pop" and take a listen to what he has to say.

Long & Strong: Give us a bit of a history lesson about Roald: your start in athletics, the move from the UK to the States, and some of your international experiences as an athlete?

Roald Bradstock: I wanted to be a javelin thrower from the age of about 5 or 6. I threw stones, bamboo canes, sticks, apples. You name it, I threw it. My first competition was in 1973 at the age of eleven. I began training at the age of 14 in 1976 and joined a track club, the Enfield Harriers. I progressed from

local, to regional, to national competitions quite rapidly, and at the age of 17 (1979) had my first international. In 1981 I threw 83.20m/ 273 ft. and was second only to Uhe Hohn in the World Junior Rankings. It was the fall of that year that I came to the USA when I moved to SMU in Dallas, Texas. It was a hard adjustment at first. It was so far from home and it was so, so different. While at SMU I broke both the British and Commonwealth Records and made my first Olympic Team in 1984. In 1986 I moved to train and coach at Arizona State in Phoenix and broke the World Record with the new javelin. In 1988 I made my second Olympic team for Great Britain. I trained seriously through 1992 when I made alternate for the Great Britain Olympic team. I carried on training, but more as a reason to stay in shape and because I enjoyed throwing the spear, in or out, of competition.

The most memorable experiences I had as an athlete were:

- When I first broke 80m as a junior in 1981
- When I made my first Olympic Team in 1980
- When I first broke 90 meters in 1985
- When I won the Bisslet Games in 1985
- When I broke the world record with the new javelin in 1986
- When I competed in my first International competition as an American in the 1997 World Championships
- When I broke the world record for throwing a golf ball in 2001 (still pending ratification from Guinness?)

L&S: You are one of the few athletes to make a successful switch from the old model javelin to the current one. What adjustments did you have to make to the "new rules" javelin?



Bradstock in 1985.

Courtesy of Roald Bradstock

RB: I believe the hardest adjustment was a physiological one for me and most throwers. I went from throwing over 90m to barely throwing 70m. It was very difficult to overcome that regression in distance. There were a lot of throwers that retired early because of that. It wasn't fun any more. Seeing a javelin launched into the air and floating, sometimes seemingly hovering, across the infield was a thing of great beauty. Now it is

more like throwing a giant lawn dart, or a shovel (Duncan Atwood's term).

L&S: *We've had several conversations about the current javelin throwers in the U.S.- what bits of advice would you like to pass along to them?*

RB: Ahhh, where to begin. It really comes down to this, in my humble opinion: javelin throwing is a very complex dynamic, athletic movement. It involves the entire body. You run, bound and then throw. It involves strength, flexibility, speed, coordination, agility and correct sequencing of body parts (i.e.- technique) to create maximal force which will hopefully produce maximal distance. I think of the throw beginning the moment I take my first step on the run up and ending when the javelin hits the ground.

L&S: *There are a lot of throwers who are, literally, half your age, who have nowhere near the ability to throw as far as you have. How have you stayed at such a high level of performance? Good beer?*

RB: Well actually I would have to disagree with you there. Most throwers I compete with have way more ability than I. Unfortunately or fortunately, depending on your point of view, most lack the passion, the drive or the knowledge of how to progress and fulfill their potential. Anyone that knows me knows that I am passionate about throwing, and in fact, everything that I do. But how do you measure that intangible? Going by all the tests I have taken to determine how far I should be throwing, I am barely qualified to be a spectator, let alone a participant! Now at the age of 42, fitness and conditioning have become the most important factor for me to continue throwing, and of course, the occasional good brew.

L&S: *You've spent a lot of time as an elite thrower, spanning two different eras of javelins. Give us your impressions of athletes and the sport from your considerable observations.*

RB: I have indeed seen a lot: two different javelins, two generations and two countries. I have been doing this a long, long, long time. I still love the event but there have been many changes. Athletes are getting bigger, taller, faster while I am getting older, slower and weaker. Javelin throwing has changed from an elegant, graceful finesse event, to an explosive power event. The goal now seems to be whack it as hard as you can.

L&S: *Who are some of the most talented throwers you've seen? Not just in javelin, but all the throws?*

RB: There have been so many over the years. To

shorten the list I'll stick to javelin throwers. In 1980, when I first began to emerge as a junior in Great Britain, I met my two idols, Miklos Nemeth and Ferenc Paragi. The first was of course the 1976 Olympic Champion and former world record holder at 94.58m/ 310-4, on whose technique I based my throwing style - the rotational method. He was such a superb athlete and great fun to watch throw. His fellow countryman was the new world-record holder at that time (1980) at 96.72m/317 4. He was the opposite of Nemeth. He looked very un-athletic with a big barrel chest and he kind of waddled down the run-up when he threw. But man, when he'd throw, it was a thing of amazing beauty. He also had a rotational style and an incredible flexible shoulder. To this day I have never seen anyone throw so high. Entire stadiums of spectators would gasp when he threw.

In 1981 I came second to Uhe Hohn at the European Juniors Championships. I knew he was going to change the event. It was just basic biomechanics. He was huge! The following year (1982) at my first American competition, I witnessed Bob Roggy breaking the American Record 93m/307', on grass and blocking with a bent left knee. Unbelievable! He was so powerful and his arm so smooth.

That same year I competed against the left-handed German, Detlef Micheal. He was Europe's answer to Roggy. He wasn't as graceful, but he was so bloody strong and powerful. What a beast! In 1983 at the Mt. SAC Relays, I watched Tom Petranoff come in second with 86m/282'. I had never seen such rip on a throw. He was so confident. He was just misaligning the spear. He knew what he was capable of throwing and we all found out a few weeks later (WR 99.72m/ 327'). In 1988, in the qualifying round of the Seoul Olympics, I watched in amazement as a Mr. Jan Zelezney threw 85m in the qualifying round. My God...how that javelin didn't snap in half, I don't know. He miss-hit it so badly. It hummed and whistled when he released it. It sounded like a missile being launched. I think if we could do a total body biopsy of that guy we would discover there is no slow twitch muscle fiber anywhere in his body.

The following year my former fellow countryman Steve Backley really emerged onto the world scene. When he throws, it is so clean and linear: his approach, the throw and the flight. After 1992, I stayed pretty much state-side, so I have only seen American javelin throwers. Although I have seen lots of potential and ability, no one has really impressed me other than Breaux Greer, who finally is about to show his true potential. He has all the tools, both physically and mentally, to be a world leader and Olympic champion. And under the tutelage of his coach, Don Dabbitt, we

are about to see a new chapter in American javelin throwing.

L&S: *We have spent several evenings getting outside having some "adult beverages" and swapping stories. Could you pass along a couple of your favorites?*

RB: My favorite stories are not those of incredible athletic feats, but those of athletes that push themselves to the edge and beyond and overcome physical pain. When I see that, it shows me mental toughness, often to an insane degree. Two of my favorites stories happen to involve left handed throwers.

[Author's disclaimer: even as a left handed javelin thrower, I do not condone either of the following (ha!)]

In 1982 I threw in Budapest, Hungary. I watched first in amazement as Detlef Michel stamped his foot on the toe line to deliberately foul a 92/93m throw!!!!!! But that was soon overshadowed as I watched Arto Harkonen throw. After each throw he grabbed his stomach in agony. I didn't know what was going on until about the 3rd or 4th round when I saw blood oozing through his tank top. Apparently he had just had surgery, I think it was his appendix, a few days before the meet. So naturally each time he threw his stitches were tearing and the wound was opening up. Nice..... Now that's hardcore! Makes *Fear Factor* look rather tame don't you think?

In 1985, at the Grand Prix Final in Rome, I watched Einar Vilhjalmsen, who was leading the Grand Prix on points, lose his standing quite dramatically. He was having a lot of elbow problems. I believe he said he had had three or even four cortisone shots in his elbow to kill the pain, not the smartest of things to do as any doctor will tell you, especially before you compete! I watched. It was kind of sickening and amazing at the same time. He took throw after throw trying to catch one, trying to save his standing. After each throw he grabbed his elbow and screamed. This was not a good scenario. Finally it happened. What every thrower dreads, especially American throwers: his elbow popped. Only it wasn't just a pop, it was more of a snapping, cracking sound, followed by a blood curdling yell as he felt what he had just done.

It could be said that in both of these stories what the athlete did was well insane or even stupid. To me it shows a passion for the event to the point of self-destruction and a willingness to give everything!

L&S: *You have made quite a reputation for yourself as an artist. Tell us a bit about that part of your life: what got your interest in that field, favorite subjects and*

mediums to work with, etc. Can you give us a feel of what that part of your life is like?

RB: I have always loved art. It is really hard to describe verbally how important it is to me. It is not just part of me, it *is* me. What I think and do, even throwing a javelin, is an art form. I love drawing, painting, sculpting and basically anything that requires using my artistic skills. At the age of five I was making thousands of plasticine (oil based play dough) men. I did not buy the plastic toy soldiers from the store. I made my own. I could make them the size and colors I wanted. I didn't want to be restricted to what everyone else could get. To me art is a vehicle to express myself. I want to create unique images and use my art in different ways, not only creating products (painting/ prints), but to incorporate it in to advertising and promotions. I want to use my art and use it in unconventional ways.

Since I moved to Atlanta in the late 1990's I have focused on sports-themed work, although I was hesitant at first. I am well aware that in the art world, sports art is usually dismissed as commercial and illustrative. To me that's what made the idea of focusing on sports even more appealing. It was going to be even more challenging to succeed. I would have to overcome the negative stigma associated with "sports art" and be taken seriously as an artist.

