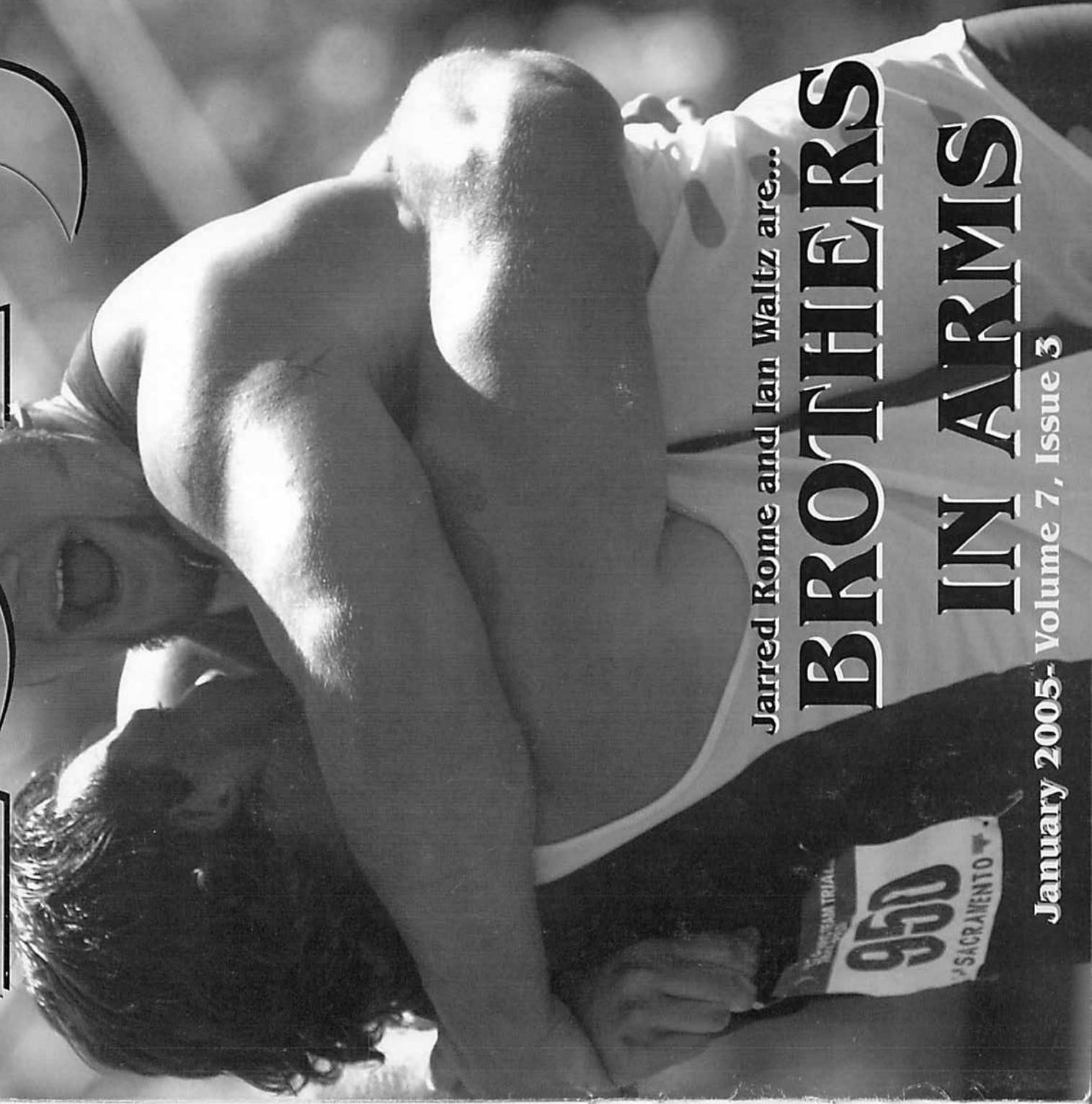


LONG & STRONG THROWERS JOURNAL

LET



Jarred Rome and Ian Waltz are...

BROTHERS

IN ARMS

January 2005- Volume 7, Issue 3

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On the cover: Discus thrower Ian Waltz celebrates in the arms of competitor and friend Jarred Rome after both secured berths on the 2004 Olympic team. (Victor Sailer) This page: Rome (above) and Waltz in action at the Trials. (Victor Sailer)

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LETTER FROM THE EDITOR

MY BIGGEST FAN

As I make my rounds on the Masters circuit each summer, it's not uncommon to see a man of slight build, distinguished gray hair and a walking stick near my side. This gentleman has been by my side for as long as I can remember. Now closer to 80 years than 70, and an amputee to boot, he's not a competitor. Never chucked an implement in his life, but he loves throwing. And why does he love throwing? Because, his son loves throwing. The man I speak of is my father, Robert Thompson. And long after my name has disappeared from articles in local newspapers, he's still my biggest fan.

A Brady existence was not ours. Although both my parents loved my younger sister and I, we grew up under our father's guidance and were raised by him. He was the one that made sure we understood the value of education and grounded us with a strong sense of right, wrong, and respect for others.

We never had a whole lot when I was growing up. Money was never plentiful for us. I quickly learned which department stores we did not shop at. I knew that when I fell on the playground and blew out the knee of my pants, a new pair wasn't coming. I learned that you could beat a Ford Maverick, but you could never kill it.

My father, probably like yours, was my little league coach. He was always present in the stands at my athletic events, sacrificing his own pursuits to make sure, and was always there to cart me to one athletic event or another. He was there to counsel and just listen, when I needed an ear.

Those sacrifices are never more evident than when you become a parent yourself.

These days the roles are reversed. I'm the one doing the driving and buying dinner. My dad often stays under my roof, rather than me under his. He gave to me, and now I give to him, as it should be.

When he's not present, people always ask about my father. "How's your dad doing? Tell him I asked about him," people always inquire.

It's no wonder that they do. He's an engaging fellow, who can strike up a conversation with just about anyone. He taught me that you can learn more from others than you can listening to yourself ramble on. That the most fascinating people in life are the ones that do NOT agree with you.

He's content to spend an hour sitting on a bench on the boardwalk or at the mall, finding out a little about someone else's experience. Sit him on a park bench next to a guy in white robe and hood, and the stranger will say my dad was the nicest &*&# he ever met. I'd damned near guarantee it.



Glenn Thompson

So my father is in his element when accompanying me to a meet, given the idle time that is inherent waiting to compete. My dad may not always remember the names and faces, but those who spend a few minutes in conversation with him never forget him.

My dad is good for a few jokes as well, many of which come at his expense. We roast him for his dietary habits to no end. But there are also some great stories involving his prosthesis, eyesight, a remote control PDA and why Rosa Parks really refused to give up her seat. I won't go any further, since I am not granting him rebuttal space. But inevitably, when my dad is along, someone has to rehash a few of the stories. I have good laughs with my father that give me side stitches and cause my eyes to blur.

Having been a foster parent for the last 18 months, I've come to gain a greater respect for the power of a parent's love. The foster care system is full of great kids with incredible potential, who through no fault of their own, were failed by their parents. Who are fighting an uphill battle before they even know the rules of the game.

Too often we wait to express our thanks through a veil of sorrow, in the form of a eulogy. Don't wait to tell those special people in your life how much they've meant to you, be it a parent, teacher, coach or friend. They reaffirmed your efforts. You owe them a return affirmation.

I don't profess that my old man is worthy of sainthood or better than anyone else's. He's had his ups and downs, just like the rest of us. But he always put his kids first, and because of him, my sister Joyce and I have met success in our personal and professional lives.

Hey Pop, thanks for everything. I'm your biggest fan.
LSTJ



Pop

Jarred Rome and Ian Waltz are...

BROTHERS IN ARMS

By Glenn Thompson

Neither could have known it as athletic youth in the Pacific Northwest, but Jarred Rome and Ian Waltz were on a collision course. Typically when two powerful objects collide, there is significant damage and neither party is better for the experience. In the competitive arena, athletes are all seeking to stand atop some mountain, some bigger than others. Emotional and physical casualties are inevitable. But Rome and Waltz have managed to turn their mutual love of the discus, fierce competitive streaks and desire for the same ultimate goal, into a bond rather than a divisor. A bond that took them all the way to Athens, and promises even more in the future.

Wanted To Be A Husky

"I started playing basketball and football for the YMCA and Boys and Girls Clubs when I was in 2nd or 3rd grade," recalls Rome. "I was a quarterback on the football team and center on the basketball team all the way up to my senior year in high school, and also played defensive tackle my senior year."

Rome found track during his sophomore year in high school at Marysville-Pilchuck (Marysville, Washington).

"My football coach wanted all players to do other sports in the spring to keep in shape, so I decided to try track for fun." Rome participated in the long jump, 100 meters, 4x100m, high jump, and of course, the shot and discus.

"I had a really good throws coach who went to Washington State to throw in college, so I was very lucky," he recalls. "I wasn't really interested in track until my senior year when I hurt my left knee during double days in football."

The injury caused Rome to miss much of his senior year, and as a result, the scholarship offers started to dry up. The gridiron's loss would be track and field's gain. "I decided to take throwing seriously so I could hopefully get a scholarship."

Rome took it seriously enough to post prep bests of 178'11" in the discus and 58'6" in the shot. Something of a late bloomer, the future Olympian never stood atop the podium at States, but did place second in

both events his senior year (1995).

"My whole life I wanted to be a Washington Husky," says Rome. "Unfortunately they were recruiting and signed a phenom by the name of Ben Lindsey, so I was asked to walk on. I took a trip to Boise State and just loved it there. Plus they wanted to give me a 90% scholarship. I almost went to Washington State, but their main recruit was Ian, so they didn't want to give me much money either. Both of those schools already had their big horses and I wasn't one of them. Their mistake!!!! So off to Boise State I went. I also felt that I wouldn't do that well in the Pac-10, so I thought I would fit better in the Big Sky Conference."

Rome's inner drive has been fueled by his lack of relative success as a prep. "I was never the best when I was younger, which made me work harder than someone who had success early," he says. I told myself for years that I would never give up until I was the best. I knew I had the talent and that gave me the work ethic."

My Summer Vacation

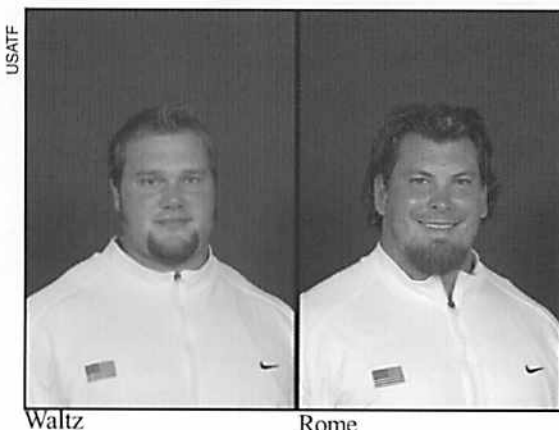
"I lived in a small logging town in Oregon and 6th, 7th, and 8th grades made up our 8-man football team," recalls Waltz of his first organized athletics experience. "I played running back, and the center would just hike the ball and then I would run. I remember scoring six touchdowns a game my 8th grade

year. It was funny because we would go into the big city and they would laugh at us. And we would proceed to run the score up on them."

Waltz played basketball and baseball through junior high. His school was too small for a track team, but he would shortly find his way to the sport.

"We were on a summer vacation to Coeur d' Alene, Idaho and our family ended up really liking the area and thought it would be a nice place to live," recalls Waltz. "My mom put in for a transfer with the USDA, and at the conclusion of my 8th grade year, we packed up and moved to Idaho."

Waltz had to make the transition from "a class that



Waltz

Rome

included 12 kids to a school (Post Falls) that had over 1000 students." Adapt he did, however. "What a blessing the move turned out to be. If we hadn't moved I would never have had the opportunity to learn to throw and wouldn't be an Olympian today."

Through high school Ian was a successful football player earning All-State honors his senior year as a defensive end. He doubled on offense as a fullback.

Waltz was first exposed to throwing his freshman year at his new school. "I remember walking down the hall one day and the throws coach, Dan Nipp, coming up to me and saying, 'You are a big guy. Why don't you come out and throw?'" Waltz gladly agreed and soon found himself staying late after practice working on his technique.

"I didn't really care about the discus my freshman year. At the regional meet I thought I would try a full spin and I threw 118 feet," he recalls.

Waltz placed second in the discus at States his sophomore year, and progressed in his junior year to state champ in the shot. By his senior year he was a double state champion. "At the State meet my senior year, after my second throw they pulled the tape to measure my throw and [the tape] was too short," recalls Waltz. "They marked where the discus had landed and ran around trying to find a tape that was long enough." A tape was found, and a new state record was promptly measured.

Waltz counts his biggest prep accomplishment as being national champion in the discus. He also finished 8th in the shot at Nationals. In an incredible year, he broke at least one meet record at every meet he competed in and was named Gatorade Athlete of the Year along with being the Inland Northwest Athlete of the Year. As a senior Waltz cranked out personal bests of 203-9 in the discus and 63-0 feet in the shot.

Contrary to Rome, Waltz had his eye on throwing in college all along. "Washington State didn't come into the picture until the last moment," he recalls. "I was recruited mainly by Minnesota and Boise State. I ended up picking WSU because they had great facilities, good coaches, a Pac-10 school, and I would be somewhat close to home."

Rome and Waltz had met for the first time at the Simplot Games in Pocatello, Idaho their senior year. The friendship took hold during a joint recruiting visit to Washington State later that year. Although they would end up at different institutions, that friendship would continue through their collegiate experiences, and form an even stronger bond later.

Thriving In College

Rome was a three-time Big West Conference champion in the discus and set the all-time conference record at 210' (64.00m). He placed second in the discus at the NCAA Division I Championships behind Jason Tunks, when Rome was just a true sophomore in college (20 years old), finishing just 10" from gold (195'11" to 195'1"). His senior year he finished seventh in the discus at 200'1", and fifth in the shot with a throw of 63'5". As a Boise State Bronco, Rome was a four-time Division I All-American in the discus and twice more in the shot. His college PR's were an impressive 210' (64m) and 64' (19.50m).



Both Waltz (left at WSU) and Rome (above) have a fondness for iron.

Meanwhile Waltz was doing his thing in Pullman, Washington. He won three PAC-10 championships, was an eight-time All-American, and broke a 30 year-old school record in the discus. Waltz was also team captain for two years and still holds various strength and conditioning records at Washington State.

Where To Now?

"After college I was indecisive about what I wanted to do," recalls Waltz. "I knew I wanted to keep throwing because I hadn't achieved the full potential God had given me. I ended up moving to Boise, Idaho where I met up with Jarred and we started training together. I knew we would be good training partners because we both like to lift heavy weights, crush the discus, and have similar techniques."

The hardships of post-collegiate training were immediately obvious to Waltz. "It is hard to survive when you get out of college, trying to train and also working to pay the bills and eat half way decent. My first job in Boise was working for a concrete company six hours a day and then trying to train in the afternoon. Not smart, but it paid the bills at the time. After my first year I enrolled at Boise State and earned a minor in chemistry because I would be applying to pharmacy school the following year."

"After I graduated, I wasn't sure if I was going to continue to throw until Ian and Ben Lindsey moved to Boise to train," says Rome. "So I started to substitute teach to make money. It was very hard, but I was improving. My first year out of college I increased my PR to 215'3". By 2002 I was the number three discus thrower in the U.S. After my 2002 season I decided to go back to school for my Masters. Needless to say my 2003 season was my worst ever!

The Right Environment

After three years in Boise, Rome and Waltz decided they needed to go someplace where they could solely focus on training and get serious. "We both knew we had the potential to be the best in the country, but needed the right environment," says Rome.

At a throws camp in San Diego, Waltz and Rome spoke with Olympic Training Center Director Brooks Johnson about becoming resident athletes the coming year in Chula Vista, CA. With Johnson's approval, Rome and Waltz finished up school and moved to southern California.

"The Olympic Training Center is one of the big reasons I made the team this year," says Waltz. "The food, trainers, and staff here are awesome and they would do anything to make you better. I owe a lot to my coach [Brooks Johnson]. Not only is he a great coach, he is a great motivator. Everyday at practice he would say, 'These are the things you need to do to make the team.' And he was right. Through constant repetitions and smart game plans I was able to accomplish my dreams of making an Olympic Team."

Of Johnson, Rome says, "Brooks really works on physics and the basics. He doesn't get too caught up in what everyone else is doing. He focuses on what each individual athlete needs to do to throw far, and his main focus is on footwork. We take tons of throws each day, probably more than most people take. Brooks believes that if you can get your feet right than you can win on a bad day."

Rome says that, "In my earlier years I focused on strength, not throwing. Last year I threw the same amount of throws I probably did in the last three years combined."

"Brooks is a great coach," Waltz echoes. "He is very left side dominant in the ring. He watched and worked with John Powell for many years. He is also a great

motivator and made things simple in the ring. Everyday last year he would say, 'Ian, this is all you have to do to make the bleep bleeping team.' I threw twice as much last year as in the previous years and I felt like at any given point I could get in the ring and execute what I needed to do to throw far. He made me more consistent, confident, and an overall better athlete. Thanks Brooks."



Bith Waltz (left) and Rome showed potential with the big ball while in college.