L&S: *When you were in college, you were part of a fabulous athletics program. Now that they have decided to scrap the men's program at SMU after this season, how does this situation sit with you?*

RB: I am forever grateful to SMU for the education that I received there, for the friends I made and the fond memories I have. None of those things I will ever lose. Obviously, I am saddened by the school's decision to can the men's track program. It seemed



Some of Bradstock's creativity is on display at www.mindspring.com/~bradstock.

www.mindspring.com/~bradstock

very clear to me when it was announced that it was not a decision up for any negotiation.

L&S: *What was it like being on the SMU team with Robert and Michael Carter?*

RB: Robert and Michael were great teammates and athletes. In fact, Robert is the reason I came to SMU. The fact that I am here in America today is due to him. SMU was the first school in the USA to offer me a scholarship. Michael is a nice guy, but I never really spent any time with him socially. There are no drinking tales to pass along, although they might have one or two on me. There are, however, many eating tales. Suffice it to say, those guys could eat, but back then, so could I!

L&S: *What are your impressions of the current javelin throwers, men and women, both here in the States and around the world?*

RB: First, with regard the U.S. male throwers, there are many talented athletes out there. I am hopeful that Breau is going to really inspire some of these younger athletes and pull them up to the world-class level. Regarding the U.S. women, there seems to be real lack of understanding of the event in the U.S., and that also applies to a lesser extent to the American men. The throwing and training seem very disjointed. They are seldom working towards a common goal - to throw further! Everything is about strength and power. Honestly, in my humble opinion, the emphasis for most throwers should be on proper conditioning, flexibility, javelin specific exercise, and drills such as medicine ball throwing and plyometrics. The rest of the world seems to get it. I think it is the football mentality that still prevails in the U.S. In Europe athletes will ask about your standing long jump or your overhead shot to help determine your athletic ability. In the U.S. athletes are asked about their bench press or, if knowledgeable, the person will ask about their squat. Now, having said that, it is beginning to change, but very, very slowly.

L&S: *How long do you intend to keep spanking the youngsters? Do you plan to throw the 700gm javelin at 50, since it's a "floater" like the old rules javelin?*

RB: As long as they let me and as long as my body permits me. I realize I am going into uncharted waters going forward. Going by the age records my fate seems certain and imminent, but I intend on pushing that barrier as long as I can. If I can stay healthy and continue to throw until I am 50, I would be very happy. To get a chance to throw a lighter "floater" again would be great fun. I'll see, That is, after all, eight years in the future.

L&S: *U.K. athletics had a very small throws history- Arthur Rowe and Geoff Capes were about all we knew about until the breakout of you, Fatima Whitbread, Tessa Sanderson, Dave Ottley then the current greats Mick Hill and Steve Backley. Do you feel like a pioneer of some sort? How are the throws looked on in a country with such a strong middle distance image?*

RB: I don't know if I would go as far as to say I was a pioneer. I do feel I was part of a new wave of throwers and raised standards and awareness of the event, at least in Britain. I think javelin throwing became a strong second to middle distance running, and that is saying something. Remember, England loves racing, whether it is horses, dogs or people. Everyone knew who Fatima and Tessa were and Mick and Steve. I was always kind of the unknown thrower. I lived in the States. I was kept out of many competitions for one reason or another. Their names came up all the time in print, on TV, radio, or video games. I always remember how amused my younger brother was when he heard my name as the answer to a question on National Game Show. What made it really funny was that the answer was wrong - seemed very poignant somehow.

L&S: *A very serious throws question: favorite beers, foods and places to train/holiday?*

Beer: Keystone Light or Gorski's home brew
Food: Hamburgers and pizza
Snacks: Chips and Chips
Train: Anywhere!!!!
Vacation: Seaside, Florida

L&S: *What else takes up Roald's world besides throwing and art?*

RB: Running a personal business and the 'Honey-Do' List: yard, house, errands, etc.

L&S: *Who do you see as the next wave of top throwers?*

RB: I have absolutely no idea. What I do know is that they will be bigger, faster and stronger as in all sports.

L&S: *Anything else you'd like to share with our readers?*

RB: To succeed in throwing, and in anything in life, nothing can beat passion. Obviously there are lots of other factors, but passion, I believe, comes at the top of the list. With passion you have drive and ambition and for me that is the most important. Anything becomes possible. ***LSTJ***

Rhode Island leads the way...

Small But Mighty

By C. Lane Dowell

To paraphrase Simon and Garfunkel, "Where have you gone, High School Hammer Throw?"

Like the diminutive David who spun his sling and fell the mighty Goliath, so shall tiny Rhode Island lead the charge and defeat the ignorance that swirls about the high school/youth hammer in our country.

For decades our smallest state has persisted with great success in promoting one of the most unique and fascinating events in track and field, the hammer throw. Rhode Island is the only state that sanctions this difficult to master event for its prepsters.

Why has this forbidden and oft misunderstood event been banned from youth competition in the other 49 states? Was it the conservatism of the 50's that spawned Senator Joseph McCarthy and a fear of many things that we did not understand?

One must travel back to 1956 and Melbourne, Australia, to witness the playing of the "Star Spangled Banner" for an Olympic Gold Medalist in the hammer, Hal Connolly. Garnering 19 medals, seven of them gold, the USA was the dominant hammer throwing nation in the Olympics from 1900-1956.

As we speed forward from the Golden Age of hammer throwing in the USA to present, the numbers paint a dismal picture. For most who twirl what appears to be a menacing implement, the meters fall far short to ascend the medal platform at most international contests. From 1960-2000, only five of Uncle Sam's male hammer throwers even made the Olympic finals and Lance Deal's 1996 Olympic Silver Medal was US' only hint of the glory years of yore.

Approaching Athens 2004, the top American elite male hammer thrower, James Parker, was ranked 27th (IAAF rankings, early May, 2004) in the world, while our women were positioned 7th (Anna Norgren-Mahon), 14th (Erin Gilreath), and 27th (Dawn Ellerbee).

Why does this void exist as we enter the 21st Century? Most of our country's track and FIELD gurus and aficionados of throwing target the lack of youth programs as the prime factor for anemic hammer marks. At the National USATF Convention held in Greensboro, North Carolina in December of 2003, the National Youth Committee made a very important decision concerning the youth hammer throw.

Although many passionately crusaded for the renaiss-



sance of American youth hammer throwing, let the story of the Greensboro Decision, and its projected impact on hammer throwing, be told by USA track and FIELD icon, Hal Connolly.

Connolly said, "Beginning at the 2004 USATF Youth Championships at Morgan State University (Baltimore, Maryland, July 1-4), the hammer throw will be a regular event of the youth championships for intermediate boys and girls (15-16 years of age) and young men and women (17-18 years of age) and henceforth at each subsequent USATF Youth Championships. At the 2004 USATF Junior Olympics Championship, Eugene, Oregon, (July 27 - August 1), the hammer throw for the same age groups will be contested, because the championship site has an excellent hammer throw facility."

Connolly continued, "The USATF Youth Committee also voted to include youth hammer throwing as a regular event of the Junior Olympics program beginning in 2007, giving their volunteers sufficient time to make facilities, coaching, and programmatic adjustments to effectively incorporate the youth hammer throw. Throughout this transition time, youth competition organizers at all levels have the option to include hammer throwing if there is sufficient youth hammer throwers' participation interest and the competitions can provide safe hammer throwing facilities."

LSTJ posed a series of questions to three Rhode Islanders who have been very instrumental in developing the high school hammer in New England. Through their answers, we may gain a better understanding as to why it is so important for us to now pick-up-the-reins of the Greensboro decision and ride on the back of Rhode Island into international prominence and once again up the victory stand to Olympic Gold.

Bob Palazzo is a former high school and college thrower. He is currently the athletic director and head track and field coach at Classical High School in

Providence. Bob has two sons who started throwing the hammer in high school and now compete in college.

Bill Johnston, who spun the ball and wire while a high-schooler and in college, is presently the hammer throw coach at Bishop Hendricken High School in Warwick. His son Billy threw during his high school years, and now for the University of Rhode Island, as did Bill's daughter. Kate Johnston, Bill's niece, was introduced to the fine art of the "ball and chain" while prepping in R.I. and now plies her trade at Penn State.

Bill McCaughey's son Josh excelled in the hammer at Bishop Hendricken. Josh is now in his senior year of competition at Princeton.

LSTJ: *When one discusses the high school hammer throw in a Rhode Island sporting crowd, what is the general reaction?*

Palazzo: We have had so many success stories about our R.I. hammer throwers over the years. It is as common to talk about the hammer at the local diner as it is the Yankees and Red Sox. R.I. is so small that everyone knows someone who threw the hammer.

Johnston: When discussing the high school hammer in R.I., there is a feeling of pride and accomplishment in having it as an interscholastic event.

McCaughey: It enables many of our throwers to choose from amongst the nation's best colleges and meet some fantastic human beings. As it grows, it just opens up so many opportunities for more kids.

LSTJ: *Approximately how many of R.I.'s high schools throw the hammer, and does it seem to be very popular with Rhode Island prep field athletes?*

McCaughey: There are 45 high schools in R.I. and the majority of these have the hammer. However, there are only six or seven that have very knowledgeable and dedicated coaches who year after year, turn out top-notch throwers. At Bishop Hendricken, to throw the Hammer became the "IN THING."

Palazzo: It is very popular. Kids know the doors that it can open if you are looking to get into a good college. Every high school throws the hammer and weight.

Johnston: All the schools have the hammer, and it is a very popular event that gets under one's skin.

LSTJ: *Is the hammer growing in different school districts and amongst individuals in your state? Why?*

Johnston: It has grown, especially with the addition of the girls hammer.

Palazzo: The hammer has grown by leaps and bounds since I started throwing in 1980.

LSTJ: *What impact do you feel the Greensboro decision will have on youngsters in Rhode Island?*

Palazzo: Let's face it. There are some very impressive high school athletes out there. I think that more states will get involved, and you will see greater and greater distances. It will become harder for R.I. kids to show such dominance in the event in the future.

Johnston: It will help in that it gives kids from all over America very big meets in which to compete at a very high level.

LSTJ: *Why do you feel that this event which is not allowed in any other state has endured in R.I.?*

McCaughey: At Providence's Classical High School, Coach Al Mauro always had superb hammer throwers. These athletes always ended up at top schools. I believe that Coach Mauro is one of the reasons that the event was kept in Rhode Island. He had enormous success over the decades. I don't think he would allow anyone to delete the hammer.

Johnston: It has always been popular and there have been very few problems in the over 35 years that I have been involved with the hammer throw.

Palazzo: The hammer started in R.I. when a man by the name of Fred Tootel decided to settle and work at the University of Rhode Island, back when it was called Rhode Island State College. Fred was a 1924 Paris Olympic silver medalist. He coached track and field at U.R.I. and became known for the hammer throwers he turned out. Those former throwers and other individuals he encountered along the way, such as Al Mauro, became the men who went on to teach at the different high schools in R.I. The hammer became as common as bread and milk, because these were the men who designed the leagues and competitions. The rest is history.

LSTJ: *How have some of the chief deterrents (safety issues, cost of proper facilities/equipment, and damage to fields) been dealt with in R.I.?*

Palazzo: Either you believe in it or not. Either you are going to have it or not. Pole vaulting is the most dangerous and expensive event in track and field, but

they have it. I rest my case.

McCaughey: In R.I. there is a continuous emphasis on safety. Safety must be continually talked about and implemented. The hammer cage is usually on the worst piece of real estate and far away from everything else. Even then, people still come to watch this fascinating event.

Johnston: I think the hammer is the safest event/sport in high school, because it is obvious the event could be dangerous. Everyone always has safety on their mind. When you are around something that is a potential danger, you develop a healthy respect and safe habits for it.

As we have been throwing a long time, it was less expensive to put in facilities. The fields are designated for the hammer throw, so they are out of the way and damage is not a concern.

LSTJ: In your opinion what benefits do the high school age athletes in R.I. gain from being able to compete in the hammer?

Johnston: R.I. throwers are able to begin training and develop an interest in hammer at a younger age, when it is easier to learn the event. This gives them a tremendous advantage over the rest of America to gain the opportunities.

Palazzo: It is a very challenging event to learn. The other thing is everyone can learn it and see improvement and contribute to their team. My twin sons were 160 lbs. and 145 lbs. while in high school, and both had great careers as hammer throwers. They would never have been able to excel in any other event or sport like they did in the hammer. Both are now throwing at R.I. College. They would never have made any other type of team in college had it not been for the hammer throw. The boys still weigh the same.

I have watched many others get the same opportunities which would have been denied if it had not been for hammer throwing. Isn't this a great event?! It is a Rhode Island institution and trademark.

Thanks to the Bills and Bob for sharing their insight and showing their pride in something that is truly unique for high school athletes in tiny Rhode Island.

The National Youth Committee has awakened a sleeping giant, and we shall graciously follow the lead of the small, but mighty, Rhode Island as our youth pick-up this fascinating event and lead us back to international prominence and up the victory stand in the 20??? Olympic Games. ***LSTJ***



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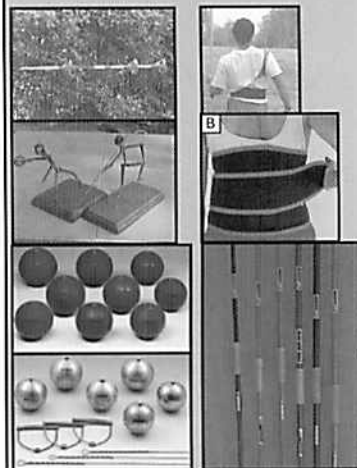
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Brian Chaput is...

Well-Rounded

By Glenn Thompson

There are a number of promising young American javelin throwers jousting to join Breaux Greer on the international stage. Brian Chaput is one of those contenders. Like Rob Minitti (featured in the *LSTJ*-January, 2004) Chaput earned notice at the 2003 NCAA and USATF competitions, claiming gold in the former, and sixth at the latter. This year he was the top American, and second overall at NCAA's.

Chaput has persevered through radical Tommy John surgery and is now a graduate of the University of Pennsylvania.

In this interview Chaput speaks of his injury, balancing academics and athletics, and the future.

Long & Strong: *What is your height, weight and age?*

Brian Chaput: I'm 23 years old, 6'1", 202 lbs.

LSTC: *What are your current strength levels? In terms of maxes or recent workouts in the major lifts? What is your weight lifting philosophy?*

BC: Squat: 435, Snatch: 235, Clean: 325, Bench: 290. There is certainly room for improvement, but it's a work in progress. At Penn, we boast one of the greatest strength and conditioning coaches around, Robert Wagner. I've been fortunate to work with Coach Wags over the last five years. Our philosophy revolves around dynamic strength. For this reason, much of our program focuses on the Olympic lifts: snatch and clean, jerks, etc. I find the snatch to be the most important lift for the javelin, being that it involves being powerful from the ground upwards, much like the javelin throw. Transitioning dynamic power from the legs and hips is of striking similarity to proper throwing mechanics. Pullovers have also become a weight-room favorite over the past year, as we have incorporated a number of pullover-related lifts and derivatives for both arm speed and shoulder stability.

LSTC: *About your elbow injury. Was it sudden, or did you realize it gradually?*

BC: I would say it was gradual. Throughout high school I generally had difficulties with my elbow toward the end of each season, a definite result of poor throwing mechanics. My freshman year the nagging elbow problems continued, culminating in a

full UCL tear during my first attempt at the Penn Relays.

LSTC: *Did you fear your career was over?*

BC: At times, yes. The thing about UCL tears is that the rehab is quite long (especially for a javelin thrower versus a baseball player). Throughout a 12-15 month rehab program, the body goes through peaks and valleys. Some weeks feel amazing, the next week the polar opposite. It is during such valleys that it became much easier to question whether the end result would turn out as successful as I had originally hoped. However, tales of success stories from Tommy John surgery (such as Breaux's) spin a positive light on an otherwise long and tedious rehabilitation.

LSTC: *Talk about the rehab. How does the elbow feel now?*

BC: Like I mentioned, the rehab for Tommy John surgery takes time, and lots of it! First, it should be understood that UCL rehabilitation is different for everybody- some people come back quickly, others take a long time to feel well again. I was among the latter. Most javelin throwers typically undergo a longer window for returning to their sport than baseball players because of both the implement weight and throwing mechanics involved with the event. Simply, a 50-ounce baseball is less strenuous on the joint than an 800-gram javelin. Dr. Michael Ciccotti of Jefferson Hospital set me up with some great therapists in the area whose aim was to work my way up comfortably from light implements to, eventually, men's javelins. It was frustrating to have to throw baseballs, then knocking balls, then girl's javelins, all before even touching a men's javelin. I don't remember throwing a men's javelin at all until somewhere around the 9th or 10th month, at which point I would 'peg' at most. It can be a mental drag at times, but the end result is well worth the hours spent in the training room, the countless bags of ice, and endless reps of wrist exercises. When anyone who has had the surgery asks me for advice I tell them to "listen to your body" and "stay positive". If both of these could be achieved, it's easier to avoid setbacks and progress forwards toward the end goal- Throwing Far! Fortunately, the elbow has never felt better.

LSTC: *How does one go about being an elite athlete and an Academic All-American at an Ivy League school with a double major?*



BC: Time management. Organization is essential, at least in my mind. How easy is it to wait for the last minute to hand in an assignment or spend late nights cramming for a midterm? Everyone does it. I did lots of it freshman year. Since I've come to realize that if I approach academia like I approach athletics, strategically, it makes it a whole lot easier. In training, you often have your weeks planned out: lift on Monday, Wednesday, Friday, etc. There is a purpose involved in the plan.

I approach schoolwork in a similar fashion; I often try to plan out 3-week cycles of work, knowing which days I'll study for which classes, etc. There are note cards all over my desk and I'll cross out each day as I do it. It actually is a good way to do it (for me), because I tend to feel guilty when I veer from the plan, so it definitely keeps me on track. I found that by doing this it frees up an awful lot of time that would otherwise be wasted, and in result, there is more time left for both social life and athletics. And sleep!

LSTC: *Talk about your training away from the weight room.*

BC: Outside the weight room, I'm fortunate to train each day and be coached by John Taylor. John is a tremendous athlete and an even better coach; he has a sharp eye for technical flaws and the ability to simplify an otherwise complicated event. Together, we have spent hours trying to drill proper throwing mechanics, specifically concentrating on hip mechanics, javelin control, and approach work. Much of this is done by throwing weighted balls in the off-season. Weighted balls, medicine balls, makeshift indoor javelins are all used. And films: video analysis has been a key component to our training as well. It's easiest to change poor mechanics if you can "see" what you are doing wrong. Seeing it on film has a number of perks. For one, it makes visualization easier and more accurate. Also, I believe there is some physiological carry over involved; if you can see what you are doing wrong, or right for that matter, it's easier to "feel" it as well in training. In all, John has been extremely helpful in all aspects of training, both physical and mental, and I'm very grateful to have him around.

LSTC: *What are your best technical points? And your areas that need the most improvement?*

BC: My best technical point is probably my arm speed, if you consider that technical. I was blessed with a pretty fast arm. Unfortunately, this tends to lead to one of my weaker points: controlling the javelin point. I've had lots of trouble with point control in the past. I see huge differences when I hit the spear clean compared to when I lose the point. Also, because of my arm strength, I tend to cheat other areas of technique, such as the hip movement. I feel that once I can improve such hip mechanics, I will better set myself up to compete on the world level.