"When I was a young and strong, I remember the only thing I wanted to do was to get in a good position in the middle and rip the crap out of the disc at the finish," says Waltz. "It is amazing how many years it

takes to finally start to figure out how to throw the darned thing. Right now my main goals are to go low and slow out of the back, have a sweeping right leg, get the hip around in the middle and stick my left leg down as soon as possible creating a huge pull on the discus."

Proof of the benefits of the Johnson and the OTC are evident in Waltz's breaking of a five-year PR drought dating back to his junior year in college, when he threw 64.44m. Waltz improved to 66.14m in 2004. "It has definitely been a long hard road for me," he reflects. "It was frustrating because I knew I had the potential to be good. I just wasn't in the right environment. Brooks and the training center last year put me back on track and I am looking forward to making more improvements this season."

A day at the training center includes breakfast before the morning training session, lunch and recovery in the early afternoon and an ice-cold whirlpool after the last session of the day. A typical day might look like the following:

9:00am-10:00am	Breakfast
10:30am-11:00am	Plyometric warm-up
11:00am-1:00	Throw
1:00-1:30	Run
1:30-2:00	Stretch
2:00-3:00	Lunch
3:30-4:00	Plyometric warm up
4:00-6:30	Lift
6:30-7:00	Stretch
7:00-8:00	Dinner

Waltz supplements his schedule with a few hours at a Rite Aid pharmacy each week. "All the athletes here are really cool and we enjoy hanging out, watching movies, going to the beach and going to [Tijuana] every once in a while to get a little crazy," he says.

Rome has also benefited from his association with BodyBuilding.com, whom he joined forces with in 2001. "They were my first major sponsor. They are located in Boise.

The company is great. They started out very small and have worked their way up to being the number one supplement company on the internet. They have helped me

so much and I am very lucky to have them. I plan on throwing for them for years to come."



Waltz

"Most people think I am a shot putter, and I am. I will not put that thing down until I throw over 70'. I definitely want to double. Every year I start throwing the shot and I get hurt, so I give it up in order to throw discus. For some reason the discus comes more natural to me, maybe because it is so light! I have changed my shot technique many times over the years as far as being a glider or a spinner. When I threw my PR of 66'2" I was a glider. I decided to try



Rome

the spin one day and PR'ed, so I guess I will stick with the spin!!!! Once I get some more practice with the spin and line it up, it will be gone. I

definitely see myself as being a top shot putter in the next few years."

What Happened To The Shot?

Upon meeting Rome, you are first overwhelmed with his mass. No two ways about it; this is a big man. So why isn't he tossing the shot with the rest of America's glut of talent in that event?

Waltz also demonstrated his potential with the big ball, but doesn't see it in his immediate future. "I am not sure about that darned shot put," he says. "I guess 20.10m isn't too bad, but my PR should be a lot farther in my mind. Jarred and I know we should both be 70 footers but we just can't seem to figure it out. It is so frustrating. I mean we are built like shot putters,

THROWING/LIFTING PROGRESSIONS

WALTZ

HIGH SCHOOL

[Bests: BP- 350, SQ- 600]

FR 45-5 118-0

SO 52-0 157-9

JR 58-6 159-0

SR 63-0 203-9

COLLEGE

[Bests: BP- 540, SQ- 600, SQ- 715x3, Hang Clean- 428]

FR 57-6 189-10

SO 62-3 196-10

JR 63-10 211-5

SR 63-5 200-0

POST-COLLEGIATE

'01 61-7¾ 197-10

'02 62-11½ 209-5

'03 205-2 (no shot)

'04 217-0 (no shot)

ROME

HIGH SCHOOL

[Bests: BP- 405, SQ- 455x5, No Olympic lifts in high school!]

SO 48-1 144-0

JR 55-10 169-0

SR 58-6 178-11

COLLEGE

[Bests: BP- 500x3, SQ- 700, PC- 410, Snatch 308]

FR 55-10 174-4

SO 59-10' 195-1

JR 59-2 196-2

61-8 (Indoors-Redshirt)

SR 64' 210'

POST-COLLEGIATE

[Front SQ- 500, Incline BP- 500, Power clean- 440, Push Jerk- 475 Bench- 550]

'01 215'1" (No Shot)

'02 216-3', 66'2" (first year w/spin)

'03 207'0, 63'

'04 221'6", SP 64'

and for sure don't have the stereotypical discus thrower body type. However, I think I am finished with the shot. I will be starting pharmacy school next year and one event will be challenging enough."

Catching Up With The World

Rome believes the key to Americans catching up with the Europeans is to begin the event at earlier ages. "I didn't start throwing until I was 16. Most Europeans start with their national coach very young and continue with them throughout their career. I have had seven different coaches in the last 11 years of my career. Plus, in the U.S., throwing is so upper body oriented. I learned to throw by using my arm not my legs; whereas, Europeans learn to use their legs. It's all about development. European countries have their national programs figured out."

Adds Waltz, "I think that Americans are in a great position right now to compete with the Europeans. There are a few of us young guys that have thrown far and will continue to get better and I know we can get some serious respect in the years to come."

Just Chillin'

"Ian and I do lots of camping or at least we did when we lived in Idaho," says Rome. The thought of these two in a tent would give second thoughts to any grizzly of reasonable intelligence. "We also enjoy walks on the beach together," says the chuckling Rome.

Waltz, displaying a similar sense of humor, mysteriously adds "trips to the beauty salon" to the joint activities list.

Spending so much time together, the two friends can tell a few stories about each other.

"He was doing sit-ups on a Roman Chair and I was assisting him," says Rome of Waltz. "All of a sudden he passed out and I had to grab him so he didn't hit the floor. When he came to, he didn't even know what happened. I was just holding him up and he was like, 'What are you doing?!'"

Waltz counters with, "It seems like everyday this guy is pulling out a new dance move. When we are lifting, he is constantly doing some cheesy variation of the Running Man or whatever he feels like. I think all those years of practicing in front of the mirror finally paid off (laughs)."

The Future

Both see another year at the Olympic Training Center before reevaluating their options. "I will remain at the OTC for another year and then will reevaluate my position there," says Rome. "It will be very hard to leave one day. If and when I leave, I probably will move back to my home area of Seattle."

Waltz is looking forward to returning to Washington State in the fall of 2005 to begin his doctorate work.

Rest assured that wherever these two young talents land, they will continue to chase that Olympic dream. And well after that dream has passed, they will remain, brothers in arms. *LSTJ*





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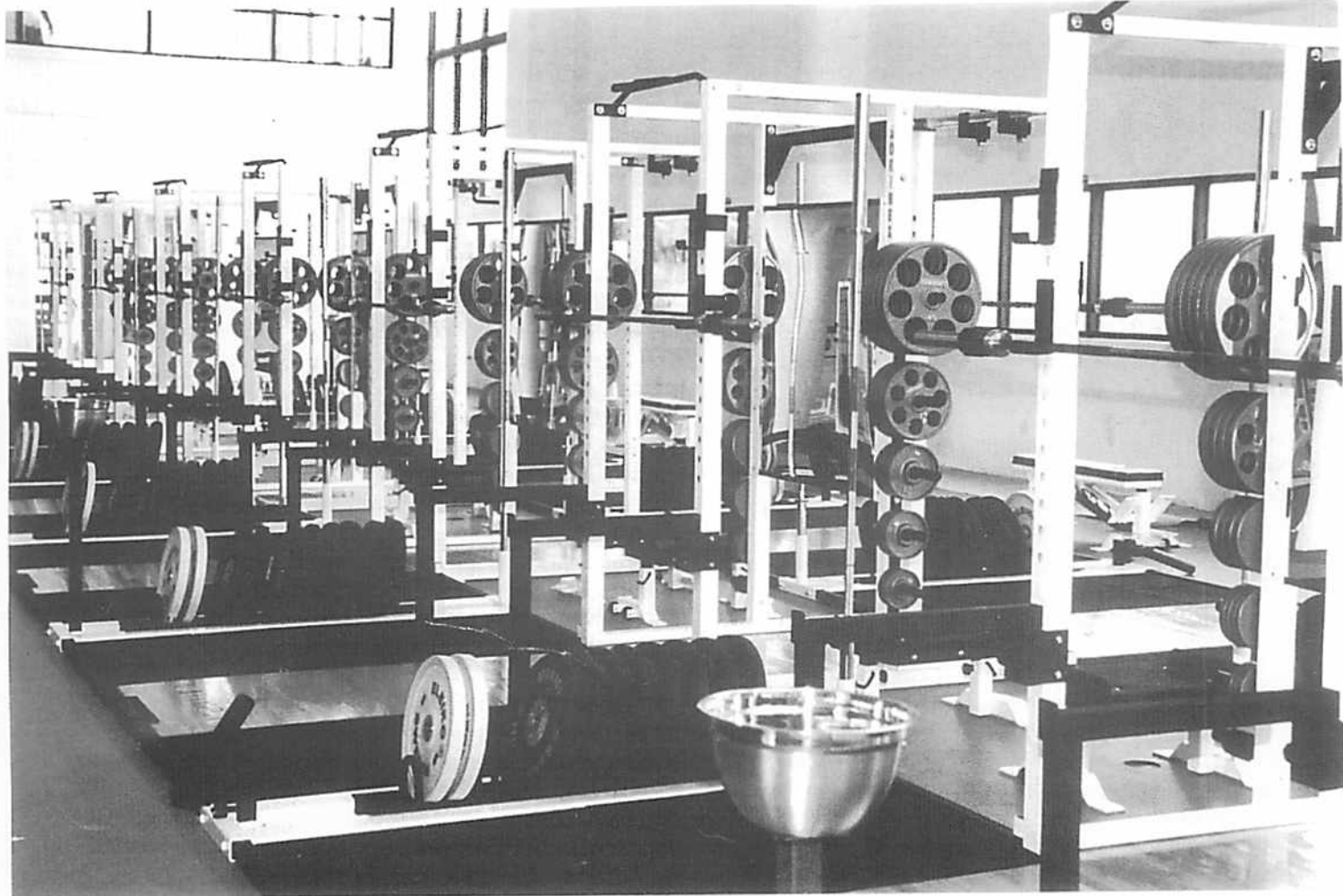




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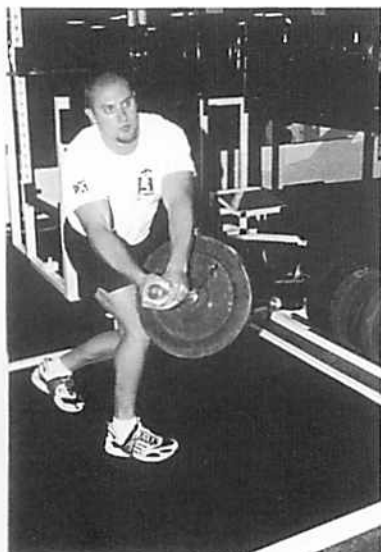
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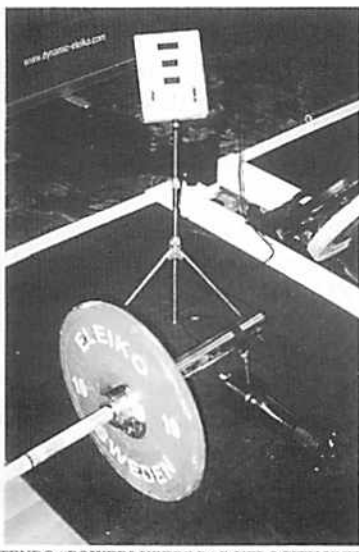
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2004 National Throws Coaches Association Conference

COME TOGETHER

By Glenn Thompson

*You need git up, git out and git somethin
How will you make it if you never even try?
You need to git up, git out and git somethin
Cuz you and I got to do for you and I
Git Up, Git Out- Outkast (1996)*

I had the pleasure of attending the second annual National Throws Coaches Association conference in Columbus, OH, over the weekend of November 12-14. I was quite excited about the opportunity, having missed the first get-together in California in 2003. I was attending as both a vendor (LSTJ) and coach, so I was planning on a very busy and enriching weekend.

I packed up my Dodge Stratus (147,000 miles and going strong) and headed west on the Pennsylvania Turnpike and I-70 through West Virginia and southern Ohio. After some torrential rains cleared, it was a smooth ride through the hills of western Pennsylvania, past Wheeling and into Buckeye country, with XM radio to keep me company along the non-stop five-plus hour ride.

So hyped was I that I barely missed skipping lunch and dinner, fueled only by vacuum-packed beef and cheese in accordance with my Atkins diet.

I rolled into the Columbus Northwest Marriot just before 4:00 PM. After setting up my table, it was time to mingle and talk throwing with LSTJ readers (your energy keeps me going!), coaches and athletes whom I only get to see at national clinics or competitions.

Elite athletes such as Carl Brown, Ian Waltz, Jarred Rome, Reese Hoffa, James Parker, A.G. Kruger, Travis Nutter, Lucais Mackay, Derek Woodske, Kibwe Johnson, Adriane Blewitt, Jackie Jeschelnig, among others, were seen making the rounds, freely interacting with conference attendees.

One observation, which was driven home again to me, is that not all elite athletes are outsized homosapien freaks. Hoffa, Parker, Waltz, Blewitt and Jeschelnig are all gifted champions who do not physically tower over their peers.

It was great to meet athletes such as Hoffa, Brown, Waltz and Rome, all of whom have been featured in this publication. It was also great to renew acquaintances with Parker, Blewitt and Jeschelnig, three great people that are easy to cheer for.

After the opening session at 6:30 PM, and the awards presentation and mixer that followed, it was back to the hotel. The lack of calories had caught up to me and I passed out like a sailor after a long night of shore leave.

I was back at it first thing Saturday morning. Two presentations were given during each session, so the challenge became to pick which of the two presentations in any session were of greater value. My weekend was focused on learning more about the hammer and weight and exploring advanced training alternatives. There were several presentations I missed which I was told were excellent.

At the end of Saturday's agenda, a bunch of us made it over to a nearby steakhouse and chowed down. It was a great experience to break bread with Hoffa, Bob "Coach Mac" Mackay, Anna Swisher (Williams College and LSTJ contributor), Mark Gottdenker (PSU), Lacy Johnson (Lock Haven- PA), and Mohammed Satara (N. Arizona). The great meal and conversation was topped by the bill that never came... "Dr. Bob" Silverman (father of UCLA's shot putter Jeremy) picked up the whole tab!

Sunday morning's sessions opened with a behind the scenes recap of the Athens/Olympia experience by Criss Somerlot, the U.S. Olympic Throws Coach for 2004 (see LSTJ- October, 2004).

By noon time, I was on the road, headed back to Pennsylvania. The weather was better on the way back, but that was negated by a wrong turn on the Pennsylvania Turnpike, which I realized maybe an hour too late. Oh well, I always wanted to see what Pittsburgh looked like.

I can best summarize the NTCA and my conference experience by recalling something from the radio. After dinner Saturday night, I did a little souvenir shopping for the family (did you know Sponge Bob Squarepants is a Buckeye fan?) and took a drive into Columbus and around the metropolitan area. While tooling around in my payment-free Dodge, listening to XM, the Godfather of Soul said it all so well:

*I don't want nobody,
To give me nothin',
Open up the door,
I'll get it myself.
I Don't Want Nobody (To Give Me Nothin')-
James Brown (1970)
*LSTJ**

Key Elements In World Record Discus Technique

by Vésteinn Hafsteinsson, National Throwing Coach Denmark

Introduction

Through history, discus technique has had some good technical representatives. This article is written to explain, in a simple way, my view of discus technique. It is built on the representatives whom I call Discus Legends. These are Wolfgang Schmidt, Mac Wilkins, John Powell and Jurgen Schult. Of course Jay Silvester in the early sixties, and Al Oerter even earlier, were both barrier breakers, but this article is still based on the first four legends referenced.

The article is also greatly influenced from my coaching of Gerd Kanter, the Estonian Record Holder, whom I have worked with for the last four years. It is also a fact that the great, yet simple, technique of the world's number one ranked shot putter in 2004, Joachim B. Olsen of Denmark, has had some influence as well, since I have been his coach for over a year now.

The picture that I put up here is still my own feeling for the discus after throwing it over 30 years, from six years of age until 36, and being a full-time thrower for ten years, and a coach for the last eight years.

This article is written in five parts to make it simple to understand: Swing, Turn, Sprint, Power Position, and Release. This is done to explain from my point of view how to think and execute discus technique. At the end of each paragraph is a review in a few words of the technical points discussed. The discussion level is for every one, but is built on the athletes that I work with now and that are on an international level. The reason I

build my view on the four legends is that, in my opinion, they are the best technicians ever. It is my true belief that this way of throwing the discus is the next world record discus technical model.

The Swing

It is very important to find your own

stance for your feet in the start of the throw before you start swinging the discus back. How do you find your stance? You find your strongest position, where you feel comfortable and strong. An easy way to find this position is to jump up in the air and see how you land. Many throwers have their feet too close together at the start, which will make it harder to develop tension and torque in the throw. In the starting position, have your toes point out in the stance and both feet on the ground with slightly bent knees.