LSTC: *Tell me three things the average track fan would not know about you.*

BC: I enjoy long walks on the beach, good conversations.... Seriously, here goes:

- 1) Most people do not know how to pronounce my name correctly. I have gotten everything from Shot-put to Chay-put to Sha-pelle at the Penn Relays. I'm not bitter though; I actually find it funny. And so, the correct pronunciation is as follows: Sha-pit. Again, Sha-pit.
- 2) I may be one of the most gullible people around, and my roommates and friends take full advantage of this. The incessant jokes and pranks at my expense never cease to be amusing. Also, my coordination leaves me outside the runway; I am quite the klutz.
- 3) I have an odd fascination with reality television. I found myself glued to the television every Thursday night during the *Apprentice*, and that has only spurred my current addictions to the big screen. Don Trump is the man!

LSTC: *What are your future athletic and personal goals?*

BC: Athletically, I'm training for a spot on the 2004 USA Olympic Team. If I can make the specific technical adjustments Coach Taylor and I have worked on (on meet day), I believe I will be in the hunt. This has been the focus of training throughout the season, and I'm looking forward to the championships meets ahead: NCAA's and Olympic Trials specifically. Long term, I plan to continue throwing spears until 2008, as long as the body agrees with me and I can stay healthy. Personally, I have put off career plans for the moment in order to completely focus on javelin and Olympic Trials. Following the end of this track season, I will likely pursue a career either in Human Resource Management or Marketing Management. ***LSTJ***

THE AMATEUR BIOMECHANIST

Paul Jensen, Event Coach for Hammer, Athletic Association of Wales

In the way that we as coaches look at hammer throwers I have mused long and hard about the changes of technique I have seen in recent years and have begun to consider those things that help me understand all that I see.

Because of this I wonder of my sanity! Is now the time to look on green fields not for places to throw into but as pasture - the place where older coaches go.

As that very great Welsh writer, Dylan Thomas, once wrote 'To begin at the beginning.....', giving 'Under Milk Wood' perhaps the best start a novel could ever have had. This said our beginning must be why the event works.

Hammer throwing works because:

Acceleration of the hammer may be achieved using the musculature of the trunk, by which the hips 'lead' the shoulders during the single support phase (Morris and Bartlett, 1995). During the double support phase, the trunk rotator muscles then reduce this lead, thus accelerating the hammer.

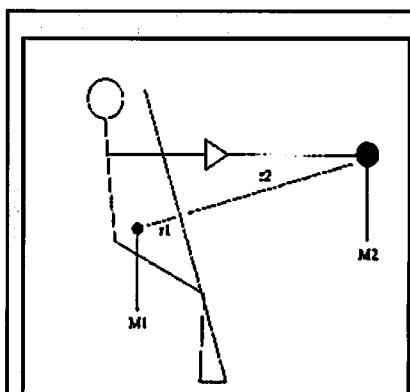
What we as coaches have largely observed is an acceleration of the hammer head as the thrower, moving from being on one leg; the single support phase, lands the 'free leg' and drives the hip to front. This event is more technically described as the double support phase. We also become aware that timing is critical and that if the hammer moves around the thrower when the feet are in double support the process of acceleration as described above become less and less feasible. What we also observe in looking at good throwers, without looking for very subtle nuances, is that the hammerhead on its orbit seems, mostly, to be accelerating.

The coach relies on the shape of what they see in real time and will then perhaps spend many long hours analysing the technique in parts to build up a fuller understanding of what they see. This is a process of sympathetic development because the understanding from the analysis brings greater awareness to the new observations. We begin to understand what we see and when it lacks conformity we question our understanding.

As we are aware, modern international male athletes are throwing a 7.26 kg. hammer in excess of 80 metres and female athletes, in the very short time that

they have thrown internationally, have progressed wonderfully well- such that throws in excess of 65m are becoming commonplace.

If this is so, then we might well wonder if there is the problem, but as we look deeper into modern techniques there are several issues worth reconsidering at a fundamental level.



This, now very typical, drawing shows us the relationship between the thrower's mass ($M1$) and the hammer's mass ($M2$).

The radius of the hammer to hand ($r2$) and the radius of the hammerhead to the centre of mass of the thrower ($r1$)

This situation in the reality of the dynamic activity of hammer throwing will be very complex and for the most part we will not easily understand the mathematics. Despite this we may still coach very effectively.

Fundamental mechanics

If we develop some of the ideas fundamental to the illustration we may look to analyse them empirically. Consider the following.

The length of the arm and the length of the hammer represent a constant on any thrower. We will ultimately be more concerned about the angle of carry an athlete adopts than this length.

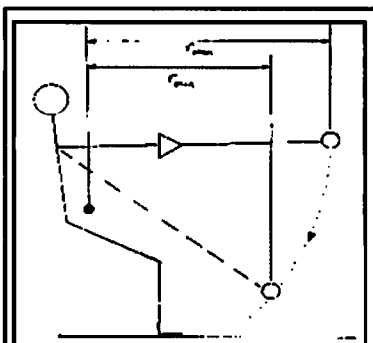
The length of the radius $r1$ is far more important to us and will

determine several crucial issues such as synchronisation and the ability of the thrower to generate more momentum as they become more skilled and more confident.

As a simplistic observer we can readily see from the diagram above that as the thrower drops the hammer the radius $r1$ will decrease. The related fundamental is that they no longer have a need to sit because they are generating less momentum and that as they extend and become 'taller' their center of mass $M1$ moves close to the hammerhead.

This observation is crucial because we see many aspects of current technique where this relationship is at best severely tested.

Modern hammer technique, predominantly of the four turn variety encourages the thrower to have a very flat plane on their preliminary swings and we as observers notice that the plane becomes progressively steeper. This has several implications to the amateur biomechanist.

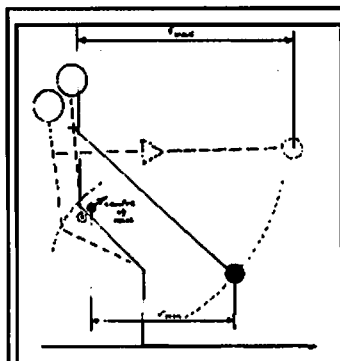


In the diagram we can see that the minimum radius is considerably different to the maximum radius when measured from the centre of mass of the thrower. As every throws coach knows, momentum must be a product of the radial length, as the mass of the object cannot change during the throw.

The amateur biomechanist will make the observation that the closer the hammerhead is to the circle the less momentum is generated.

In the following diagram we look at the maximum and minimum angles that a thrower might hold when facing the front of the circle.

It is perhaps in the nature of analyses that what, at first might appear quite simple is in reality far more complex. In the hammer, the thrower is likely to counter only the momentum they are generating at any given time. The need to stay artificially low, when limited momentum is being generated, is a discipline we are unlikely to see. As a direct consequence of this, we are far more likely



In this diagram the rising figure changes its center of mass and it moves toward the hammerhead.

Because the thrower is further away from the surface of the circle they are in a position to further lower the hammer to reduce its momentum.

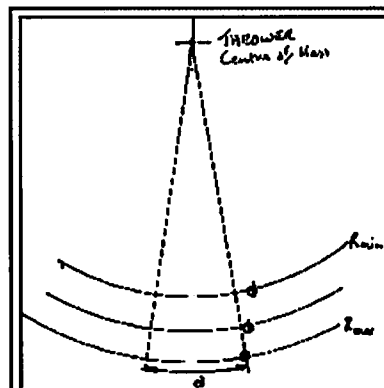
The amateur biomechanist makes the further point that the effective radius often reduces during the throw.

to see a thrower lift himself as the hammer is dropped. The next figure indicates the positional difference and the rationale of why the minimum radius is even smaller.

What we must now consider is what we are most likely to observe, as coaches, if the thrower is dropping the hammer in successive turns.

'Your biggest increase in acceleration of the hammer only takes place when the left heel is on the ground; in the double support phase, therefore a late left heel means a reduction in the opportunity for acceleration of the hammer' (Morley2003). In the article he has previously indicated it was as it applied to right handed throwers. This is supported by Connolly who, in suggesting the right foot should land at 230 degrees, goes on to state 'The most effective range for applying power and speed to the hammer is from the right foot landing through zero degrees.'

This would seem to support the views of Bartlett and Morriss and further indicate the importance of a 'lead'



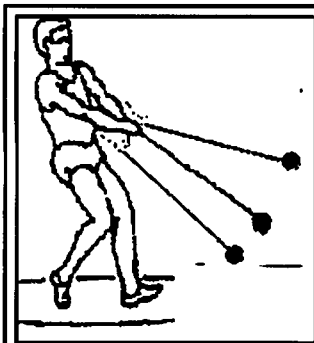
In this diagram the now broadly concentric arcs illustrate the position of successive orbits of the hammer if being 'dropped' by the thrower.

If we indicate a distance (d) for a moment of time (t) on the outer circle as the distance the hammer moved in that instant of time the same line drawn on any other arcs indicates the hammer must move to the left of the thrower. If the thrower is accelerating the hammer the movement will be even more exaggerated.

The amateur biomechanist suggests that the stability of the angle of the plane a thrower uses is crucially important to their being able to accelerate a hammer.

on the hammer. We might define the lead as the hammer being to the right of the thrower's center of mass at the end of the single support phase. (R.H thrower)

If we as coaches observe that the thrower has a tendency to drop the hammer we now know that the effective radius is changing and becoming shorter. We also know that because the thrower is travelling across the circle, the plane is more elliptical than circular. Since the center of mass is also travelling, the circles cannot in the strictest sense be concentric. This said, if



- ◆ Is this perhaps why we are seeing in so many modern throwers a marked sideways stance to establish a low point some 90 degrees behind them?
- ◆ Is it just a coincidence that they have extremely high carries of the first two or three orbits of the hammer and it will inevitably drop and accelerate around them?

we use an overlay technique we might simplify a complex problem and understand better another hammer fundamental.

It is beginning to look as if we are coaching an effect without understanding the cause! Paradoxically it is often the 4 turn throwers, who use the momentum of a 'high' hammer to help them around the corner to complete the first turn. They have to turn fastest to overcome the effect of dropping a hammer rather than use the extra turn to generate the sort of acceleration we saw from Litvinov.

What is being said is that, were we to see

the thrower illustrated drop the hammer in successive turns they would inevitably find the hammer had a tendency to accelerate around them. If we didn't actually see as marked a difference as we might expect from a novice, a top international thrower would not be maintaining the sort of lead that Morriss and Morley believe fundamental to accelerating a hammer.

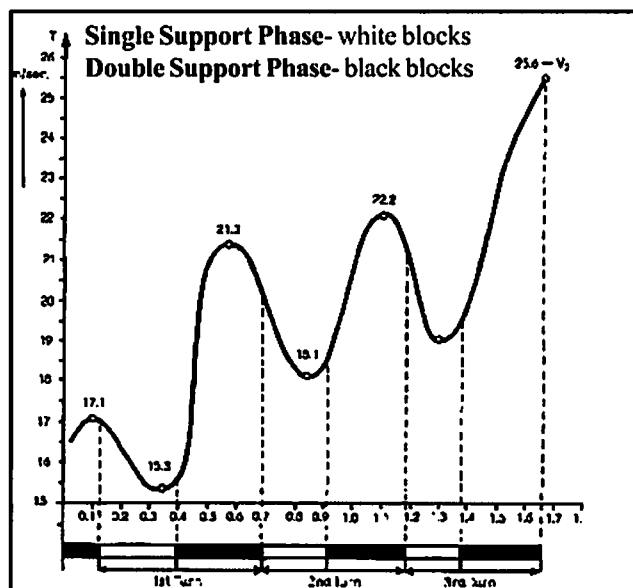
The acceleration of the hammer

There are a large number of biomechanical analyses available to the hammer coach and until recently most have seemed to concern themselves with the tangential velocity of the hammer; indeed, many have been less complex and simply referred to the velocity of the hammer.

If we examine a very typical illustration the thoughtful coach begins to have several thoughts some of which are contrary to their first impressions of the event. These data refer to a throw of 66.70m by Bakarinov, USSR.

In the next chart (next column) the principal velocities have been abstracted from Schmolinsky 1980 to mirror the sort of information hammer coaches have been using for decades.

When we look at this we are often bemused by the



data; perhaps worse is we rely on the interpretations of others without question. An analysis offers the amateur biomechanist very many points of interest and will require very good answers from the expert. It is often in the nature of such graphs not to relate to the baseline, what is often referred to as a 'gee whizz' graph, the sort often used to overemphasize a point.. As with this data, the thrower in their 'winds,' whilst in the preliminary swing double support position, has already achieved 17.1 metres per sec (m/s). This is already 66% of the final velocity. The reality of referring this sort of statistic to a zero baseline is of a much smoother curve with visually smaller differences between phases

During the 1st turn single support phase the velocity reduces to 15.3 m/s. And although it improves marginally, it is during the double support phase that the increase in velocity is most obvious and this thrower has reached during that phase a peak velocity of 21.3m/s (83% of terminal velocity). Again, it has its own losses in the latter part of the double support phase. Each successive turn offers similar observations, with the final double support phase indicating the acceleration during the delivery phase. But this is not a simple event, and this is not a simple situation! What these figures do not show, and what this type of graph has never indicated, is the momentum, a product of the effective radius and the tangential velocity the hammer thrower is generating.

Editor's Note: In the October, '04 issue, Mr. Jensen will continue his discussion of velocity, angular momentum and other factors affecting hammer performance. **"LSTJ"**

A SPECIAL GATHERING

By Glenn Thompson

A unique Masters event took place this spring in California. While age-graded track races are nothing new at big meets, there has never been a throws competition. Advocare, Inc., through Dr. Bob Ward, contacted Dick Hotchkiss about creating a workable structure for a Masters hammer event at this years Modesto Relays.

"I set it up featuring an age graded scoring competition involving both the men and the women," says Hotchkiss. "Both sexes competing together against the scoring tables. I selected the top men and women throwers relative to their age graded percentage and championship merit."

The 14 selected athletes were Tom Gage, Oneithe Lewis, Carole Finsrud, George Mathews, Bob Cahners, Joyce Taylor, Tom Meyer, Stew Thomson, Georgia Cutler, Todd Taylor, Dan John, Jim Wetenhall,

Bob Ward, and Michael Venning. Given tight timeframes and communication failures, there were other elite Masters who could have participated as well.

The two flight, six throw competition started at 10:30, with the flights divided by age, oldest to youngest.

"There was great comraderie," says Gage of the event. "A very fun event, one that I think most of us would repeat. The officials got into the spirit of the thing, announcing what info they had for the participants. There was only a handful of non-participants as it was held early on Friday. The weather was glorious; sunny, blue sky. Each throw was measured just like the big-boy meets."

According to Ward, who works for Advocare, "We have a lot of sports figures as endorsers and local distribu-

tors that live in, or near, Modesto. AdvoCare, the Modesto Relays and Richard Hotchkiss are to be commended for their uncommon efforts in orchestrating all the seen, and unseen elements that are required to put together, and conduct such an event as this. A job well done!" *LSTJ*



The competitors gathered for a photo to commemorate the event.

	AGE	NAME	Dist. (meters)	Graded	Age Graded	Points
M	60	Tom Gage	60.51	85.06	98.06%	1266
F	47	Carol Finsrud	45.00	73.67	96.85%	1342
F	40	Oneithe Lewis	56.39	73.34	96.41%	1458
M	70	Bob Ward	51.69	83.28	96.01%	1235
M	71	Stew Thomson	46.46	77.30	89.12%	1092
M	60	George Mathews	54.44	76.53	88.23%	1121
M	57	Todd Taylor	52.60	71.87	82.86%	982
M	61	Bob Cahners	48.80	70.35	81.10%	987
M	49	Jim Wetenhall	51.18	65.83	75.89%	853
F	60	Georgia Cutler	36.04	54.98	72.28%	1043
F	53	Joyce Taylor	40.88	54.16	71.20%	957
M	46	Dan John	51.02	61.73	71.17%	850
M	52	Tom Meyer	49.50	60.34	69.56%	804
M	47	Michael Venning	47.10	58.19	67.09%	773

NATIONAL THROWS COACHES ASSOCIATION

MEMBERSHIP IS FREE!

Dear Coach,

I would like to take this opportunity to welcome you to membership in the National Throws Coaches Association. This organization started with approximately 100 coaches at the end of October, 2002, and has already grown to over 2,500 members. Our main goal in starting the NTCA is to promote the throwing events at all levels of instruction and competition. As our membership expands the NTCA will be offering free newsletters, a free annual clinic and conference for coaches, a free web site, and other exciting benefits. If you have any ideas to further facilitate the goal of the NTCA please share them with us and your fellow members. The NTCA is open to all coaches at all levels of track & field. Please fill out the below registration form to join.



=====
Registration Form: National Throws Coaches Association

Name: _____ School/Club/Team: _____
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3rd Annual NTCA Conference and Clinic

November 12-14, 2004
Dublin (Ohio) Marriott Hotel

The 3rd Annual National Throws Coaches Association Conference and Clinic will be at the Dublin Marriott Hotel (outside of Columbus, Ohio) November 12 – 14, 2004. Room rates are \$85 per night per room. To make room reservations please call the hotel directly at (614) 791-1000 and ask for the National Throws Coaches rate. The NTCA room block sold out very quickly last year so please make your room reservations early. The first session will begin at 6:00 PM on Friday, November 12th with the final session ending at Noon on Sunday, November 14th. Registration fees for NTCA members will be \$89 if registered prior to August 31, 2004 and \$109 if registering after September 1, 2004. ALL REGISTRATIONS MUST BE RECEIVED BEFORE NOVEMBER 1, 2004.

To register for the 2004 NTCA Conference and Clinic please make your check payable to "National Throws Coaches Association" and mail to: National Throws Coaches Association, PO Box 14114, Palm Desert CA 92255-4114. Please have your address and phone number on the check. School purchase orders are also accepted. If you have any questions please call the NTCA at (888) 527-6772 or send an email to rlasorsa@dc.rr.com.

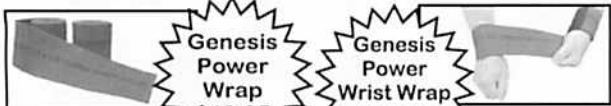
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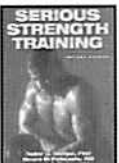
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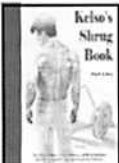
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Shoulder Care in the Javelin Throw

by Mark Fletcher, MD

As javelin throwers, we are all concerned with the health of our throwing arms. It seems that to be a javelin thrower is to accept the fact that you will injure your shoulder at some point in your career. Why is that?

The shoulder was designed for extreme ranges of motion so that we, as humans, can use our hands to build tools and manipulate our environment. Because of this demand the shoulder has much less intrinsic stability than other joints of the body. To use another joint as an example, we can look at the knee. The knee can flex and extend, and it is held in this strict range of motion by the bony architecture of the joint as well as very large, powerful ligaments. If you injure your knee ligaments, you can have your ligaments repaired and normal function is restored (yes, this is over simplified for the sake of this article).