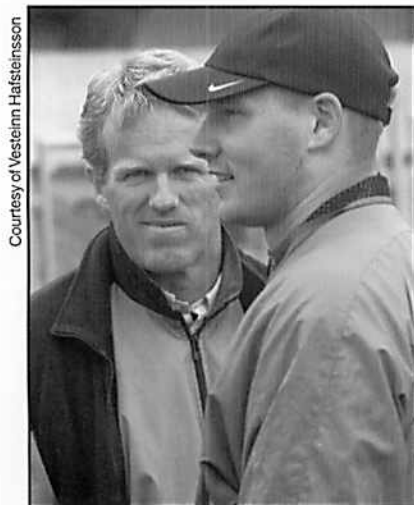
You can then start to swing the discus back. It is very important that this key element is done correctly, as it is crucial to the rest of the throw. If you are a right-handed thrower, swing the discus from left shoulder high where you support the discus with the left hand and make sure that the lowest point of the discus is straight in front of you. Then swing it up again to a shoulder height in the back. The main factor is the low point. Many times this is done incorrectly, even by top-level throwers. Make sure the low point of the discus is in front of you. However, the lowest point of the discus is only one foot lower than the highest point of the discus in the backswing.

Swing the arm as far as it goes, not further. You are never going to get dynamic moves from an overly long backswing.

The feet in the back of the circle are very important, as well as how you make the swing of the arm in relation to the feet. Then you start the back swing from the left shoulder and swing the arm down so the lowest point of the discus is right in front of you- then you have your feet fixed. Then the discus goes back and you keep your feet almost fixed, but a slight turn with the left toe and the left knee is possible. Make sure that you have contact with the circle with your left foot. The right foot stays fixed during the whole backswing.

The weight is kept over the left foot to begin with, shifts between the feet when discus is in front of you and slightly gets over to the right side when the discus is all the way back. Concentrate on having the weight more in between your feet rather than shifting too much.

The shoulders should be level at all times, without dipping in any way at the start or in the back. It is very important not to break your hips when the discus is all



Vesteinn (left) with Kanter

the way back during the backswing. Stay tight with your hips when you are all the way back with your arm, as if you would be able to do squats in this position. That means that you do not bend too much forward in the backswing. It is important to stay square and bend your knees.

The swing the arm is always loose from your body and never held back with triceps flexed. As your arm is going back you breathe out, which will make you relaxed and give a long, smooth swing. Make sure to keep the separation between your arms. John Powell teaches to stretch both arms back, which is an interesting concept, but very hard to copy. Rather I prefer to keep tension between the arms so the left arm does stay long and in front of you in the backswing.

Your head should follow your shoulders at all times. Do not look too far back or down.

Key Aspects of the Swing

1. Find your comfortable stance.
2. Make sure the low point of discus is straight in front of you.
3. Keep feet fixed during the backswing.
4. Weight is shifted from left to right, but is mostly centered between feet.
5. Shoulders are leveled at all times.
6. Make sure hips are strong and stable.
7. Arm is loose.
8. Breathe out at the end of the backswing.
9. Separation between arms is very important.
10. Head follows your shoulders.

The Turn

You start your turn on the left foot when you have the discus as far back as possible. Do not over-extend, but rather be naturally long and back and make sure the arm is loose. Turn the left foot on the ball of the foot. Do not roll around the edges of the foot. If you do not do this well, you should learn it. It is one of the most important technical points in the discus. When this is done, the weight shifts towards the left side and presses down on the knee.

At the same time, the right foot stays fixed as long as possible, and just before leaving the circle, it goes up on toe so the hip thrusts out and you build the reverse V position that is one of the key elements in the throw. If you look at this from the back of the circle, it looks like the thrower is hugging a tree. Jurgen Schult taught it that way. Feel like you're hugging a tree that you turn your right leg around.

When the right leg comes off the ground in this way, the foot is kept open in a Wolfgang Schmidt style. This makes the right leg go really wide which is the most

important element in the throw; lead with the inside of the thigh.

The right leg lifts at the back of the circle so the fall and movement of the left knee is easier to execute. It is hard to jump up if you do that and easier to keep contact with the circle. At the same time this is happening, the left foot continues to turn and stays on the ball of the foot and the knee goes down towards the circle. This combination is difficult to perform, but is an extremely important factor of the throw.

At the same time as this happens, it is good to let the whole body fall backwards, just slightly. It is called the backwards turn. You turn around the left foot with the knee really low and you have a very wide right leg with the foot open at the same time as you fall in.

Key Aspects of the Turn

1. Start turn on left foot when the discus is comfortably extended backwards.
2. Turn the left foot. Do not roll around it. Stay high on your toe.
3. Right foot stays fixed.
4. Create a reverse V position in the back of the circle.
5. Get on the toe of the right foot and thrust the hip out.
6. Lift the right leg slightly up at the back of circle.
7. Lead with the inside of the right thigh.
8. The left knee goes down towards the circle.
9. Fall slightly backwards.

The Sprint

The four key factors of the sprint are (1) the relationships between turning on the left foot (2) with a high wide right leg (3) while and keeping the left shoulder axis back and (4) getting off the left leg at the right time.

The left shoulder axis, as I call it, occurs when you hold the left shoulder in front of you as long as possible at the same time as the left knee is dropping down and the right leg is wide open. This develops extreme torque and power. You recall what Schult mentioned before. Instead of hugging a tree, you can imagine having a pole that goes through your left shoulder or a wall that is built straight through the circle.

This creates the second reverse V in the sprint phase when you lean toward the direction of the throw, falling backwards, going under your left shoulder. The masters of this have always been Mac Wilkins and Wolfgang Schmidt. One more legend to mention is Knut Hjeltnes of Norway. Of the modern throwers, according to Adu Krewald, a biomechanics from Estonia, Vladimir Dubrovchic of Belarus was the best one on this left shoulder axis movement. He had the

arm really swung away in the first part of the sprint, and then came back with a tremendous reaction in the second part of the sprint. Zoltan Kovago of Hungary is also very good on this, in combination with his great wide right leg.

When turning on your left foot, and at the same time having a wide right leg and a left shoulder axis that is kept constant, then you get off the left foot automatically. The toes of the left foot are then pointing towards the direction of the throw. That means that you get off the left early. At the same time, it cannot be done too early because of the risk of jumping up and away from the circle, which results in less speed and power. This is very important because of the reactive movement of the left foot towards the power position stance.

In the sprint phase the focal point is towards the left sector line. That means the low point of the discus is behind your back right in line with the left sector. That means the high point of the discus is also towards the left sector line in the power position. This is done very well by Schmidt, as well as by Schult and Powell. Of modern throwers, Virgilius Alekna of Lithuania was very good on this in 2000 when he threw his technical best. This aspect of the throw is very important, and I am surprised how many throwers do this incorrectly. Even among top-level throwers. Mac Wilkins did not do this well; that was the only element in his throw that I do not like.

You can push off with the left toe when getting off the left and the reaction is going to be very fast, but then you risk jumping up and losing speed and control. Instead, you should build up torque and tension that make the foot come off automatically, if you execute the three big points prior (left foot turn, wide right leg, left shoulder axis). You build up a rhythm that makes this happen without forcing it. Just be high and strong on the toe, and then you are going to get a tremendous feeling from the left foot at the same time as the knee is thrusting down.

The right leg then; is it active? Yes, but mostly wide. Keep it wide at the same time as the left shoulder is

held back towards the throwing direction. It can work really well to thrust the hip forward because the body is supposed to lean slightly backwards in the sprint phase. Nobody has been close to Wolfgang Schmidt when it comes to this movement.

Make sure that the left shoulder is in front of you, and do not keep it too high since it makes you jump up and lose speed and power. If the body tends to drop down a little in the sprint phase, allow it to do so. If the left shoulder goes away, we have a problem. If the arm swings away and comes back with a reaction in the second part of the sprint, then we are doing well.

The head follows the shoulders and leans back a little. Mac Wilkins was great on this. The sprint phase is not at all related to Al Oerter or Erik De Bruin of The Netherlands. It is a totally different technique with the left leg staying very long, and the upper body turning all the way around with a pre-turn on the right foot. There is nothing wrong with that technique; the concept of mine is just different.

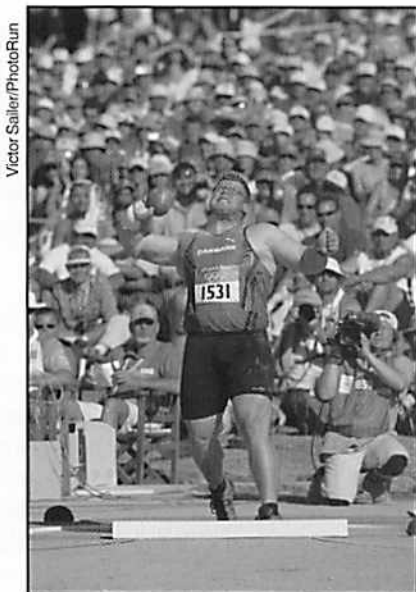
When the left leg comes off the circle, there are very different concepts of how you move it to the power position. I have concentrated less on this point for the last few years because I think it is very individualistic and is mostly caused by automatization, and not much by position. You have your move there, even if it is with a low long radius as Powell says, or with a heel up reaction and close between legs as Wilkins says. It all depends on getting off the left foot after building tension in the start with left foot turn, wide and high right leg, as well as keeping left shoulder axis back. The third reverse V position is created during this part of the throw.

Key Aspects of the Sprint

1. Left shoulder axis in relationship with left foot turn and wide right leg.
2. Create the second reverse V position.
3. Go slightly backwards into the sprint.
4. Focal point at left sector line, head follows shoulders, keep it a little back.
5. Get off the left early and automatically.
6. Get a natural reaction of the left arm in relation with getting off the left foot.
7. Stay high on your toe on the left foot.
8. Thrust your hip forward with a very wide right leg.
9. Left leg moves quickly in an automatic fashion toward the front of the circle.
10. Keep right arm down in the sprint face. Lift it up so it is highest in the power position when aligned with the left sector.

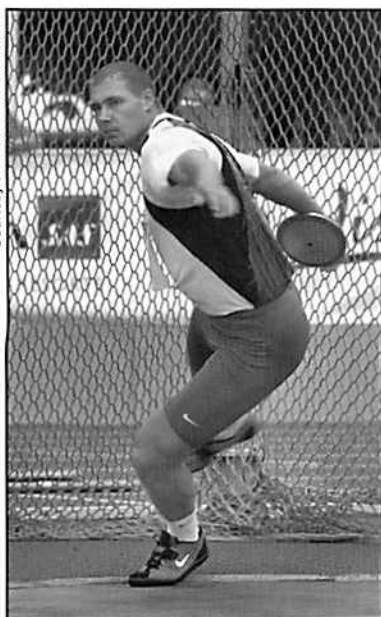
Power Position

When landing in the power position, the right arm is back.



Victor Saller/PhotoRun

Olson



Kanter

The high point of the right arm is towards the left sector line as mentioned earlier. The left arm is slightly bent, as through the whole throw, and in front of you. The left foot has come off very fast from the back of the circle and lands open and flat with the whole sole in the circle.

The right foot is high on the ball of the foot. The right knee is bent as much as you can. There is

tension in the fourth reverse V position that is created in the power position. The sight line is horizontal and never down because that makes your hips break. The hip is tight under the body and you are ready to explode from this position. This power position is the release builder of the throw. It is very often referred to as the rubber band effect, where everything is twisted up with tremendous tension, ready to be released.

Key Aspects of the Power Position

1. Land with arm back and high point towards the left sector line.
2. Left arm slightly bent and in front of you.
3. Left foot lands open with the whole sole of the shoe in the ring.
4. Right foot high on the ball of the foot.
5. The fourth reverse V position is created here within legs in a dynamic position.
6. Look horizontal.
7. Hip is under you, no breaking.

The Release

If everything is done well in the Swing, Turn, Sprint and Power Position phases, then the Release is totally automatic. You build torque and tension during the throw that are released at the end of the throw. You release the discus at the right angle, height and most importantly, with maximum speed.

The most important part of the release is automatic right leg turn and push. But you cannot forget the importance of the left arm that is actually leading the way before the legs move. This is very often hard to train, but can be executed very well naturally by some throwers. If this is done correctly, then you get much more lift at the release. After the turning the right foot

on the ball of the foot and lifting left shoulder up to build tension between your shoulder blades, you hit a "brick wall" (Mac Wilkins style). Fight the reverse by thrusting your hip forward with both legs on the ground as long as possible. Wolfgang Schmidt was a master of this.

Make sure that the discus pathway is going to be away from your body and wide away from the direction of the throw. This means that you have to bend your legs. The right leg is pushed up from this position and as much vertical lift as possible is generated. At the same time you push up with the left leg as Schmidt was so good at. The reverse happens as late as possible and the right leg lands where the left used to be, with the thrower being as upright as possible.

The main thing is automatization as Wilkins said. You do not need to think about what you do here; it just happens. The main thing during the release is to think how you get in to the power position. Maximum torque and tension are important. You should feel like you just released the discus easily, but with a lot of power and at maximum speed. Tony Washington was outstanding at this.

Key Aspects of the Release

1. The release should be automatic.
2. Torque and tension is built up during the throw to be released at the end.
3. Maximum speed is most important at the moment of release.
4. Right leg turn and push, in that order, is the most important factor.
5. Left arm movement is hard to train, but is actually the first move of the release phase.
6. Hit the brick wall with your left side.
7. Fight the reverse by standing long on the ground with both legs.
8. Discus is kept away from body.
9. Push up with right leg, and left leg.
10. The Reverse happens as late as possible.

Finally

The discus is so simple, but so complicated. After I threw my best throw ever in a competition, it felt so simple, but the way towards it had been long and hard. I guess it is like with everything else in life; it is hard until you learn it. And you can only learn it by doing it and thinking about it. There is no right or wrong technique—only your technique. It takes you a long time to develop it. The most important thing is to throw the discus and do a lot of repetitions. You are only going to be good on throwing the discus by throwing the discus.

You get tired by throwing a lot, but you throw yourself into throwing shape. It can be worth being tired for months because of lots of throwing, since it is going to get you

to another level. After you get there, you will be able to throw much more with a much better technique and also much farther.



From left to right: Simon Stewart, Hafsteinsson, Kanter, and Olsen

Do not spend a lot of time throwing heavy or light implements or turning backwards or throwing with your opposite arm. It is fine to do, but do not get carried away and let that take over your training. You only get good by doing what is most important: throwing the discus.

Rhythm, acceleration and maximum release speed are very important. Every bit is as important as the positions. You are the way you are. Sometimes it is very hard to change positions, particularly at a certain age. Then you can throw twice as much and get the body to do your moves more often. That makes your speed better in the circle. You will be able to execute your moves rhythmically with better acceleration as well as speed during the release. This can only be done with a lot of repetitions.

Throw the discus; love the discus. Combine it with a well-organized strength training program, including Olympic and power lifts, and it will lead you towards having a world-record discus technique. *LSTJ*