The shoulder is a different story entirely. You can injure your shoulder and have a ligament reconstruction or labrum repair to restore normal anatomy of the joint, but the rehabilitation process seemingly takes forever – long after the repairs have healed. You can also have an injured shoulder without any tears or sprains of the ligaments at all. The shoulder, as it turns out, relies on the muscles surrounding it for dynamic stability to a much greater degree than the knee. The advantage of this is that you can use your shoulder for nearly any movement you can think of. The disadvantage is this mobility comes at a price...stability. The bony architecture of the shoulder provides no intrinsic stability at all. (Figure 1) The ligaments and other structures around the shoulder can only do so much to keep the shoulder where it needs to be during the explosive repetitive motions required in the javelin throw.

Nearly everyone in the throwing events has an appreciation for the importance of the rotator cuff. Well, at least most people know that it can be injured very easily. The rotator cuff, however, is only part of the story when it comes to keeping your throwing shoulder healthy. Recently, the role of the scapular stabilizers has been emphasized in rehabilitation and the sports performance literature.

The scapular stabilizers basically serve to provide the shoulder a strong and dynamic attachment to the trunk. (Figure 1) These muscles attach the shoulder blade to the chest wall, and thereby, affect the function of the rotator cuff and the glenohumeral joint. They also regulate the movement of the scapula relative to the shoulder during the large ranges of motion seen in the shoulder joint. If the scapular stabilizers aren't functioning properly, it allows the scapula to sag forward. This movement places the shoulder in a sub-optimal mechanical position and can lead to overuse injuries that plague overhead throwing athletes.

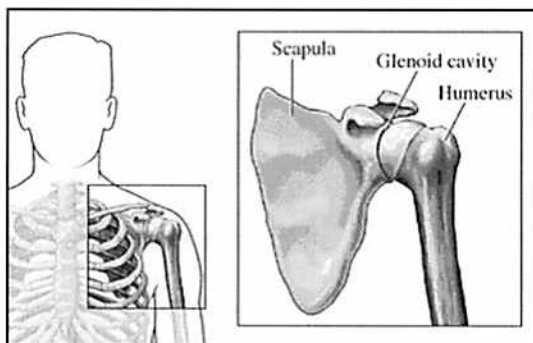


Figure 1. (www.colliersportsmedicine.com)

Co-ordinated action of this group of muscles is needed to provide a stable base for pain-free overhead activity. The movement of the shoulder can be compared to a seal balancing a ball on its nose. The seal equates to the scapula, and constant small adjustments by the seal (scapula) are needed to prevent the ball falling off its nose (glenoid).

(Figure 3) Overhead athletes must be able to effectively control the position of their scapula for optimal rotator cuff function.

The major scapular stabilizers are the serratus anterior, trapezius (upper, middle, lower), and rhomboids (upper and lower) muscles. For most javelin throwers with recurrent shoulder problems (sore cuff muscles and biceps tendonitis) the scapular stabilizers are usually weak as well and can definitely contribute to their symptoms. While I won't go in to detail about the specific motions of the scapula, I will outline a few exercises that are very helpful in keeping these muscles, as well as the rotator cuff muscles, strong and functional.

Exercises – The following exercises represent the most basic of shoulder rehabilitation exercises and are the ones that you should start off with when creating

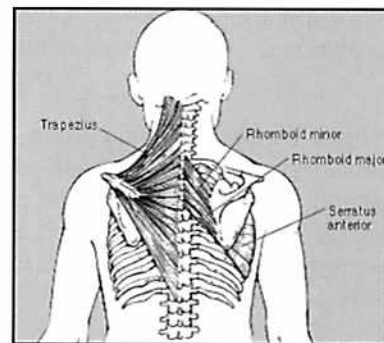


Figure 2. (www.physsportsmed.com)

a shoulder rehabilitation plan. It is very important to pay attention to exercise form when doing any rehabilitation exercise. The shoulders should never be “shrugged”; they should be held low and relaxed. A complete review of shoulder rehabilitation would take up much more than the space in this magazine, so this article will concentrate on the scapular stabilizers and the posterior rotator cuff muscles.

Serratus Anterior – The first exercise is called a push up plus. Start in a push up position and allow your shoulder blades to come together in the back, and then push them forward as far as possible without unlocking your arms.

This is a great exercise that can be modified in many ways to create more dynamic shoulder stabilization. It is usually done at the end of a push up. To make it more dynamic, place your hands on a swiss ball, or one hand each on a medicine ball. Place your feet on a bench or swiss ball for increased difficulty.

Incorporate the “plus” movement into your other exercises as well – bench/incline press, medicine ball passes, dumbbell lifts.

Trapezius and Rhomboids (“Y, T, W” exercise group)- The upper trap is typically not a concern; it is actually over trained compared to the rest of the shoulder girdle with all the pulling movements of the Olympic lifts and other upper and lower body exercises. The middle and lower trap are far weaker.

Lower Trapezius - Lying prone (face down), position your arms at a high three quarters position (“Y” position). With your thumbs pointing at the ceiling, raise your arms...hold...and lower slowly. You should feel your shoulder blades slide down and in (hard to feel, but if you do it right you will feel the burn on the bottom of your shoulder blades). Do not shrug your shoulders, keep them relaxed and low.



Figure 3.
(www.spendalittle-getalot.com)

Middle Trapezius- Lying prone, position your arms abducted to 90 degrees (make a T with your arms straight out). With your thumbs pointing towards the ceiling, keeping your shoulders down and relaxed (no shrugging), move your thumbs towards the ceiling...hold...and let down slowly. You should feel your shoulder blades touch and then slide laterally as

you lower your hands.

Rhomboids - Prone with arms held in a “W” position (slightly lower T). Now the thumbs are pointing towards the floor. Use the same movement pattern as the middle trapezius exercise. Bring your hands towards the ceiling while squeezing your shoulder blades together, then slowly relax and bring your hands back to the start.

All of these exercises may also be done standing using cables or stretch tubing.

Rotator Cuff –subscapularis, supraspinatus, infraspinatus, teres minor (figure 4)-The rotator cuff exercises that are most important to do are external rotation movements. These muscles hold the humeral head centered in the glenoid during arm motion.

Infraspinatus – The muscle responsible for holding the humeral head centered during activities done with the hand below your shoulder.

Perform this exercise with your elbow at your side and bent to 90 degrees. Pull a stretch tube (or pulley) across your body to full external rotation. The rotation is around your humerus (upper arm), so don’t lift that elbow to complete the rotation. This exercise be done with dumbbells if you lie on your side, lifting the dumbbell straight off the ground

Teres minor/infraspinatus – The teres minor is largely responsible for humeral head stability with your arm in throwing positions. Hold your elbow (bent at 90 degrees) straight out from your shoulder (90 degrees of abduction) and pull the elastic tubing (attached at ankle height to something in front of you) up and back as you rotate your arm around the axis of your humerus (point your elbow at something for reference and don’t let it move forward or back). This exercise mimics the delivery position of the javelin and is very important for functional strength.

The cuff muscles I left out....

Subscapularis – This is a throwing power muscle along with the pectoralis muscle group and the latissimus dorsi and typically is much, much better trained than the

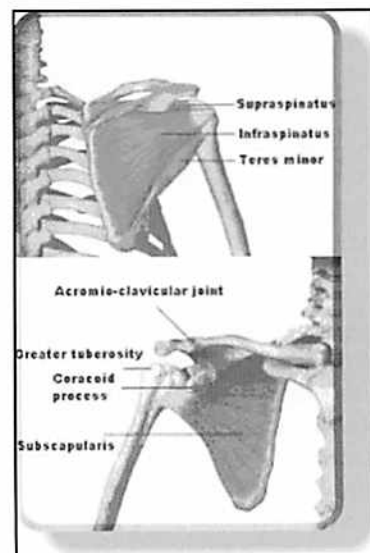


Figure 4. (orgs.jmu.edu/strength)

posterior muscles mentioned previously. It is strengthened with tubing using internal rotation in the same position as the infraspinatus muscle exercise. The tube is set that you pull it across your body.

Supraspinatus – This muscle is responsible for elevating the arm from the side of your body. It is also the most common site for rotator cuff tears. It is strengthened doing front dumbbell raises in the “empty can” hand position (thumb down). The stopping point for this exercise is when your hands are just below shoulder level. Do not allow your shoulder blade to lift off....keep a “plus” position with your shoulders pushed forward and keep your shoulder blades down and in.

Because these are small muscles that are used all the time it is best to train them for endurance using sets of 2 for 20 reps (it can be done with more sets at lower reps: 3 x 12 or so). Concentrate on very slow eccentric movement - let the weight down very slowly - because this is the action you want to train. The posterior shoulder musculature functions to stabilize the shoulder in the joint and to decelerate the arm after the throw - these are both eccentric motions. The weight should be light enough to allow perfect form. Start with no weight and train the movements first. These exercises can be performed at the beginning of your weight training sessions or before throwing sessions. Care should be taken not to exhaust these muscles before throwing. Use the exercises briefly to activate the muscles prior to doing technical throwing.

This represents a very brief introduction to rotator cuff and scapular stabilization exercises and is a good place to start. Unfortunately, doing rehabilitation exercises represents some of the most time consuming and, well....boring aspects of training. As your abilities and strength levels increase, however, these muscles often get left behind and can cause devastating injury. An ounce of prevention is worth much more than a pound of cure.