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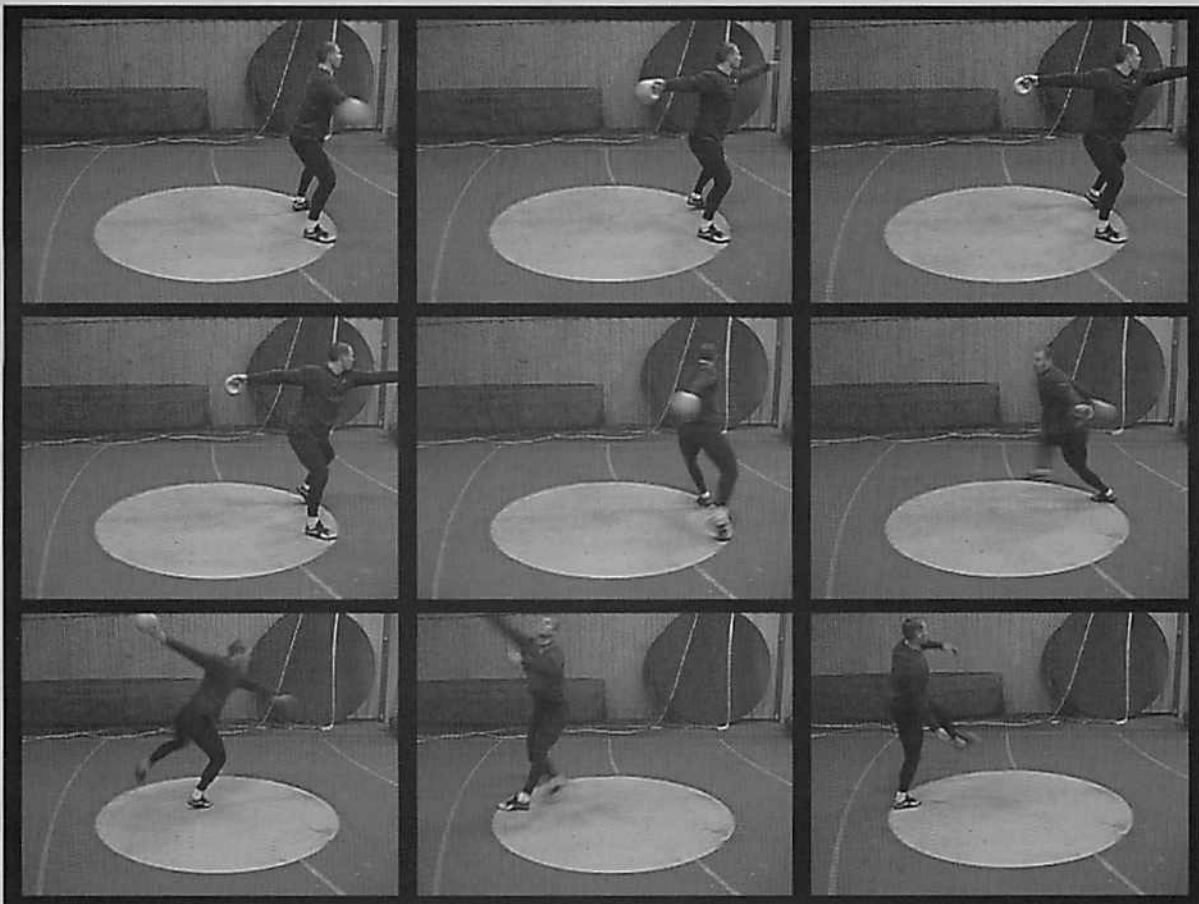
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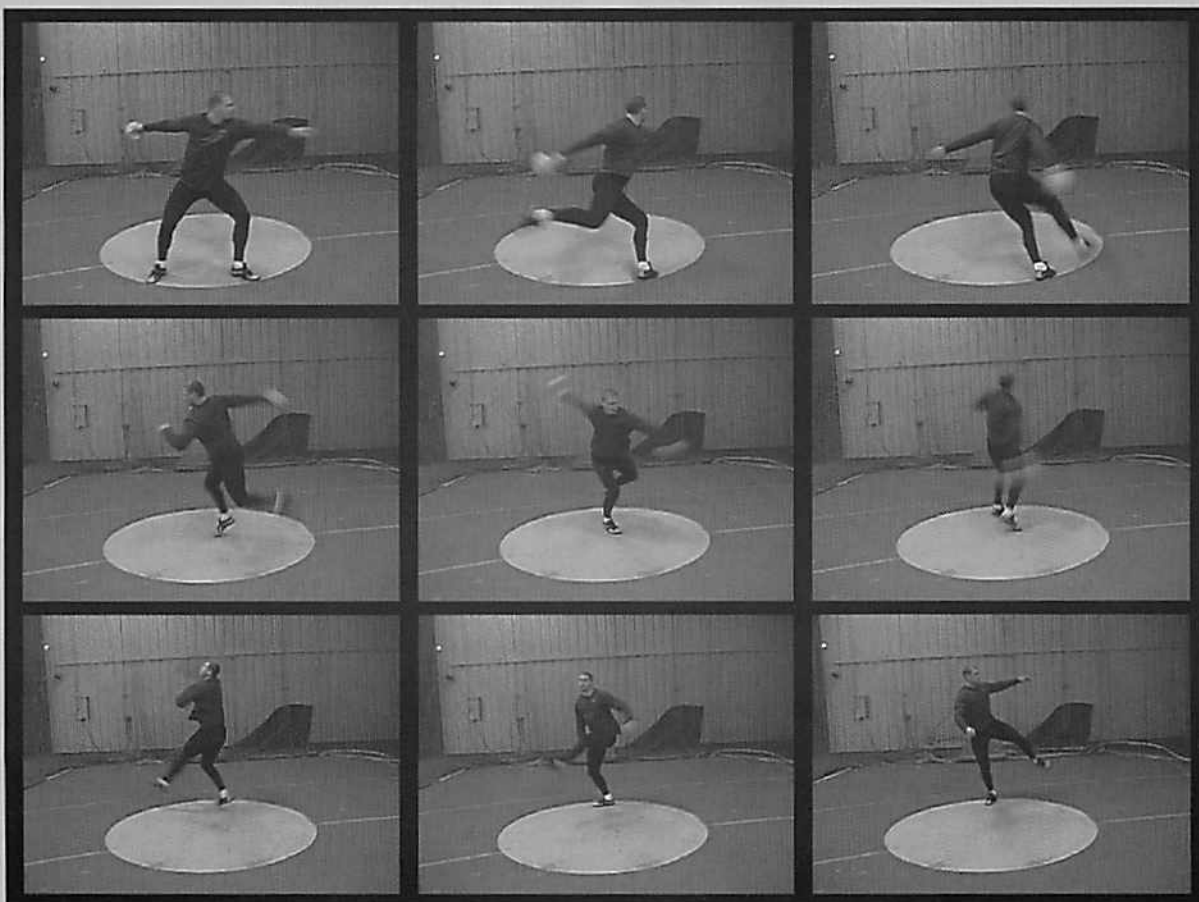
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Powerball sequences of Gerd Kanter



Medicine Ball Training for Throwers

Michael Boyle, Elite Conditioning Inc., Reading, MA

Power development for throwers is often limited to Olympic lifting and plyometric drills. In recent years medicine ball training has made a comeback to become an integral part of training for any athlete interested in power development. The development of a wide range of both elastic and non-elastic medicine balls has re-popularized a long-lost technique. For throwers the opportunity to develop rotational power is the primary benefit of medicine ball training. With both plyometrics and Olympic lifting, power development is uni-planar with no trunk focus. Medicine balls can be a tool like Olympic lifting and plyometrics for the trunk musculature. I often tell our athletes and coaches to think of medicine ball training as Olympic lifting for the core. The medicine ball as a tool for power development is unparalleled. No other training mode provides the specific strength and power potential of the medicine ball. Rotational medicine ball throws are the key to developing torso power for athletes involved in the throws. The new rubber medicine balls combined with a masonry wall are excellent for these applications due to the elasticity of the ball.

For overhead athletes like the javelin thrower, the medicine ball provides great eccentric training for the rotator cuff while developing power in the core muscles. In addition, for all throwers, total body power can be developed through total body throws with heavy balls. Total body throws should be done in a large open area and are great to simulate the actions of the Olympic lifts. Total body throws are particularly useful for coaches who do not feel comfortable teaching Olympic lifts. Balls like the Dynamax Ball and the D-Balls are excellent for these applications as they do not bounce. The Dynamax balls are also great for exercises like Medicine ball bench presses. Medicine ball bench presses are excellent for upper body power for larger athletes since they do not stress the rotator cuff and shoulder like plyometric pushups and other bodyweight upper body plyometrics. The Dynamax ball can also be caught with minimal stresses on the wrists due to its soft feel.

The limit to the medicine ball is the limit of the coaches' imagination.

For rotational throws it is best to find an area with a masonry wall. In rotational throws the athlete can throw as hard as possible against the wall with balls in the 4-5 kilo range to develop true power in the core and hips. Excellent imitative drills for throwers can be developed once the athlete masters the basics.

Rotation Progression

The rotational progression begins with the athlete on both knees in what is called a "tall kneeling" position. Tall kneeling is a position with the athlete kneeling and the hips extended. Beginning with kneeling eliminates the ankle and knee joints and exposes weaknesses and compensation patterns that may not be visible in standing throws. In addition "tall kneeling" teaches the athlete to use the glutes. For rotational exercises use heavier balls to force the core to work. Adult males can start with 4-5 K balls.

Rotation Progression:

- 1-Kneeling Front Twist- (facing wall, 2-3 feet away)
- 2-Kneeling Side Twist- (90 degrees to wall, 2-3 feet away)
- 3- ½ Kneeling – front and side. Half kneeling is a one knee down position. These throws can be done with the inside knee up or down.
- 4-Lunge Position- same throws as above. Throwing from the lunge position challenges stability, strength, and flexibility. In addition, throwing from the lunge position develops isometric strength. Lunge position throws may in fact be harder than standing.
- 5- Standing- front and side
- 6- Standing with step
- 7- Single leg

In addition to developing rotary power, the same progression of positions can be used for overhead throws for javelin throwers. Overhead throws should be done with 2-3 kilo balls. Care must be taken when providing stress to the rotator cuff.

Total Body Power

As I mentioned in the introduction, the medicine ball is also a great tool for total body power. This is particularly useful for athletes that are unfamiliar with Olympic lifts or have injuries that prevent them performing exercises like cleans or snatches. In addition total body throws allow coaches uncomfortable with teaching the Olympic lifts to get hip and leg power work in a resisted situation.

Some suggested throws are from a squat position forward, a scoop type throw from a squat position, and throws from the lunge position.

It is important that athletes not attempt to catch a medicine ball thrown by a partner. Catching heavy medicine balls can be dangerous to both the shoulders and the fingers of the athlete.

Medicine ball throws should be treated like any other strength and power exercise. Twenty to 30 throws (2-3 sets of 10) of each type can be done twice per week. For rotational throws follow the progression above. As the athlete moves from tall kneeling, to half kneeling, and eventually to standing, the link between the hips and the hands will show rapid improvement. Throwers should perform rotational throws a minimum of two days per week, but a maximum of three days per week. Keep volumes low to moderate and tell your athletes to throw the ball like they want to break it. For throwers the medicine ball may be the most under-rated tool to develop rotational power. *LSTJ*

Michael Boyle is a Boston-based strength and conditioning consultant. Boyle is the author of *Functional Training for Sports and Designing Strength Training Programs and Facilities*. In addition Boyle has just produced a *Medicine Ball Training DVD*. All are available from Perform Better. (www.performbetter.com)



Mike Boyle

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Thanks,
Glenn Thompson
(Publisher)

Dick Cochran

The Discus World's Shooting Star

By Brad Reid

Olympic years unfailingly evoke memories of past Olympians: their successes and failures; musings over how former athletes compare to contemporary elite stars; and, even the environments under which the former athletes trained contrasted to today's often polished and more scientific approaches. So, every four years, it's not all that uncommon for our minds to conjure up images and event-specific remembrances as sort of a backdrop to the build-up for our own favorite athletes' upcoming performances. Many warriors of past Olympic Games lurk in the shadows as liminal forms, and we can almost hear faint echoes from the roars and gasps of the spectators as these athletes performed on the biggest stage in world sports so many years ago.

LSTJ Editor, Glenn Thompson, had more than just such a passing memory when he actually met, visited with, and secured a promise for a personal interview from Dick Cochran while at an Ironwood throwing camp recently. Cochran, of course, was the discus bronze medalist at the 1960 Rome Olympics behind Al Oerter's gold (his second) and Rink Babka's silver. These three talented athletes accomplished the same improbable feat as the American shot putters of that same Olympics by securing all three medals in a tough competitive field. How would a young discus thrower, just a few months out of college, manage to secure a coveted medal at an Olympics where a more mature defending champion, Al Oerter, was back and ready to throw again, where Edmund Piatkowski had established a world record distance of 59.91 meters as recently as June 14, 1959, and Rink Babka had tied Piatkowski's world record as recently as August 12, 1960? Just to heap some more pressure on the young Cochran, the Russians and other Eastern Bloc countries showed up with their usual bevy of throwers with world record distance potential. For Dick Cochran to accomplish his goal of bringing home an Olympic medal, he'd have to have one of his finest competitions ever.

Dick Cochran was no average performer by any means as he had won three consecutive state high school championships in Missouri riding his long and lean body type with a buggy whip arm through that lengthy streak of dominance. After throwing a promising 161' as a freshman at the University of Missouri, then 173' as a sophomore, Dick rolled off two consecutive victories at the NCAA Outdoor Championships over his junior and senior years with winning distances of 178'-0" in 1959, and 188'-3.5" in 1960. To contrast these distances with Al Oerter who was two years ahead of Cochran age-wise,

Oerter's best NCAA Championship mark was a distance of 186'-2" in 1958. Cochran's best distance was dangerously close to the NCAA Championship record of 190'-7/8" set by Sim Iness back in 1953, a distance that would stand until Randy Matson finally exceeded the mark in 1966. By the conclusion of Cochran's collegiate eligibility, he was widely regarded as one of the finest discus throwers in NCAA history.

NCAA Titles and Big Standing Throws

Contemporary throwers often minimize the value of standing throws as it pertains to results in the ring throwing with a full turn in a competition, and perhaps rightly so. But, as will be discussed a bit later, less was known about the science of discus throwing in the mid and late 1950s and standing throws were deemed a valuable training tool. Cochran, with his long levers, was both equipped for and a devotee of standing throws in practice and as warm-ups in competitions. Cochran recalled a worthy competitor from the west coast at the NCAAs his senior year. In his warm-ups prior to the actual event, Cochran unleashed a standing throw that sailed beyond the 170 feet mark thus deflating any prospects of his chief rival that year hoping for an upset. Cochran won going away to capture his second consecutive NCAA title. The long stands were strategically important to Dick as he believed that a long standing throw set him up for great full throws. In this particular case, it also knocked the wind out of his competition.

The 1960 Rome Olympics Men in Black...

One of the most memorable pre-event occurrences for Dick occurred shortly before throwing began at the 1960 Rome Olympics when he was approached by a couple of men presumably from the State Department wearing dark suits, white starched shirts, and dark ties. In a sort of odd exchange, the State Department representatives talked to Dick and several others telling the athletes that they didn't care how they personally placed or whether they medaled at all, but not to let the Russians win any medals. Dick was amused by the interlude but never fully comprehended its intent. Other than throwing far, what he and the other Americans could have done to keep the Russians out of the medal placings was a mystery. To the author, I suppose if nothing else, it points out the nature of sport and its heightened role in world politics back in the days of the Cold War.

The Olympic Competition

If Dick needed to worry about his performance, it didn't

occur in the preliminary qualifying rounds where he managed to exceed the 172' automatic qualifier on his first effort. Babka, too, qualified easily, but Dick recalls Oerter burying his first throw at about 155 or so feet. Oerter came back on his second throw with an easy qualifier. Eight men advanced to the finals and all three Americans moved forward.

Since Dick had qualified seventh and the finals were slotted in reverse order, he was the first American to throw. The sector in those days was much wider, and Dick picked up the most favorable target area to take best advantage of a quartering wind coming into the throws field. He actually set up to release slightly out of bounds down the right sector line hoping the natural right-to-left fall of the discus would pull it back in bounds. Dick recalls his first throw being very long, perhaps long enough to win the gold medal, but it fell a few feet outside the sector for a foul. Dick recalls Oerter and Babka also flirting with the sector line within their throw series too.

As the event unfolded, Oerter and Babka pulled up into the top two spots, but Dick was still struggling and back in seventh place failing to put any reasonable pressure on the medal outcome. The ring felt a bit slick to Dick and he was wearing new shoes made especially for him with a heavier sole. Dick recalls readying himself for his final throw when he heard a man yell, "Cochran! Get the lead out!!!" To this day, he still doesn't know who yelled the encouragement, but Dick got off his best throw of the competition hitting a distance of 57.16 meters (187-6) to pull all the way up to third place behind his two American teammates. His best throw, showing such a marked improvement in distance and one that catapulted him into medal contention, seemed to disorient the Russian and Eastern Bloc competitors who saw their chances of medaling fading away. On their remaining throws, they pressed too hard and failed to overtake the Americans, so Dick's one and only really good throw held up for the bronze medal.

Cochran's late surge managed to successfully achieve the goal of the "men in black": no Russians at the medal ceremony. That the three Americans all medaled, well, it seemed implausible at the time with so much powerful foreign competition, and it would mark the end of the almost total dominance our shot putters and discus throwers enjoyed over the rest of the world at an Olympic Games. And, for Dick, it was all about medaling at the Olympics: the bronze medal would suit him just fine. His only fear prior to his one great medal-winning effort was going home after all the preparation and the support of friends, coaches and family without having put in a respectable performance. Dick ended up with a great result, an Olympic medal, and his athletic objectives had all been achieved.

Discus Results – 1960 Rome Olympics

1. Al Oerter, USA, 59.18m (194-2); 2. Rink Babka, USA, 58.02m, (190-4); 3. **Dick Cochran, USA, 57.16m, (187-6)**; 4. Jozef Szecsenyi, HUN, 55.79m, 5. Edmund Piatkowski, POL, 55.12m, 6. Viktor Kompaniyets, SOV, 55.06m, 7. Kim Bukhantsev, SOV, 54.78m, 8. Carmelo Rado, ITA, 54.00m;

Cochran's Competition

I asked Dick about his American rivals: Al Oerter and Rink Babka. He allowed that he was not an especially close friend of his two Olympic teammates off of the field, but got along very well at the various meets when he encountered them in competition. And, at the Olympics, all three encouraged each other enthusiastically. The 1960 Olympics, of course, embodied one of our sport's better known acts of teammanship when Rink Babka, who had been leading Al Oerter through the fourth round, advised Oerter of a technical flaw (Babka told Oerter he was carrying his right arm too low) that he thought was holding him back a bit. Oerter summarily made the appropriate adjustment on his fifth throw and surged ahead of Babka to win his second consecutive Olympic gold medal.

Recollections

In general, Cochran recalls Al Oerter as being very impressive in a physical sense, a powerful, fast thrower in the ring, and fiercely competitive. Fiercely! At the 1959 Pan American Games the prior year, the two found themselves assigned as roommates, but Oerter just couldn't bunk with someone he'd be trying to defeat a day or so later, so he asked and was granted a reassignment of rooms. Dick understood this well, and no offense was taken at all, but it serves as an example of how competitive and serious Oerter was about his sport. Oerter won the gold at that meet with a throw of 58.12 meters to Cochran's silver at 54.44 meters. According to Cochran, Oerter's competitiveness was inwardly directed and that he never recalled any antics or incidents that could be remotely construed as unsportsmanlike conduct. Oerter simply wanted to win all of his competitions, but always fairly, honestly while respecting his competitors.

Cochran went on to describe Rink Babka as the greatest under-developed discus thrower he'd ever seen. Babka was tall like Cochran at around 6'5" but a more imposing figure at 265 lbs. and just physically impressive. He threw using an upright style and possessed what Dick thought was a great sense of ring balance. But, Dick seemed to think Babka had his mind on other things, especially a looming professional football career, so while he was a great discus thrower, it didn't appear to be his primary focus as it was for Al Oerter.

Training – 1950s Style

Discus training for Dick was centered on a heavy volume of throwing including lots of standing throws: seven days a week with a volume of 125 to 150 throws each day. Only a modest amount of weight training was added in his final year or two in college. But even the modest weightlifting, limited primarily to upper-body work like chest flies, with a bit of squatting and back work, helped him pull his bodyweight up to 230 lbs. on a 6'5" gangly frame. Dick's success as a discus thrower would center on his long levers and technique, not the heavy weight training routines that had already managed to infiltrate training programs for athletes attending the larger east and west coast schools by the mid to late 1950s. Dick, you see, was a kid from the Midwest where things were often simple and straightforward. To throw well, Dick primarily threw and threw a lot. Missouri is, after all, the "Show Me State," and Dick's high school, collegiate and Olympic Games performances validated his straightforward and simple training regimen and made him a poster boy for the very essence of that Missouri nickname. No need to ask Dick Cochran how much he could squat or bench press, just let the record books "show" you what he accomplished from a discus ring.

The Science of Discus

It wasn't until his coach, Phil Brusca, converted Dick to the full turn we all are so familiar with today that Cochran first used a contemporary full turn throwing motion. To that point, he employed the then-common three-quarters turn and release. Of course, when he first started throwing, rings were often simple dirt surfaces, not concrete structures, and that one aspect alone greatly affected the throwing style of the day. Cochran and others learned to pick up their feet quickly - pivoting with cleated shoes on dirt was an awkward grinding affair - and the rapid foot pivoting we see performed by contemporary discus throwers was not nearly as evident then. Too, old film clips show that discus throwers landed more fully turned in the middle of the ring than many contemporary throwers, again a concession to the cleated shoes many of them wore as neophyte throwers. Evidence of accommodating different ring surfaces early on in their throwing years would be visible in many throwers for the remainder of their athletic careers. Cochran recalls that the very early Oerter style showed him pivoting out of the back of the ring on the heel and outside edge of his left shoe, not up on his toes, an early adaptation to prevent his cleats from biting into the ground. To Dick, the early Oerter style almost looked like the foot action of a hammer thrower.

Throwing Influences

After viewing old throwing footage of Sim Iness winning the Olympics with a non-reverse style, I asked Dick whether he thought the results of the 1952 Olympics influenced the development of fixed foot, non-reverse

throwers we see in so many Europeans today. Dick commented that he thought it was possible, that the Europeans saw something in the Iness style and adopted it for their throwers. Cochran and his contemporaries too, studied the Iness style and were influenced by it, and many of the taller athletes blessed with long throwing levers started out as fixed foot throwers but generally converted over to full reversers as rings were made faster by the introduction of concrete when cleats were no longer necessary.

A final aspect of the sport that seemed to have changed in the author's mind anyway was the seemingly heightened emphasis on discus flight for throwers of that era as compared to contemporary throwers. My first thoughts on this formed after reading a performance review of the discus event at a fairly recent national meet by Jay Silvester. Silvester commented more on the aspects of the flight of the discus for various competitors of the event than in any other review I had personally ever read. Dick responded by saying, yes, they actually trained to control the flight of the discus quite a lot which led to such training adaptations as throwing not only for distance, but to marked spots on the field for accuracy. Part of this, he opined, was that the much wider sectors of the day meant throwers had more strategies available to employ angling for a good wind, and, since so little else was known or taught about the mechanics of the discus throw from within the ring, a good discus flight was worth perfecting. Dick recalls the simple goal of throwers in the 1950s was to turn and get into the throwing position as quick as possible, and then use the power developed training stand throws and good discus flight management for achieving the greatest possible distance. It wouldn't be for several more years, well after Dick retired from active throwing, that the science of discus throwing would be analyzed in a manner we benefit from today.

Contemporary Dick Cochran

Dick would have been content to just offer his respected and sought after advice to contemporary throwers and enjoyed doing just that until one fortuitous day when his wife learned that there was a senior meet nearby. She entered Dick in the meet. So, Dick ended up training a bit and making it over to the event with his trusty 2 kg. discus in hand (he still has the discus he threw at the 1960 Olympics). An official taking note of the large implement, mentioned to Dick that, in fact, his age group used a smaller, lighter discus. It took Dick a bit of time to get used to the smaller discus, but it all ended well with Cochran utilizing his innate throwing skills to quickly climb through the ranks of masters throwers in his age category. In the M60 age group, Dick threw 56.23 meters at one meet, and he has also had long throws in the M65 grouping over the past several years. It doesn't look like the recreational aspects of throwing will be over

for Cochran any time soon. He likes to throw and the physical activity, training, and attention to diet have all allowed him to drop a considerable amount of unwanted bodyweight. Throwing has, yet again, been good to Dick.

Conclusion – Over so quickly...a shooting star

Dick Cochran's prime athletic career was short but highly productive: three consecutive high school state championships, two consecutive NCAA titles, and one Olympic medal within months of the end of his collegiate career. Three, two, one, and it was over. Dick would come back briefly and throw a remarkable 212'6" in 1963, but other than a few meets that year, his elite career essentially concluded after the 1960 Games, the last year he appeared in the U.S. Discus rankings. It was a different world then and much harder for athletes to hold together long, sustained amateur careers. Since his distances compared very favorably with the great Al Oerter as a collegian and in their respective first Olympics too, I suppose the throws community will always speculate what might have been had Cochran trained all the four years through to the 1964 Olympics. Would he have enjoyed the same improvement in his

distances and the same outcome as Dallas Long, his counterpart bronze medal winner in the shot put in 1960, who improved markedly and went on to win a gold medal at the 1964 Olympics? Cochran certainly would have been a more mature and formidable thrower with the additional four years of training. The discus event favors maturity over almost all other events in track and field, but it's a topic that can only be discussed and debated now hypothetically; and, Al Oerter would go on to win his third gold medal in 1964 on his way to a record four consecutive Olympic discus titles.

If you attend the large national meets, masters competitions, or discus training camps, you may encounter Dick Cochran one day soon. If so, shake hands, intro-

duce yourself, and consider yourself among those fortunate to have made the acquaintance of one of our finest discus throwers ever. Dick Cochran's was a relatively short, highlight-filled career, but one of the finest in history for throwers spanning their collective high school, collegiate, and Olympic experiences. *LSTJ*



Cochran (left), shown at the 2004 IronWood camp, still cuts an imposing figure.

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Big Throws Clinics are mobile learn-by-doing camps. Our main objective is to provide the coach or athlete with a sound base of knowledge regarding the throws. All age groups are welcome!

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New Haven, CT

2004 Summer Javelin Festival

By Rich Destefano

I wish the Javelin Festival could have been three weeks long rather than just a weekend. There is so much good that comes out of functions like it and it was composed of some incredible people. People who have great passion for the sport and share the same intensity I have. Yes, I have officially retired from the sport, but will not part completely. I intend on helping others through clinics, future festival and coaching privately. I may not be in Beijing as a competitor, but maybe as a coach alongside some very promising future bright stars. Okay, enough bull...

The festival would have not have been if it were not for Joe Greenberg, Jesus Virella, Tom Pukstys, and our sponsors and volunteers. Thank you!!!

The festival was catapulted by Christina Scherwin of PA. She managed to launch a PR of 195', a possible Olympic qualifier. On her heels with some excellent throwing was Serene Ross of Indiana. She definitely has the tools to make the standard herself. She has intense fire and power. Pukstys threw well enough to capture the \$300 purse and a brand new watch. On his heels was Mr. Tennessee, Leigh Smith.

The competitions were followed by great learn-by-doing sessions on both days with the help of the elite athletes. As many as three or four dozen drills and helpful training strategies were shared and will help throwers train a bit smarter. The afternoons concluded with learn-by-doing throwing clinics that were led by myself and Tom Pukstys. Tom put tremendous effort into the weekend clinic and my appreciation goes out to him. The raffle was a big hit thanks to all my

donors and their kind gifts to the festival. A couple of new snowboards are now on the slopes.

The high school boys competition was captured by Matt Maloney of Rhode Island with 3-4 throws in the 200' range. Now a senior, he has aspirations of becoming one of our countries finest. He was joined in great throwing by Jackson Womack of New Hampshire. The girl's high school competition was won with 115' by Kendall Luy of Pennsylvania.

With the help of Mother Nature, the festival was a success. We logged over 175 in attendance over the two-day weekend. I think a good third of that came from the Italians from East Haven, CT in support of their pisan, Brian Chaput. Javfest was an awesome experience to hang out with guys whom I've trained with and competed against was awesome. Plus meeting a lot of new throwers who had incredible knowledge to share (in all areas) was great. Just wish

I was able to be involved in the competition and throwing. But hanging out with everyone was a great experience. *LSTJ*



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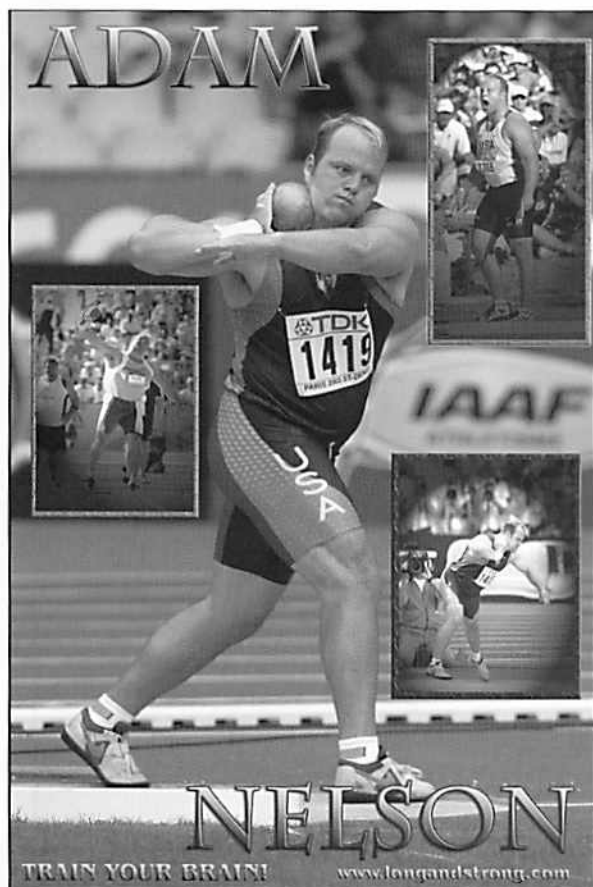
Women Javelin Throw

- 1 Scherwin, Christina Denmark 59.36m
- 2 Ross, Serene Unattached 56.46m
- 3 Bilodeau, Dominique Canada 48.79m
- 4 Reittie, Kateema Jamaica 47.94m
- 5 Carlsten, Emily Unattached 45.39m
- 6 Schultz, Kirsten Unattached 43.07m
- 7 Borawski, Joanna Unattached 41.04m

Men Javelin Throw

- 1 Pukstys, Tom adidas 76.36m
- 2 Smith, Leigh Univ of Tennessee 74.97m
- 3 Chaput, Brian Univ of Pennsylv 71.10m
- 4 St. Clair, Justin Btc 70.39m
- 5 Hetzendorf, John Unattached 70.20m
- 6 Viafore, Scott Unattached 67.35m
- 7 Alonzo, Daniel Dominican Republic 65.16m
- 8 DeStefano, Rich Unattached 64.89m
- 9 Burke, Adam Unattached 64.73m
- 10 Stiegeler, John Unattached 62.11m
- 11 Blose, Ethan Unattached 60.72m
- 12 McConnell, Ron Unattached 57.07m

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Glenn Thompson, Publisher- LSTJ

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Who should join? To carry the Long & Strong name, members should demonstrate (1) a sincere love for the throwing events, and (2) good sportsmanship. Kickin' butt in the circle, on the runway or behind the trig is a bonus!

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Yours in throwing,

Glenn A. Thompson
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Train Your Brain!

Dear Throws Enthusiast,

Please allow me to take a moment of your time to introduce you to the *Long & Strong Throwers Journal* (LSTJ). Since its inception in 1998, LSTJ has grown to 48 semi-gloss pages and is now mailed in an envelope to protect your valuable reading material. Year-by-year, issue-by-issue, I strive to improve the final product. Enclosed is a free copy of the April, 2004 issue to let you know what you have been missing.

LSTJ continues to be the only publication in the world dedicated to the throwing events in track and field. LSTJ is about more than technique and training. LSTJ focuses on the personal side as elite athletes and coaches give insight on the keys to success and the personalities behind their achievements. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJ's interviews with top name throwers such as Adam Nelson, Aretha Hill, Anna Norgren and Breau Greer as well as with legends such as Al Oerter, Kate Schmidt and Michael Carter are invaluable. Whether you are a coach, athlete, official, or a high school, Open or Masters competitor, it is crucial you never stop learning!

Enclosed in this mailing is a listing of all the issues published through April, 2004, and their contents. Please take a moment or two to peruse what you might have missed. Perhaps you would like to start a subscription, or just order some back issues. All you have to do is use the order form below, it's that simple!

Looking forward to having you aboard!

Glenn Thompson, Publisher- LSTJ



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Dear LSTJ Subscriber,

I've always said *LSTJ* has been more of a marketing than literary challenge. I'm continually thinking, "How can I expand the readership?" With that in mind, I would like to re-extend a previous offer.



If you know of one person who would benefit from reading *LSTJ*, buy them a one-year subscription. In turn, I will extend your own subscription by one issue for free! I'll also enclose a note to let them know where the gift came from. Can you think of a coach, athlete, official, fan, etc., who would not benefit from reading *LSTJ*? A young athlete that would be inspired by the interviews? A coach that could better serve their athletes? That sweet-looking thrower you've been trying to hook-up with??? *LSTJ* is the answer!

Sign two people up, extend yourself for two issues, three for three, etc.! Send me a hundred names, and I'll...well we can discuss that then! You say, "Hey, I like them, but not \$20 worth!" I respect that...just drop me five names and I will extend you for an additional issue.

Track officials and novice competitors often comment on how great the people are in our sport. I second that opinion and relish every moment I spend amongst my throwing brethren. *LSTJ* has allowed me to reach so many people in the throwing community nationally, and even internationally. I'm looking forward to expanding that network with your help.

Thanks for all your support of *LSTJ* over the past seven years!

Sincerest Regards!

Glenn A. Thompson
Editor/Publisher
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NATIONAL THROWS COACHES ASSOCIATION

The National Throws Coaches Association (NTCA) was formed in October of 2002 with 150 coaches interested in promoting the throwing events at all stages of instruction and competition. Since that time the NTCA has grown to over 4500 members. The NTCA is open to coaches at all levels of track & field for a one time fee of only \$50. Membership in the NTCA includes the following: Free NTCA Membership kit (with a free NTCA t-shirt); free monthly e-newsletter; free quarterly printed newsletter; eligibility to attend the NTCA Annual Conference and Clinic; access to the NTCA website



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Training the Olympic Lifts In Season

By Pat Corbett

In-season training is a difficult thing to manage when the time spent throwing takes up the bulk of training time.

Randy Matson the great shot putter, two-time Olympic medallist and first man to throw 70', used the 70-30% (pre-season 70% lifting and 30% throwing) progressing to 30-70% (in-season 30% lifting and 70% throwing) method of training.

This model is very effective in achieving both throwing and lifting goals. The following information will follow that model.

When deciding on which Olympic lifts/movements to make part of your in-season training, make sure to include those that will be the most beneficial to your overall power. A good way to plan your lifting is to include a pull, a push/press, and a squat movement into every session. There is a long list of possibilities for which lifts to choose from, but remember to do the lifts which you are the most familiar with and have experience performing. Do not add lifts that you are unfamiliar with. Learning new lifting technique will only add time to your lifting sessions that would otherwise be used for technique work and throwing time.

To maximize your time, you should perform those lifts that you have mastered. This will help to make lifting sessions more productive and time efficient. You should spend no more than 45 minutes in the weight room, three to four days a week.

Here is an example of a typical four day split.

Week #1

Day #1 Monday	Hang SN 3x3 @ 70% SN Pulls 3x5 @ 80% BK SQ 3x5 @ 70%
Day #2 Tuesday	Hang CL 3x3 @ 70% Push Press 3x3 @ 70% FR SQ 3x5 @ 80%
Day #3 Thursday	Power SN 3x3 @ 70% Incline Press 3x5 @ 70% BK SQ 3x5 @ 70%
Day #4 Friday	Power CL 3x3 @ 70% CL Pulls 3x5 @ 80% or Rack Jerks (alternate weeks, @ 70%) BK SQ 3x5 @ 70%

Week #2

Do your Hang and Power movements 3x2 @ 80%, Pulls 3x3 @ 90% and SQ 3x3 @ 80%. Alternate between weeks one and two during the in-season and stay with this schedule.

Note: You should always do 2-3 warm up sets before you get to your target sets stated above.