Disclaimer: If you have an injury that continues to be a problem despite rest and conservative therapy...go to a health care provider and get a diagnosis. Once you know what you are dealing with you and your doctor/chiropractor/physical therapist/etc. can formulate a plan to get you back to competitive health.

As a final note, there is a wealth of information on-line regarding all of this information. I located the images for this article after 10 minutes of searching on Google. There are literally thousands of sites you can find regarding training and rehabilitation. Not all preach the same philosophy and not all are “medical” sites. Here are a few helpful websites from national organizations:

<http://orthoinfo.aaos.org/>
www.physsportsmed.com
<http://orthopedics.about.com/>
<http://www.lcsportsmed.com/links.htm>
LSTJ

ABOUT THE AUTHOR

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Vice President Javelin USA,

Future plans....Sports Medicine Orthopaedic Surgery Fellowship at University of Southern California beginning in August 2005.

Profile Update

The January, 2004 issue of LSTJ featured young seventh grade discus thrower *Nathaniel Donley* of Florida, who possesses incredible speed in the ring. Nathaniel has continued to progress, and in a BIG way.

In May of this year, Nathaniel strung together three big throws in a competition: 172-3, 185-6½, 193-1! Research found only two other throws in history for his age group that were farther.

But just when he was getting into a groove, Nathaniel

was incorrectly prescribed a medicine that sapped his strength, dehydrated him and reduced him to very modest 90-120 foot marks. The medicine was changed and slowly Nathaniel returned to form. Boy, did he return to form.

Nathaniel, an eighth-grader in the fall, smashed the National Boys Youth discus record in June with a 207-1 effort (www.eliteyouth.com). The old record, set last year, was 203-2. Nathaniel is only the third boy in this age group to exceed 200 feet (the other had 201' 10" a few years ago). If you'll recall, Nathaniel stands a modest 5' 4", 133 pounds. Congratulations to Nathaniel! *LSTJ*

Indoor Portable Throwing Facilities

By Tony Dziejak

This article describes the construction of plywood-based throwing facilities. Typically used indoors, they could also be used outdoors in fair (nonrainy) conditions. I suppose they could be constructed with pressure-treated wood if there is a possibility of outdoor use in the rain. The sections are arranged from easiest/least expensive to hardest/most expensive. Of course, for a permanent circle, one can always construct an outdoor-style concrete circle in an indoor facility.

Simplest: sheet of plywood

Budget: \$100, Estimated cost: \$50.

Materials: 1 x 1/2" (or 15/32") thick, 4'x8' plywood sheet; 1 tube of heavy duty Liquid Nails brand or similar adhesive; Something to spread adhesive: 2" wide Plastic sawtooth edge grout knife 17 linear feet of 21" to 2' wide noslip foam rubber carpet padding Staple gun and staples

The simplest practice circle is a sheet of plywood laid on the floor. Use a thickness of 1/2" (or 15/32"). Get one with one sanded side (paint quality).

One sheet of plywood is 4'x 8'. This is long enough to take care of the front and back of the circle. You will be missing 1 1/2 feet of circle on each side, but you never need to use this part of the circle anyway. You can even get away with a 4'x8' piece of plywood for discus practice. The edges of the circle will overlap only at the four corners of the plywood sheet.

The main concern is keeping the plywood from slipping during the throw. On most surfaces, this is solved by an application of the no-slip carpet padding. This comes in 2' wide rolls, is available at the large Home Depot stores, sold by the linear foot. Buy 17' and cut in half to make 2 8'6" lengths. If you only have a smaller Home Depot store, the pads are only available as precut 2'x4' sizes. You will need to buy four of these.

Place the plywood on newspapers with the good side down. Spray adhesives do not work—you need a good construction adhesive such as Liquid Nails. Apply beads of the caulk with a caulking gun, then use a plastic grout knife to spread the beads to cover the entire surface. Contact cement out of a can may also work, but I haven't tried that.

Have two people hold each end of the noslip padding. Carefully place the padding so that 3" extends over each end and about 1/2" hangs over the long edge. Do

the other side. If done right, you should have a gap down the middle.

With a staple gun, pull taut and staple the noslip padding around the side edge of the plywood. Do NOT staple on the bottom—this may cause scratches on good floors (e.g. a basketball court). Trim off the excess on each end and discard.

If you are using the precut 2'x4' pieces, these pieces are cut to fit 2'x4' area rugs without showing, so they are actually about 1'10"x3'10". Place each pad in each corner, starting about 1" from the edge. Trace the outline of the pads with a pencil onto the plywood. Remove the padding and apply the adhesive just inside the outlined rectangles. You will have a cross pattern of a few inches thick uncovered.

Turn over and place on newspaper over flat surface. Place weights on the plywood to facilitate bonding. The adhesive may need 48 hours to dry completely. Since the noslip padding is porous, do not place on good floor for 2 days without newspaper.

The noslip padding works well to both protect good floors and to keep the circle from slipping. To insure the best performance, make sure the floor is dust-free before laying down the circle. If it still slips, you then have to resort to placing weight plates on the corners of the circle. This is not recommended because it can cause a tripping hazard for fouling throwers.

If your circle is going to be placed on top of artificial turf, treading may be more effective than the noslip padding. Treading is done with a 1/2" diameter square routing bit, set at 1/8" depth. This produces very sharp edges which the grain of the turf grabs onto and prevents slippage. The treads should be straight and both parallel and perpendicular to the grain/weave of the artificial turf. See below for a recommended tread pattern.

Marking the indoor circle

The options are to either 1) draw the circle on the plywood or 2) add a rim and/or toeboard. The first step is just drawing a circle on the plywood with a marker. Later, you can upgrade by adding a rim.

I recommend drawing the circle in the exact center so that you have exactly 6" on both the front and back, and that the center is exactly 2' from both sides.

If you are not going to get a rim for a while, you can

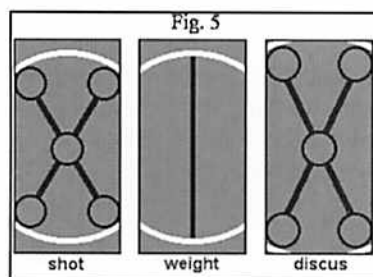
paint the circle edge using flat white paint. I recommend all circle surfaces use flat (not gloss or semi-gloss) paint. If you use spray paint, make sure it says flat.

On the practice circles, you can paint practice footwork lines within the circle. On the shot and discus practice circle, outline a 16" diameter circle right in the middle of the circle. This is the target for placing the pivot foot in the center of the circle for the shot and discus.

Also outline 16" diameter circles centered 30" apart at both ends of the circle. This will mark the starting point of the spin in the back as well as the block foot in the power position in the front.

Finally, connect all 4 end circles with the center circle by 2" lines. These represent rough extensions of the sector, and serve as the drive lines from the South African position. Figure 5 illustrates the pattern of the finished practice circles.

Practice circle with rim/toeboard Budget: \$100 w/ rim only, \$250 w/ toeboard.



Estimated cost:
\$60 w rim only,
\$210 w/ toeboard.

Even if you have no budget for another toeboard and are not willing to, or can't, remove the outdoor

toeboard. A rim really gives the thrower a better feel for the circle and greatly adds to the thrower's comfort level when going into competition.

There are two options: adding a piece of old bolt-on rim or cutting a rim out of plywood. If you happen to have some old rim that comes in 4 sections, you can bolt on one section if the bolt holes on one piece are less than 4' apart. If they are more than 4' apart, you can't bolt it onto a 4' wide piece of plywood.

If you can bolt it on, place the bolt head on the bottom and the nut on the top. Countersink for the bolt head on the underside at most 3/16" depth, preferably 1/8". You have to weigh the possibility of scratching the floor with the bolt heads against the thickness of the plywood. Keep in mind the bolt heads will pull in as the plywood compresses during tightening.

I recommend making a plywood rim. You need two remnant/scrap pieces of plywood that are 23/32" (or 3/4") thick. The pieces must be exactly 4' wide, at least 12" long, and have one original, square end. Alterna-

tively, you can buy a piece of 2'x4' plywood and cut it lengthwise to form two pieces of 1'x4'.

Draw a 3'6" radius arc centered on the plywood sides, with the edge 6" from the end. Cut the arc with a table band saw, a hand jigsaw, or a reciprocating saw. Cut it 1/16" short and sand smooth with a drum sander or a cylinder sanding bit on a drill. When cutting and sanding, keep in mind you want to keep the cut square and sharp (no rounded edges).

On a practice circle, I recommend attaching the rim to the circle with drywall screws only, not using any glue. This is in case you want to remove a rim later in order to attach a 4" toeboard. It is preferable just to place a 3 1/4" toeboard on top of the rim, but often the old outdoor toeboard becomes the one used for the indoor practice circle, so not gluing leaves this option open. Gluing does not add any structural integrity to the practice circle because, unlike the competition circles, below, it is all one piece.

Use a #6 1" drywall or deck screw. These can be hard to find. Often the shortest available is 1 1/4", which are definitely too long. The point of the screw will penetrate the bottom, causing the possibility of scratching the floor.

Finally, I highly recommend rounding the outer edges of the rim plywood with a 1/2" diameter round router bit. I mean the outer rectangle—NOT the inner circle, and not the side edge of the full plywood sheet. This is for safety.

Competition circles: Budget: \$200 w/ rim only, \$400 w/ toeboard. Estimated cost: \$130 w rim only, \$280 w/ toeboard.

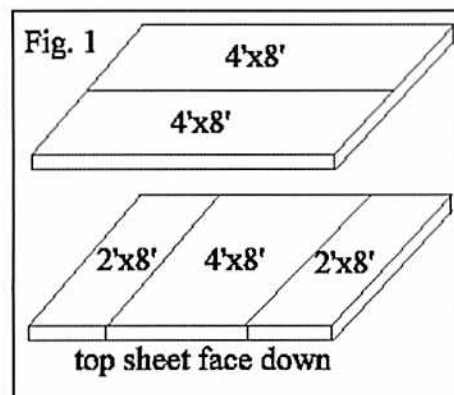
Each indoor throwing circle requires four sheets of 8'x4' unfinished plywood 15/32" (1/2") thickness, two with one sanded (paint-quality, unknotted) side.

Assemble the plywood to produce an 8'x8' surface. It will be assembled upside-down. Select the best sheet of plywood and lay it on the floor with the good side down. Select the second best sheet of plywood and cut it lengthwise so that you produce two 2'x8' pieces. Lay these two pieces on either side of the best piece, with the factory ends facing each other, best side down (the cut edges are on the outside). Now you have an 8'x8' area, with one 4'x8' piece centered, so that there are no seams through the middle of the circle.

Then take the lower-quality plywood sheets and lay them side by side across the first layer. You don't have to cut one of these lengthwise. They should overlap so that each piece runs across all three pieces of the first

layer. Check the seams for fit; you might want to turn one or more pieces over or rotate 180 degrees until everything fits perfectly. This is the bottom layer, so either side can be facing up. The layers and configuration of plywood sheets are illustrated in [Figure 1](#). Click on the image to enlarge it.

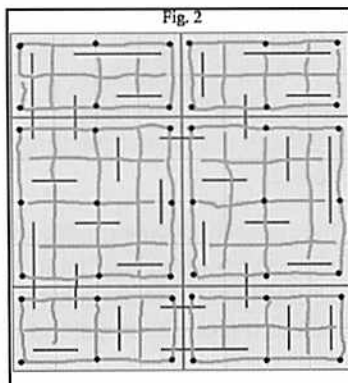
The two layers will be held together with yellow carpenter's wood glue or construction adhesive for wood. Take



off the top layer, remembering the orientation. Apply glue to the first layer. Apply 1/4" to 1/2" thick beads starting 3 inches from the edges, every 9

inches. Bring the second layer on top. The beads can be put on in a zig-zag pattern. To hold the two layers together while the glue is drying, you will use drywall or wood screws starting 3" from all edges and seams (top and bottom layer) and then one every 21 inches. Screws will be drilled from the second layer down only. The screws serve only as clamps while the glue is drying although they are not removed. The screws will have to be 1/8" shorter than the thickness of two pieces of plywood. In addition to the screws, you may want to stand on all parts of the circle and then leave shots or weight plates on top overnight.

After screwing, there are two options to help prevent the circle from sliding. First, if the circle is to be placed on artificial turf, the bottom of the circle may be treaded with a router. Using a 1/2" SQUARE bit set at 1/8" deep, Cut 2' straight lines beginning 6" from the edges, every 12". The edges of the treads must be sharp to be effective, not rounded. So use a square bit, not a rounding bit. Stagger the lines, and alternate them, so that there are treads running in both directions. [Figure 2](#) illustrates the recommended pattern of glue beads (lines), screws (dots), and tread lines. The seams from both layers are indicated

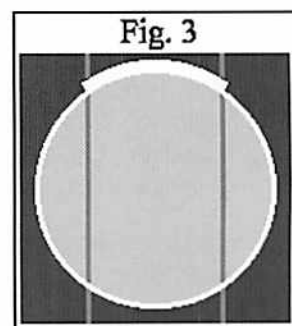


as brown lines.

If the circle is to be placed on a shiny hard surface, like a wooden basketball court, use the noslip padding. Refer to the practice circle section, above.

Now turn the whole assembly over and wipe off any excess glue. Next, assemble the rings and/or toeboard. The toeboard should be placed on the center 4'x8' piece of plywood, so that the seams run parallel to the direction of the throw ([Figure 3](#)). The circle should be centered on the 8'x8' surface, so that you have 6" at each side. Fasten a toeboard and bolt-on surface ring purchased from a catalog.

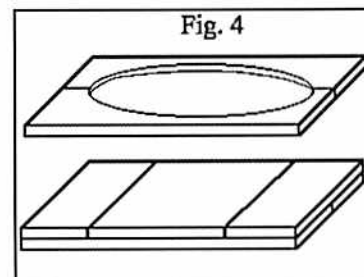
Alternatively, apply a plywood rim and bolt on a 3 1/4" toeboard rim on top of the plywood rim. This is a good option for a combined shot-weight circle.



For a separate weight circle, either fasten a bolt-on rim from a catalog, or make a rim out of two additional sheets of plywood, 23/32" or 3/4" thick. Cut the circle out of this sheet and glue and screw it onto the top, with screws from the top surface down ([Figure 4](#)). These screws can be longer because you have 3 layers of plywood.

Round the edges of the outer square perimeter of the platform (NOT the inside circle rim) with a 1/2" radius round (router) bit. While outside platform edge is rounded for safety, the inside rim has to be sharp and square.

Finishing: The toeboard, the sides of the rim, and the top surface of the rim out to 6mm (1/4") should be painted white to facilitate the judge to observe foot fouls. The surface of the circle should be unpainted, or painted a contrasting color: grey or a school color. You might also paint the outer edge of the platform orange or a bright color for visibility so that one does not trip over it.



All paint should be flat finish. Gloss or semi-gloss is too slippery when wet or dusty. Do not mix sand, grit, or other abrasive material into the paint to aid traction. Sand will only (1) keep your foot from turning/pivoting,

(2) twist your knee ligaments, and (3) wear out your expensive throwing shoes. The outside platform surface should also be a flat finish to prevent slipping on fouls.

A flat finish on bare wood provides an excellent throwing surface. You can even use a primer paint as your finishing coat; primers are flat finish. A flat finish will attract dirt; a dark color is recommended for the platform and circle. This will also contrast well with the white rim. The white rim and toeboard should be repainted at least once a year to cover dirt and shoe scuffs. It also makes the circle look sharper and aids in officiating.

Finally, I do not recommend attaching handles to the edges or sides of the circle because they can cause a tripping hazard. I think it is as easy just to get four people, one on each corner, lift the circle from underneath. Just work the corner onto your foot before slipping your fingers under the edge. Reverse the process when placing the circle down.

Idea for a portable concrete circle: This is an untried idea. It may be possible to construct a portable concrete circle by pouring a layer of Quikrete or other hydraulic cement onto a subsurface. I would recommend a bottom layer of plywood, then a second layer of Duralock or similar stiff tile subsurface. The duralock is a rigid surface, about 1/4" thick, used to prevent cracking of tile floors (Plywood subflooring flexes too much, which would result in tile and grout cracking.)

Make a plywood ring equal to the thickness of the Quikrete—1/4"? Then pour the Quikrete and smooth flush to this ring.

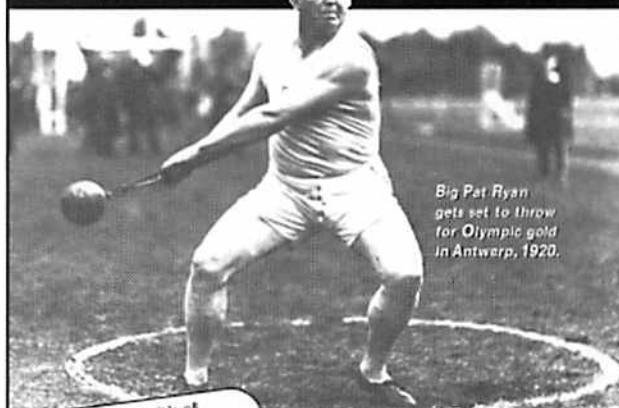
Finally, attach a bolt-on iron ring on top of the plywood or attach an additional 3/4" plywood ring on top of the thinner ring.

I have never tried this because I don't know how thick the cement and/or Duralock/plywood combination has to be to prevent the cement from cracking if you lift it. If it had to be very thick, then it might very well become too heavy to move easily with four people. I would also be worried about the whole cement disc dropping out if the circle was turned upside down. I would be very interested if any reader has tried this.

I hope this helps you to construct good indoor throwing facilities. I am happy to hear feedback on your projects. ***LSTJ***

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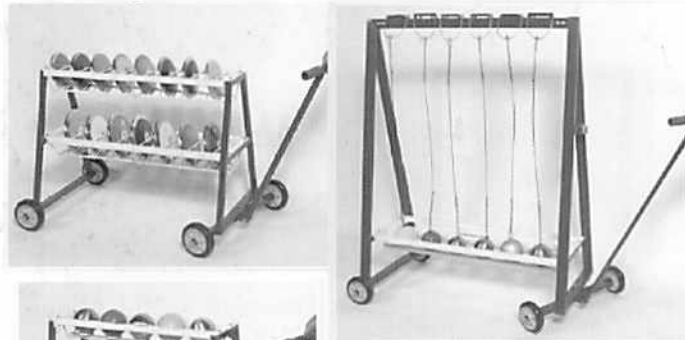
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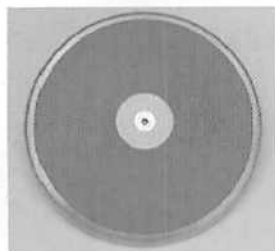
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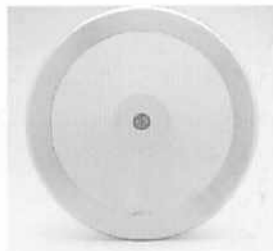
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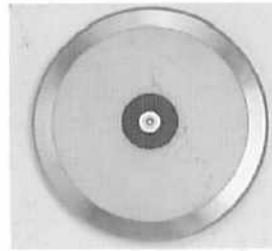
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