This schedule will help to maintain any strength gains made in the off-season and maximize your training time for your particular throwing event.

This model for training is based on sound evidence and past experience from one of the top throwers of all time and other athletes and throwers. It is also grounded in the idea that the athletes will train smart and hard in the off-season to get their power and strength gains before the season begins.



Corbett lecturing at the 2004 IronWood camp.

I have also used this model to train athletes for the past eight years. One example is Derek Woodske, one of Canada's best hammer throwers. During his sophomore year after training with me under this model, he went from a 308 lbs. clean to 362 lbs., ran 3.53 in 30m, 3.32 in the flying 30m and had a 42

inch vertical jump (all PR's for that period in Derek's career). Derek's improvements came after a year of specific training in the Olympic lifts and their partial movements and some significant technical improvements in those lifts.

Special notes: Recent studies have shown that there is a significant loss in power production when doing more than five repetitions when performing the Olympic lifts. Even when using just the bar, power production dropped considerably after the fifth repetition. Although most of the movements you will perform are only partial movements, the loss in power is comparable.

Always remember when doing the Olympic lifts, master each movement before you add any significant weight. A good rule of thumb is to "Do it right, do it light, do it faster, then add weight."

Other ways to train the Olympic lifts are with the incorporation of combination lifts. This will be discussed in subsequent articles. *LSTJ*

The Toe Turn In The Hammer Throw

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

The value of this journal is not only to be found in the provision of information from its articles but that those articles help to keep a very informed forum together. This forum, passionately interested in throwing, has the ability to help coaches and athletes to become better.

This article is about the way an athlete is developing the toe turn and is being offered because of the lack

of information about how to do a toe turn in throwing books. Many of those books considered excellent and having very good reviews in the athletic press still lack this essential information.

Perhaps in the next few issues we can contribute toward an acceptable method of teaching this phase of the event and perhaps realize a definitive model.



To allow a thrower the opportunity to complete another turn in the circle without further increasing the distance of travel, throwers have adopted the simple device of turning on the spot. To reduce travel they turn on the toes of the left leg (right-handed throwers). Most of the features of normal throwing remain similar although there is a tendency to observe a flatter plane during the preliminary swings



Because they have a further turn to reach terminal velocity, throwers are able to reduce the speed of their swings a little. In this example the thrower is quite tall because they are coping easily with the current momentum.



Still very relaxed, the essential idea is to look for enough range to increase the time of the swing. The transition phase is always critical and so the less hurried it is, the more reliable it becomes.



It is often the case with young throwers that the shoulders come forward of the hip to produce the feel of being balanced on the toes to effect the smooth transition from stationary feet at the swings into the fast moving feet of the toe turn.



The thrower has initiated their movement from the right foot across the hips to bring weight over the left leg. They will then be balanced for the toe turn on the left foot. The hammer is clearly very long and has a lot of momentum. What some young throwers do is to have that momentum help them through the first phase. Better is a proactive hip, which will allow the thrower to retain a higher level of control during the first quarter of the turn.



On moving into the turn we can clearly see the effect of being balanced on both sets of toes. The body weight seems to be much further forward than for a heel – toe first turn. Even at this early stage in his development, this athlete, not yet 18, is very relaxed in the shoulders enabling the hip to begin to lead the phase.



The right leg is coming around very close to the body and close to the circle. The athlete cannot afford to lose the time lifting and dropping the leg or having a long stride if they are to get back to a double support phase with a lead between hips and shoulders. At this stage the hammerhead is not particularly high.



Foot down to complete the single support phase. The thrower has a substantial lead and is in a very good position to drop their left heel and begin their second turn – the first heel toe turn. What has been accomplished is the acceleration of the hammer with limited travel in the circle. The athlete now has space for three turns when travelling faster than is the case at the end of the swings



Characteristically the athlete is sitting over the left heel to begin their toe turn. In a very relaxed position we can see the right foot has the heel lifted for the right leg to be proactive in initiating the turn.



The lead on the hammer, although slight, is evident as is the head facing into the space he will turn into. At this level of technique he has stopped being a hammer watcher and is spatially very aware.



Hips are now in advance of the shoulders and the athlete is in more of a sitting position and upright than in the toe turn. The natural position of sitting to balance the hammer's momentum has already begun.



We see now the athlete moving 'around the corner' during the single support phase. The illustration indicates the very natural lean away from the hammer that is essentially pulling him off balance. Very young, this athlete shows how well young throwers learn complex tasks!



Although he may be pulling the hammer here, the illustration is very useful to see both the speed of the foot movement required to re-establish the double support phase and how complex the intermediate balance is.



Now landed safely with the balance about both toes, he will drop his left heel and go on to a third turn. As he has illustrated there was very little travel in the toe turn (slides 1 to 10) and a very effective travel in the second turn, his first heel – toe turn (slides 11 - 14).

What I, and a coaching colleague, have tried to achieve with this athlete is the opportunity for him to accelerate the hammer under the control offered by the 4 - turn technique. He is over 1.85 meters tall and has UK size 13 shoes- the latter statistic indicating he has no realistic chance of 4 heel - toe turns anyway.

It was felt that if he were to stay a three turn thrower for much longer, his immediate ambition to throw 50 metres (160 feet) would probably see him bully the hammer. He has also accomplished this ambition with some potential for future progress.

We believe we have an effective method for starting a four-turn thrower as described here and would like this to be perhaps the beginning of a process where we share information in our journal as to the best methods of doing so. Please take the opportunity to feedback your thoughts. *LSTJ*

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

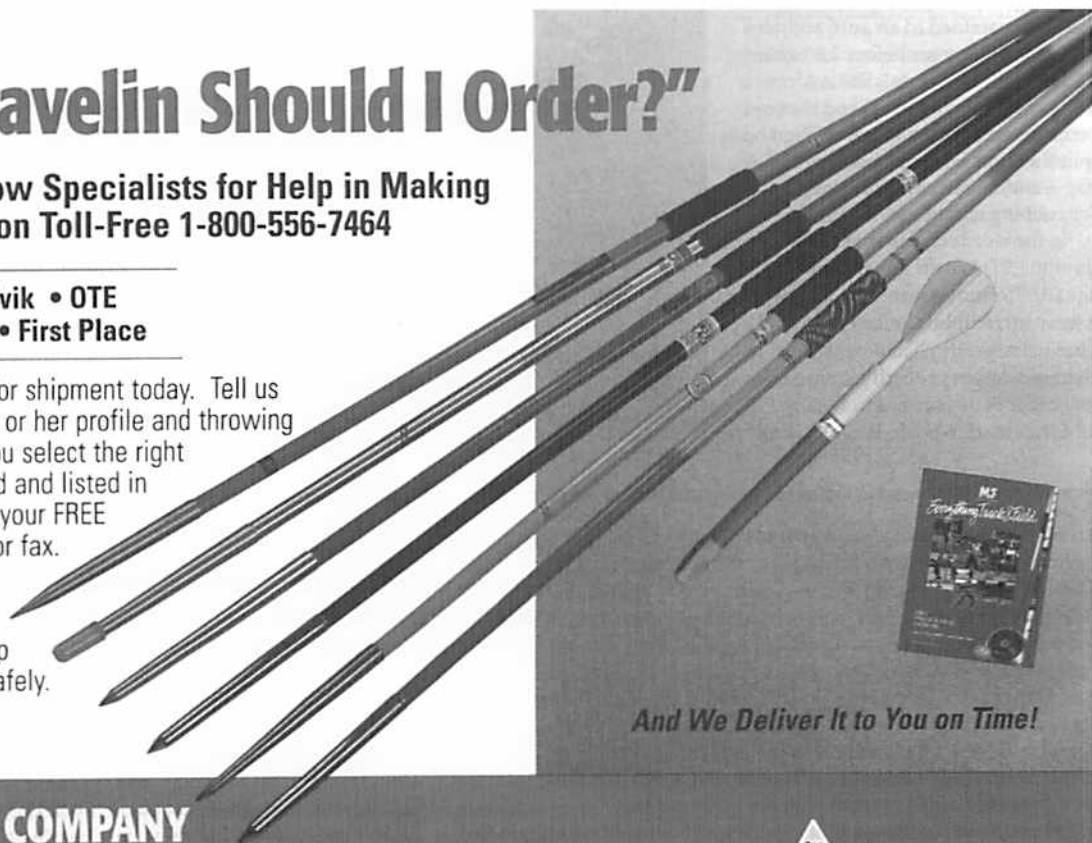
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Development of the Soft-Step Javelin Technique

By Jeffery P. Gorksi, USATF Men's Javelin Development Chair

The purpose of this article is to facilitate the training of javelin throwers, by means of explaining often-used terms and looking at the actual mechanics of the throw. I believe that the training and performance of throwers would increase dramatically if the aura and mystery of the "European Technique" is cut away.

NOTE: The advantages of the European or soft-step technique are many. It provides a powerful throwing position and allows use of the large muscle groups of the body without sacrificing momentum. While it may take a bit more time to master, once learned, the soft-step will allow for constant improvement in performance. As the thrower becomes more comfortable with the technique and can increase his speed, he'll be able to throw farther. It must be pointed out, however, that the proper technique must be learned in order to make use of this greater speed. Any athlete can run through the throw and approach faster, but unless the movements are purposeful, his throw will likely be shorter than his previous marks.

The Javelin

Essentially, the throwing technique of European athletes is a result of careful studies in human movement. Some basic knowledge of physics and kinesiology, with the ability to apply these physical laws to athletics, are a great aid in improving the thrower's performance. What the Europeans have done, for the better part of four decades, is to see how each body part involved in the throw can be used most effectively. Let's get down to basics.

The javelin is an aerodynamically designed implement that closely follows the laws of physics. For this reason, the factor with the greatest influence on the throw's distance is the speed of the javelin at release. The greater the speed of release, the greater the distance of the throw, all other things being equal. Knowing this, the technique and training of the athlete must be geared toward developing the greatest possible speed on the javelin at the release. This speed is measured against the ground, not against the athlete.

Conditioning

Since the release speed is so important to the length of the throw, it is obvious that the faster the athlete is moving, the further the throw should be. However, the speed of the approach and step pattern will depend entirely on the "technical preparedness" of the athlete. Technical preparedness simply refers to the level of physical conditioning and how familiar the athlete is with his technique. The more skilled and experienced

the athlete, the faster the approach run should be.

We can now see that the most important aspect of the athlete's training should be the perfection of a technique that will allow and use the fastest possible approach speed. While specific techniques are as individual as the athletes, basic fundamentals are found in each technique.

These fundamentals include maintaining or increasing run-up momentum from transition steps to the throw, leading the throw with the hips, a noticeable backward lean, a firm brace or plant with the left leg (right hand thrower), and delaying the arm strike.

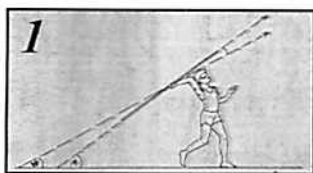
While each of these are essential to a good throw, they all stem from one function: maintaining momentum. Other factors influencing the throw that can be controlled are the alignment, the angle of attack, and the angle of force of the javelin at release. Alignment is defined as keeping the long axis of the javelin in line with the axis of the shoulders, and keeping both in line with the proposed path of the throw.

Angle of Force

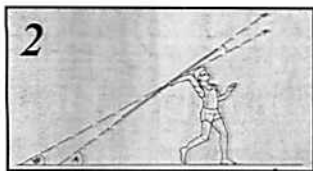
The angle of force is the difference between the path of the javelin's flight at release and the path of force or power exerted on the javelin by the thrower (Diagram 1). The smaller this angle, the better. This deals with the adage of force at zero, a perfect release. The angle of attack is the difference between the flight path of the javelin's center of mass, and the actual position of the center point of the javelin during flight (Diagram 2). The angle of attack is a direct result of the angle of force. Again, the smaller this difference, the better, because a large angle of attack means the javelin will stall in the air.

The angle of force is the difference between the path of flight (A) and the line of throwing power (B), both measured to the ground. $\text{Angle A} - \text{Angle B} = \text{Angle of Force}$.

An arm delivery of 45 degrees to the shoulder axis will give a longer pull and allow better muscular efficiency.



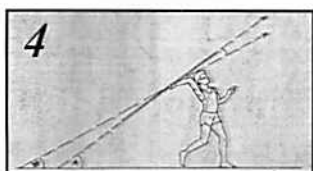
The angle of force is the difference between the path of flight (A) and the line of throwing power (B), both measured to the ground. Angle A - Angle B = Angle of Force.



The angle of attack is the difference between the path of flight of the center of mass (B) and the angle of the javelin to the ground.



The action of the leg during the crossover must be exclusively forward, with little or no vertical movements.



Too much vertical movement during the crossover will cause "settling" on the back leg, so the athlete is throwing from a "falling elevator."



An arm delivery of 45 degrees to the shoulder axis will give a longer pull and allow better muscular efficiency.



Driving into the plant, the back leg continues to bend so the hips pass over the back leg unhindered. The plant leg is out in front and close to the ground.

Momentum

Of greatest importance, however, is maintaining a, uninterrupted flow of momentum from the approach into the throw. To do this, the athlete must accelerate through the step pattern, so that the last two steps, the crossover and the plant, are the fastest of all. It is also extremely important that the plant leg contact the ground as soon as possible after the crossover. The longer it takes to ground the plant, the greater the chance of planting "in the bucket" and losing valuable power.

It is helpful for the thrower to think in terms of running away from the javelin to delay the arm, and running onto the plant. This running action has been called the soft-step or deep knee position by various authors. The soft-step, or some variations of it, is what allows effective use of momentum in the throw. As the thrower approaches the crossover, javelin is well back, the shoulders are above the hips and the legs are driving forward, giving the whole body a slight backward lean. Going into the crossover, the athlete drives powerfully forward off the left leg (right hand thrower),

while the right shin is pushed as far forward as possible with minimum vertical motion (Diagram 3).

This action must be fast and close to the ground. Too much vertical motion will cause the thrower to settle on his power (right) leg, negating the run up and plant. Throwing from this seated position, similar to a baseball pitcher throwing from a stretch, will substantially limit distance and the use of momentum (Diagram 4). The athlete is essentially throwing from a standing start.

From the position described in Diagram 3, the athlete must quickly pull the leg forward so he is further inclined to the rear. At this point, the athlete is just about to strike ground with his right foot, the left leg is extended forward waiting to plant, and the left arm is starting to open the chest. The hips and center of mass (or gravity) are well ahead of the torso (Diagram 5). If the crossover is done correctly, there should be no significant loss of momentum.

The Soft-Step

When the right foot does touch ground, the so-called soft-step takes place. It is essential that as much forward speed as possible is maintained, so that it may be transferred into the throw. The soft-step allows the hips and center of mass to pass quickly over the power leg, so that the plant jolts the hips and starts the throw. As the hips pass over the right leg, the right knee bends (and continues to bend) so that the forward movement of the hips and the center of mass is unhindered.

One must not confuse the soft-step with settling on the right leg; settling is a result of too much vertical movement in the crossover, or a slow pull-through of the left leg. Soft-stepping is a passive movement by the right knee and leg that positions the center of mass for a forward thrust. Simply put, it lets the hips stay ahead of the rest of the body without any loss in forward momentum going into the plant. Through the crossover and plant, the athlete should stay as low to the ground as possible. Diagram 5 shows the athlete's position prior to the plant.

The soft-step allows for a very fast plant after the cross, since the plant leg is already in position and the thrower is close to the ground. This quick plant, plus the rapid forward movement of the hips, will aid the throw significantly. The majority of the run-up momentum is transferred into the throw by the plant if the soft-step is done properly. The proper execution of the soft-step will ensure that the other phases of the throw take place; the hips will lead, there will be a noticeable backward lean, the plant will be quick and straight, and the arm will be delayed in its pull.

As the throw progresses from the plant, notice the crack-the-whip body action starts with the large muscle groups of the lower body and finally moves up

to the hand. The right leg drives forward while the right heel rotates out, thrusting the hips over the plant. As the plant leg straightens and stabilizes the hips, the throwing arm and shoulders stay back, increasing the horizontal rotary torque. The left arm goes high, wide, then in tight to the left side, to open the chest and increase the stretch on the right shoulder and arm.

By now the center of mass has passed directly over the plant and the whip-like arm strike takes place. Here, too, the progression from heavy to light segments continues. The chest rotates forward and stops, the shoulder rotates forward and up, then stops, followed by the arm strike with the elbow leading the hand, palm up. Films indicate the action should be a 45-degree angle to the horizontal shoulder axis, a three-quarter arm throw, for the longest and most efficient pull (Diagram 6).

Regardless of the technical variations used, the key to developing a great javelin thrower is the mastery of the soft-step concept, both physically and mentally. Far too many U.S. throwers stress the value of a powerful throwing position, and end up stopping on the right leg or settling on it, baseball style.

Yearly Training

Training for perfection of the total throw, the approach technique and throwing mechanics must be a year-round endeavor. A rough idea of how the training priorities rate follows: the year is broken down into three general areas—preparation, pre-season, and the competitive season.

- During the preparation period, around September through December, the development of strength and power are stressed. Throwing done during this time is limited to once or twice a week, concentrating on good form rather than distance.
- During the pre-season period, around the end of December through March or April, development of power and strength continue and the amount of throwing increases. The throwing is a bit more intense, but good form in the soft-step must still be a prime goal. Speed development also begins.
- During the competitive season, the intensity of strength and power work lessens somewhat, although weight work must be maintained. The prime objective is to use the proper technique, with as much speed as possible.

Training sessions should include throwing javelins, hand weights or stubbies, etc., from full approach and shorter step patterns, emphasizing the development of the soft-step. The concept of accelerating into the throw, especially the speed of the last two steps, should be stressed. Arm and hip position are also important; the arm should be parallel to the shoulder

axis, and the hips should lead the throw.

Strength and Flexibility

Strength and flexibility are two qualities a javelin thrower must have to excel. While American throwers are among the world's strongest, the flexibility concept is still somewhat lacking. In fact, physiologically, both qualities are closely related. The strength of a muscular contraction depends on the degree of strength in the muscle. The greater the stretch, the stronger the contraction.

Relaxation

Relaxation also comes into play since a relaxed muscle has a greater range of motion than a tensed one. One often hears of the thrower who unloads record throws in warm-ups, only to tense up and throw far shorter when it really counts. According to physiological laws, a relaxed muscle will stretch more quickly and with greater range, thus producing a faster, more powerful contraction than a pre-tensed muscle. European athletes spend quite a bit of time on flexibility, especially in the areas of the shoulders, upper and lower back, and the hips and ankles. A frame-by-frame analysis of throwers like Lusiš, Nemeth, Wolfermann, and others would demonstrate the needed mobility of a top-ranked thrower.

Weight Training

Weight Training would involve a number of aspects. Here we're looking to develop strength (the maximum force in a single contraction of a muscle) and power (the most possible in the shortest time). Strength development would consist of the traditional lifts, including bench press, squats, military press, curls, etc. Power would be developed by more competitive lifts and exercises, like the clean and jerk, the snatch, the jump and reach, basketball dunking, long and triple jumping, sprinting, and weight throwing, to name a few.

The importance of leg strength and power cannot be stressed enough. As an example, let me cite Lusiš, who, at a lithe 6 foot, 195 pounds, could straddle 6'4" and long jump over 24 feet. Begin and end all training sessions with at least 15 minutes of mobility and flexibility exercises.

Conclusion

The United States has numerous throwers who have exceeded 70 meters, but only two have ever topped 90 meters. Obviously, there are plenty of strong arms around. What is needed is an understanding of the event, and the factors that influence performance. Fred Luke, a 1972 Olympic finalist for the U.S., in Jon Hendershott's "Team Effort Lifts U.S. Javelin Fortunes" (*Track and Field News*, April, 1973.), said the Europeans "get down to very basic fundamentals and find out what makes a javelin fly 300 feet." That's what the soft-step technique is all about. *LSTJ*

A Short/Long Glide for the Young Thrower

By Dan McQuaid

In the last issue of LSTJ, I described my approach to teaching the power position phase of the short/long glide. Now it's time to deal with the glide itself.

Mini-Glides

When helping a young putter to develop a glide, keep in mind that the purpose of the glide is to allow the athlete to enter his/her power position with a bit of momentum. The trap that young throwers fall into is trying too hard to generate too much momentum, and as a result ending up in an inefficient power position. This is an approach guaranteed to produce poor throws and lots of fouls. Everything done in the ring prior to reaching the power position (as depicted by Kleinert, Buder, and Belonog in frame #4 of their respective sequences) must be predicated on helping the athlete get into that power position.

With that in mind, I recommend teaching the novice to glide outside the confines of the ring. Too often, a young and not-very-strong putter will ruin his or her chance of developing sound technique simply because of their determination to get from the back of the ring to the toeboard. Using the entire ring for one's glide is no problem for those who, like Kleinert, Buder, and Belonog, are large, strong, and well-trained. But beginning putters often resort to yanking their left arm and raising their shoulders in an effort to get across the ring. Taking the athlete out of the ring eliminates this problem. I start my young gliders by having them place their heels on a line drawn with chalk, and having them practice gliding over this line. As you can imagine, this results in a very small or "mini" glide. I prefer starting my putters in this manner because it increases their chances of hitting a solid power position. A kid is less likely to "effort" with his or her upper body when asked to glide only six inches as opposed to the two or three feet they will need to travel when trying to get their right foot from the back to the center of the ring.

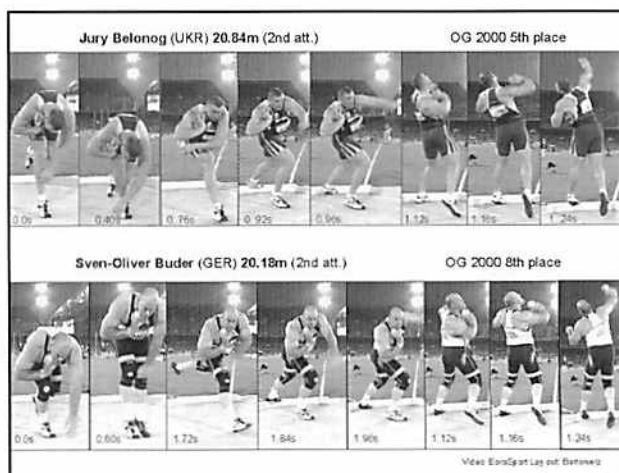
Back to the starting position. As noted, I have my young putters begin their mini-glides by placing their heels on a chalk line. I then instruct them to slide their left foot back about twelve inches while keeping their body weight almost entirely supported by the right leg. The athlete should then bend forward and allow his or her torso to relax down toward the right leg. This will cause the left heel to rise off the ground. It is best, however, for beginners to keep their left toes grounded to aid them in maintaining their balance. Kleinert demonstrates a more advanced version of this starting position in frame #1 of her sequence. A beginner is unlikely to be comfortable bending as low

as Kleinert, though, and a beginner should be sure to keep his or her right foot flat until the left leg has initiated the glide.

Speaking of the left leg, the putter should use it to initiate the glide by slowly reaching it back while keeping the upper body perfectly relaxed. I recommend coaching the novice to reach the left leg straight back, parallel to the ground. I realize that there have been some very successful putters (Ulf Timmerman comes to mind) who fire their left leg hard and low as if they were trying to shatter the toeboard. This helps them to generate lots of momentum entering the power position, but I would caution a beginner from emulating this approach. If a novice putter is overly aggressive with his or her left leg as the glide begins, the likely result will be an open, straight-up power position as the momentum generated by the left leg will pull the athlete upright. Since it is vital that the young putter learn to glide with a passive upper body (see Kleinert photos #1-4), it is best to not to overdo the left leg drive.

As the putter reaches back with his or her left leg, they will gradually feel themselves losing their balance backward. At this point, they should pull their right foot over the line. If the athlete keeps his or her upper body relaxed during this process, they will end up in a power position similar to that described in part one of this article: shot behind the right foot, upper body passive, left foot off the ground.

Three difficulties may arise while training the novice in the mini-glide. First, they may try to pull themselves over the line by yanking their left arm and raising their shoulders. Constant practice and constant reminders to keep the upper body passive will remedy this. The second problem that must be worked through is that of



sliding the right foot along the ground. It can take some time, but the athlete must be encouraged to develop a feel for "gliding" over the line as opposed to dragging the right foot across it. This can be a bit tricky, as many young putters will alternate between dragging the foot and performing an exaggerated hop over the line, neither of which is desirable. Again, the remedy lies in constant repetition. The third challenge involved in developing a proper mini-glide is getting the right foot turned while airborne so that it lands pointed approximately 45 degrees from where it started. The solution? You guessed it: many millions of reps.

Once the young athlete becomes comfortable with gliding over a line and hitting the desired power position, let them go ahead and complete the throw. This will often screw everything up, because the athlete will rush his or her glide in an effort to throw far, thus ruining his or her chance of landing in a correct power position. It takes a lot of guidance and patient repetition to get a novice putter to rely more on position than speed, but this is time that must be spent if the kid is ever going to develop efficient technique. If possible, video your athletes from the side and compare their efforts to those of an accomplished glider such as Kleinert. Emphasize over and over that hitting the correct power position is the key to throwing far.

Taking it to the Ring

Once an athlete is comfortable with his or her mini-glide, go ahead and move them into the ring. I recommend marking a series of chalk lines in the back half of the ring parallel to the toeboard and about six inches apart. Use these marks when deciding where an athlete should set up to begin his or her glide. While an athlete's glide is still in the "mini" stage, they should set up six to twelve inches into the back half of the ring. As a young putter gets stronger and more confident in their technique they will naturally begin gliding more aggressively and so will need

to set up farther away from the toeboard. If I may be permitted to flog a dead horse one last time, the athlete must never be allowed to lengthen or speed up his or her glide if doing so results in them hitting a lousy power position.

A Rhythmic Start

As an athlete becomes more and more comfortable with the full throw, it is a good idea to add some sort of active or rhythmic start to the glide. If you've had a chance to watch some accomplished gliders, you've probably noticed that there are a variety of approaches to the entry phase. Some start in a low squat, rise up, then drop through the low squat position as they begin their glide. Some (Manuel Martinez and Ralph Bartels come to mind) coordinate a pronounced arm swing with the aforementioned rising and dropping action (hard to describe, but fun to watch if you can get a look at some video of these gentlemen. I recommend that the beginning putter start in a comfortably low position, both feet maintaining contact with the ground (as with their mini-glide), rise up a bit by straightening the legs (as demonstrated by Buder in his frame #2), then drop back down and into the glide. This should help the young putter develop a bit of rhythm with their glide without putting them in jeopardy of losing their balance before the throw even begins.

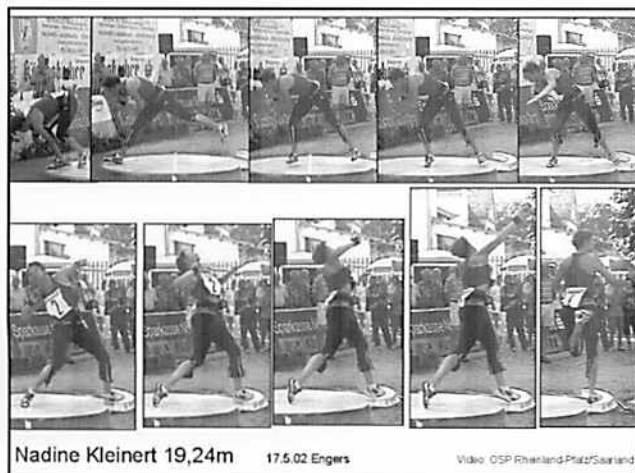
The Put

See Part One of this article for a detailed description of the fundamental elements of the put from the power position.

The Essential Drill

John Smith once told me that the essential drill when teaching the short/long glide is the double glide drill. My experience with young putters has proven the wisdom of that advice. A double glide is simply two consecutive glides with a throw at the end of the second one. There should be no pause between the two glides. Have your athletes perform these without a shot until they develop some comfort with the drill. The great thing about this drill is that unless the athlete hits a power position like Kleinert's (in other words, a great power position) they will not be able to perform the second glide. I wrote an illustrated article about the double glide drill for a previous issue of *LSTJ* (April 2002) which explains the drill more thoroughly. If you can get your hands on that back issue, it might help. If not, I'd recommend contacting John Smith at Southern Illinois University. He is the guru of this drill.

I think that about covers it. As with any style of technique, mastery of the short/long glide will come only with lots of effort, patience, and repetition. If you'd like to comment on or discuss my ideas regarding the short/long glide, please email me at dmcquaid@cusd200.org.



Nadine Kleinert 19,24m

17.5.02 Engers

Video: OSP Rheinland-Pfalz/Saarland

Roald Bradstock

JAVELIN SEQUENCE

By Roald Bradstock

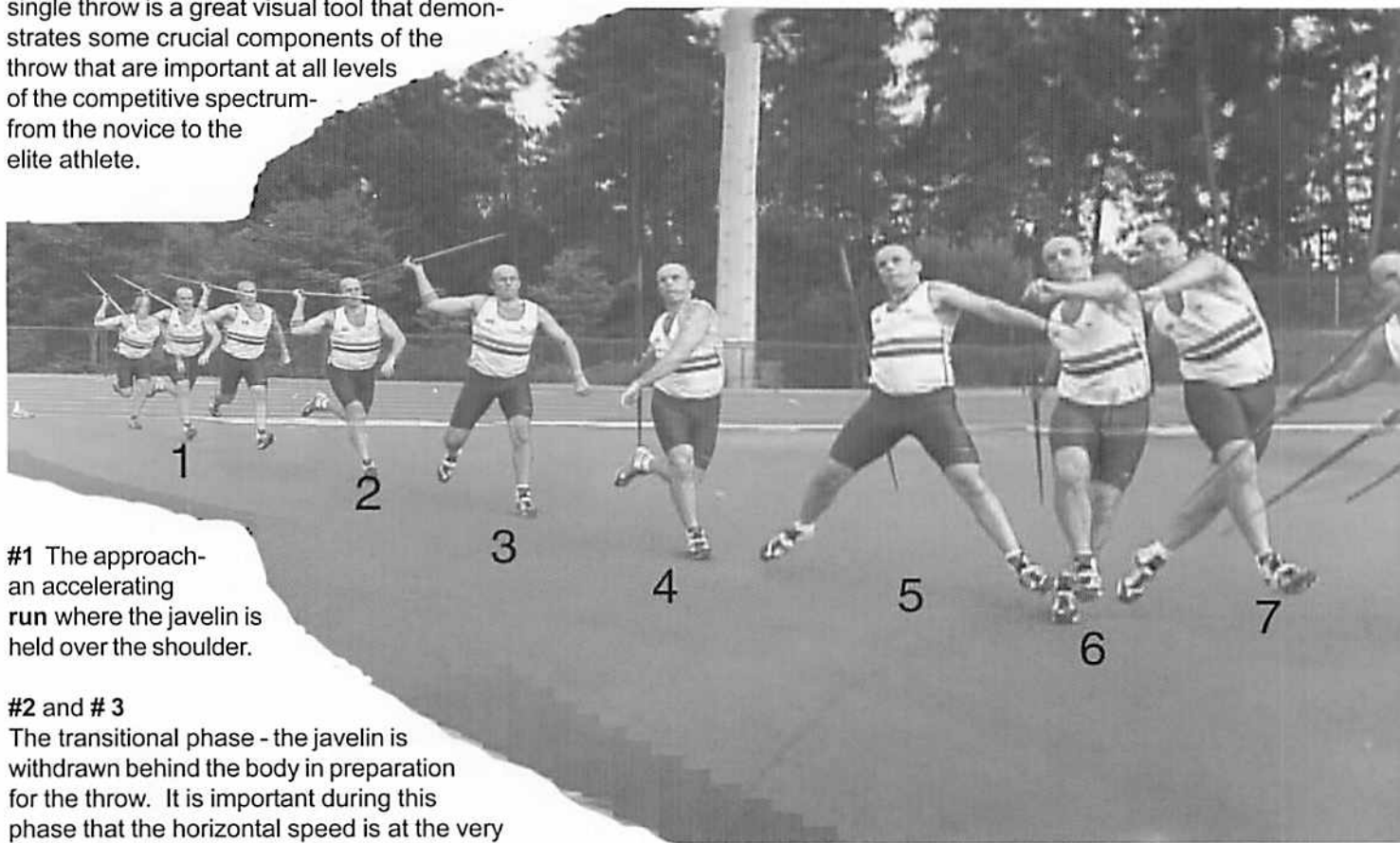
The word "Dartfish" and its innovative, revolutionary new coaching technology, has been getting a lot of attention in the coaching community and in the media over the last several years. Dartfish's powerful imagery burst onto the international stage during coverage of the 2002 Winter Olympics. Since then it has been seen everywhere, and I mean, everywhere: major TV networks, national and international newspapers and magazines articles, professional teams and elite athletes, to name a few. In fact, this very throwing sequence of yours truly was used in articles about Dartfish in both Muscle and Fitness and Time Magazine earlier this year. This is the first article however that deals with specifics pertaining to the actual event of throwing a javelin.

This image was captured in Atlanta Georgia in early August, 2003. At the time I was 41 years old, yet I would challenge anyone one as to the how good the technical aspects of my throw still are today as they were 20 years ago when I threw 299'10" with the old rules javelin. Sure I am slower, weaker and less explosive, but I am still throwing in the 240's in my forties at 5'10" and 200 lbs. This multiple image of a single throw is a great visual tool that demonstrates some crucial components of the throw that are important at all levels of the competitive spectrum- from the novice to the elite athlete.

least maintained, if not increased, all the way into and through the throw.

#4 The javelin is fully withdrawn behind the body, the shoulders are turned perpendicular to the direction of the pending throw and the javelin is at about a 45 degree angle from the direction of the throw. This rotational element is a highly technical maneuver that increases the length of the pull and can reduce the stress on major joints. It can also give a rifling effect, increasing the spin around the long axis of the javelin, which can help stabilize the spear in flight. It also can give some vertical lift to the javelin, especially with strong crosswinds. For me being a right-hander, the best wind is a strong right to left crosswind.

#5 The javelin is now fully withdrawn, the shoulders are perpendicular to the direction of the throw and the hips are at about 45 degree angle. This is a preparatory fully pre-stretched position as the body gets into the throwing position. It is at this phase where the run up becomes more plyometric in nature as it takes on more of a bounding quality. The entire



#1 The approach- an accelerating run where the javelin is held over the shoulder.

#2 and #3

The transitional phase - the javelin is withdrawn behind the body in preparation for the throw. It is important during this phase that the horizontal speed is at the very

body is still moving and accelerating forward.

#6 and #7 After the pre-stretch position (**#5**) the body accelerates and coils up into a series of body torques that will be unleashed in a sequence during the throw. During this final crossover the first and most powerful body torque is created: rotation around the torso. Also, notice the full extension of the left leg.

#8 The throw has begun. The moment the right leg makes contact with the ground a second torque is created around the ankle, knee, hip and torso. Notice the right foot is on the ground and in front of the entire torso. Now look at the next two positions between **#8** and **#9**.

The first of these positions you can see the left arm is stretching out and twisting with the thumb turned down. This position is a counter twist to how the throwing arm is stretched and twisted, with the palm facing up. The run is completed and the body is in position with maximum manageable horizontal speed, the muscles are stretched out and the major joints are torqued. Everything is set for the final phase of the throw. In the next position before **#9**, the body continues to move forward and stretch out. Built-up speed coupled with pent-up rotation around the joints

starts to be released. The correct sequencing here is crucial. The end result will create an enormous elastic stretch that will launch the javelin. The "C" position (from this side of the throw it is a backwards "C") is one that every javelin thrower should have. Think of the thrower becoming a "sling shot": It is the power position that you need for throwing the javelin a long way.

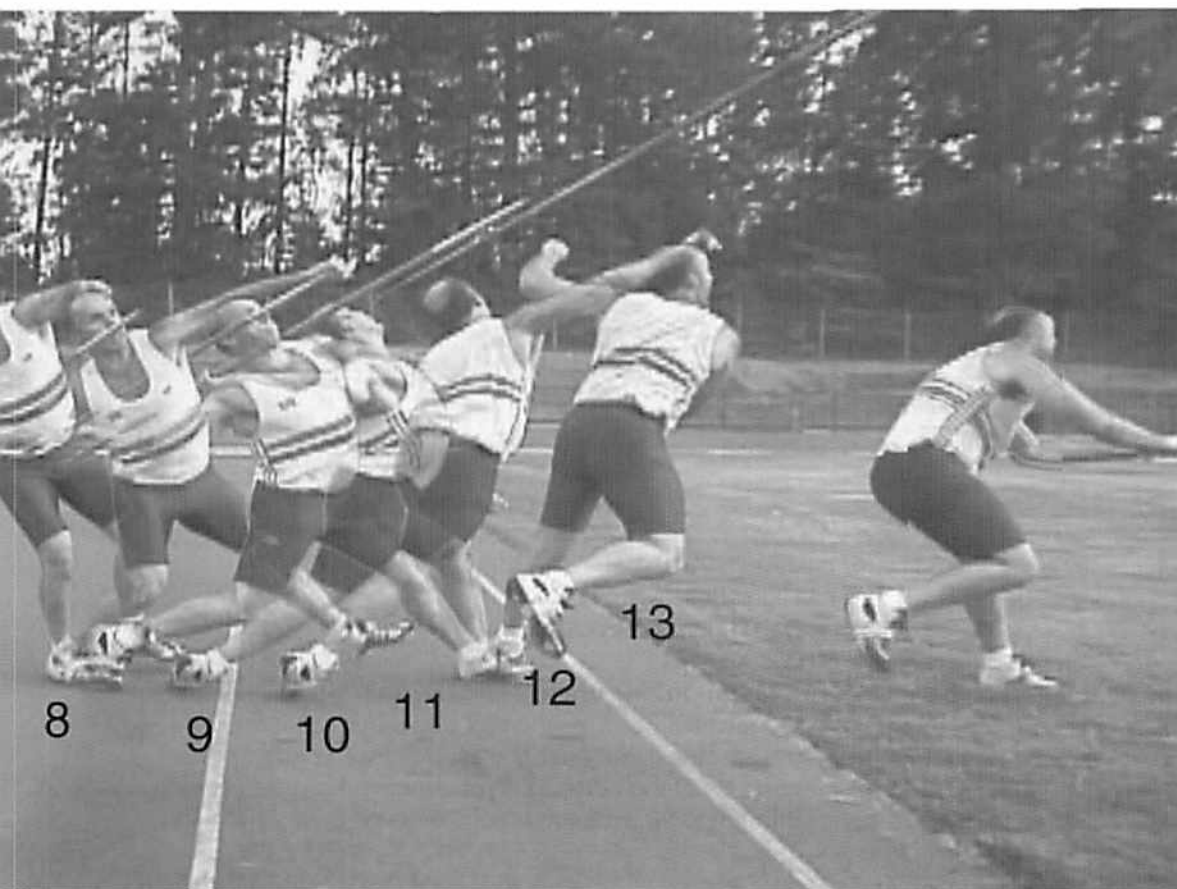
#9 The uncoiling begins as the body continues to move forward: The right heel snaps over to the ground pushing the right knee forward and down. The right hip is then pushed forward and down. The left arm is starting to move but the chest is still closed. (This is one of the most important technical skills to attain. Unfortunately, it is misunderstood and mis-coached. Where the non-throwing arm is not a good indicator as to if the chest has opened up for the throw, a far better indicator is the non-throwing shoulder's position.)

#10, #11, #12 The body continues to move forward and down onto a very slightly bent left leg. As the left foot makes full contact, it supports the force of the forward momentum and the elastic stretch continues and moves upward to the weaker and faster body parts: abdominals, chest, shoulder, elbow, wrist and fingers. The left leg plays a major role not only as a brace for

the throw but it also accelerates the chain of events for the throw, or at least the left heel's initial contact does. Note how the entire body stays behind the left foot throughout the throw and how the angle of the javelin never changes. Note also how the body continuously moves through the throw yet maintains a good throwing position.

#13 The javelin had been released and the body comes forward and up in a natural follow-through. A good follow-through is a result of a good throwing technique and I believe cannot really be taught.

LSTJ



CAMP WOODSKE

By Glenn Thompson, with Derek Woodske

I had an interest several years ago in sending an athlete I worked with to Ashland, Ohio, something of a midwestern hammer mecca. Ashland University, coached by Jud Logan, is a Division II throws powerhouse. The Ashland Elite track club continually draws talented post-collegiate throwers, especially hammer throwers, to the sleepy central Ohio burg.

That trip never materialized, but the thought resurfaced last June when my stepdaughter took a liking to the hammer. I made contact with Derek Woodske, who trains under Logan and is the Canadian national hammer champion. Woodske, whom I had met at the IronWood Throwers Camp in June of 2004, had come highly recommended by Logan, and that was good enough for me.

Woodske welcomed our visit. The mini-camp would be two days, with morning and afternoon sessions.

So in mid-August I set off to central Ohio with three high school athletes: Ryan Whiting (who you will read more about in the April '05 *LSTJ*), Cameron Sosi and my stepdaughter, Caitlyn Green.

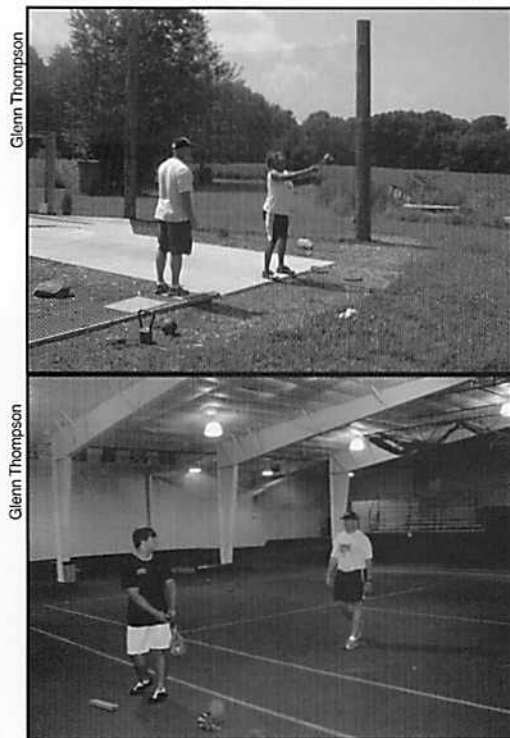
The journey from central Pennsylvania was seemingly endless (mostly due to construction on the Pennsylvania Turnpike), but we finally pulled into nearby Mansfield, Ohio around midnight Thursday and headed straight to bed.

We spent two days in Ashland. A bustling, diverse metropolis it is not. Ashland is the kind of place that allows you to focus on what you're there for, be it academics or the hammer. So conservative is the town, we were told, the university sororities have to live together in the dormitories because a local ordinance deems any gathering of more than ten (I forget the exact number) women living together, a brothel. No, I'm not yanking your chain on this one.

All-in-all, we had a great time, despite the lack of entertainment options. Hey, you make your own fun,

right? Along the way were souvenirs (Burger King crowns, Steak 'N' Shake hats and over-sized T-shirts, all of which were worn proudly around town), a humidity challenge in which my three travel partners stoked a sauna to inhuman temperatures, and Cam and Ryan's room in which the air conditioner was cranked beyond limits tolerable by most humans not of Eskimo descent.

We were up early Friday morning and met Derek at the university. We found out we would not be throwing at the school, but rather at a nearby farm. I believe the actual location of the farm is classified information, as Derek took us a different way each session.



Top: Woodske observes Caitlyn in a pud drill. Below: Woodske advises Cam on weight technique.

If you've ever seen Jud Logan's hammer video (highly recommended), you've seen 'The Farm.' The Farm belongs to a local who is supportive of the track program at Ashland. Logan and crew recently added a larger pad and new circle and cage. The sector is bordered by bean fields, so errant throws are retrieved immediately. If not, the harvester may find it before you do.

As Derek put the four of us through a series of drills, I scrambled to my notepad periodically. Derek was kind enough to edit my notes, and here's what we came up with.

Walk-Thru Drill

Chin-up, Hips Forward, $\frac{1}{4}$ bend in the knees

Left- ball High -the ball is

always 90 degrees at 90 degrees.

Right- ball low

Ball in right hip pocket

System-putting energy into the ball

It does half the work; the ball works from zero through the left side if you are right-handed to 270. Right foot contacts at the catch and you then work the ball back through to 90, when right foot loses contact.

A little speed can fix some bad technique

It allows you to turn through positions that create a lot of opposing friction. However, too much speed in the form of the head leading or the left shoulder for a right-handed thrower can be hazardous to the orbit and radius of the ball. I have thrown 78' off of a two-turn in the weight, but at 6' tall I think more about length than speed.

Winds from knees

- Ø Hips and core strength
- Ø Push hips forward

Counter the weight by pressing to the floor with opposite knee to the ball. When the weight is on the right, you are pressing the left knee to the floor. Really focus on maintaining core posture, do not break or give to the ball as it passes through its low point. The key is to maintain firm upper body posture.

Five Positions

Really work the positions one aspect at a time moving both forward and backwards throughout the positions. Ex; Position 1. Position 1, 2. Position 1, 2, 3 etc., working up and back throughout the full ranges.

Three Positions

Positions 1, 2, 3 become position 1
Position 3 transfer to 4 becomes position 2
Position 4 transfer to 5 becomes position 3

Wrap-around drill

- Ø Catch into position #2

Hard left heel. (very important aspect, get on a hard left heel to start the motion)
Extension of arms (Very long arms, no shortening of the radius)
Ball slightly ahead of chin (always let the hands pass under the chin to the left)
"This does not mean that the low point shifts to the left; you just want the hands to pass under the chin to the left, allowing the system to set up."

Tap Around

In place, then start to step when you see the direction of the throw.
Very aggressive initial step in the direction after the taps, most Togher athletes will use the 5 beat rhythms, stepping to five points within a

360 degree circle and the sixth point is the one in the direction. That is a little more advanced; I feel that just getting the feet tapping and moving in the right direction initially will suffice.

Once again it is important to push the ball left and get back on a hard left heel

Left hand release

- Ø "Go"- left arm
- Ø "Chase"- right knee

Trying to let the hand out to the left and then you quickly turn and step under the ball at the catch trying to leave it out in the sector. The position should look like the left elbow is over the right knee. Then sit and let the ball work out and to the left again, while maintaining a hard sit and hard left heel. Chin counter, tall upper body eyes up, head up. This teaches the athlete the concept of degrees in the throw and the idea of building degrees on the catch to produce longer throws.



Ryan lets loose on a left-hand release drill.

Puds

- Ø Pushes
 - Ø Sling Right/Left
- The #35 is good for strong athletes; however the 25 is much better for the majority of athletes. The 28# is great as well.

Wind & Release

However, many you do to the strong side, make sure that they do at least half as many

to the weak. Since it is still a drill for strengthening, you can go 50/50

Walk Around & Bent-Over

Walkaround

35# on wire

This drill is 100% hard heel hard sit, letting the ball turn you to the left and stepping in the direction. You will not be able to do this drill if there is not a healthy relationship between you and the ball.

Progressive Winds

270 degrees, 220, 200
or 3 o'clock, 4 o'clock, 5 o'clock. And on the last wind, there should be pressure put down through the foot on the right side to prepare for the activation of the right foot out of the back of the ring. The right foot should not be soft at this point.



Ryan came home with a souvenir...he nailed a light cover in the field house with the 25-pound weight.

Weight Assisted

Assisted or 'Push Start' is another name, letting the athlete have the sense of what it will feel like when they become efficient at either the wind entry or the sling/pitch start.

Opposite Glove

Great tool in the hammer as well for teaching the athlete to feel the right side working through the throw and to get away from the left side pull. The glove becomes the dominant hand during the throw.

Syedikh Drill

(1) Wind, Turn (2) Wind, Turn (3) Wind/Turn -1 wind, 1 turn/2 wind 2 turn/ 2 wind 3 turn release.

We left Ashland late Saturday afternoon understanding the weight and hammer a great deal more than we had 48 hours before. Camp Woodske was a great success, and one that I'd care to repeat in the future with both novice and experienced throwers.



Glenn Thompson

Representin': A group picture in the Ashland Field House in oversized tees (shame this isn't in color) and fast food headwear. Instructor Woodske gets the Burger King crown.

*If you'd like to contact Derek for hammer or weight training instruction, you can contact him through his website, www.gashead.org, or directly at DerekWoodske@yahoo.com. *LSTJ**

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Out Of The Fog

By Lane Dowell

Due to the efforts of many diligent people who see the benefits of this highly technical event for our youth and America, the ball-and-wire has clung to the bottom rung of the ladder that is FIELD and track in our nation. Their persistence, yes, their battle is very admirable. Often these individuals face overwhelming odds, even amongst our own number, when they try to fan the flames of the youth hammer. Yet, despite the obstacles, they doggedly move forward. For they know that their quest holds a treasure chest of opportunity for kids and is a mystical and hypnotic thing of beauty for those who compete and observe.

Rhode Island, the only state in the nation that sanctions the event for its preps, is serving as a beacon for a growing number of states who now conduct a high school/youth hammer state championship.

In the last issue of the *LSTJ*, we discussed the endurance of the youth/prep hammer throw in Rhode Island with aficionados Bob Palazzo, Bill Johnston (sirpercevilblakney@yahoo.com), and Bill McCaughey. The Bills and Bob lent their wisdom as to why the "ball and chain" has persisted in their neck-of-the-woods, while the rest of America has become a barren wasteland during the last half of the twentieth century. They delved into some of the key issues that spawned much of the negative reaction that surfaced with a wave of conservatism as we waved good-bye to the Golden Age of American Hammer Throwing in the mid-1950's.

When addressing safety, perhaps Johnston said it best. "I think the hammer is the safest event in high school, because it is obviously so dangerous. Everyone always has safety on their mind. You develop a very healthy respect for it."

When talking about another big roadblock in the minds of many detractors, expense and damage to fields, Classical High's (Providence) Head Coach Bob Palazzo (robertpalazzo@aol.com) said, "Pole Vaulting is the most expensive and dangerous event. But they have it!" Johnston chipped-in saying that fields are designated for the hammer, so they are out-of-the-way and damage is not a concern."

Kudos Rhode Island! You have sailed the course since day one. You have turned-out some pretty fair throwers which have kept Uncle Sam in the interna-

tional mix, and you did it with a pristine safety record. Hmmm, perhaps this "ball and wire thing" is not so bad after all.

2004 Rhode Island State High School Championships Boys 12lb. Hammer:

1. Brendan Lodge (Jr.), Bishop Hendricken (Warwick), 199' 6"; 2. Jimmy Tarro (Sr.), Coventry, 198' 1"; 3. John Freeman (Jr.), Bishop Hendricken, 195' 2"; 4. David Roy (Sr.), Woonsocket, 188' 2"; 5. Bamidele Faboyede (Sr.), Classical (Providence), 86' 3"; 6. Luis Ortega (Sr.), Classical, 182' 6"; 7. Matt Maloney (Jr.), LaSalle Acad. (Providence), 181' 2"; 8. Rommel Medina (Sr.), Classical, 169' 0"; 9. Chad Carbone (Sr.), Warwick Vets Memorial, 168' 1"; 10. Craig Pearce (Fr.), Woonsocket, 166' 6";

Girls 4k Hammer:

1. Erin Donnelly (Sr.), Barrington, 165' 7"; 2. Jasmine Jennings (Sr.), Warwick Vets Memorial, 151' 7"; 3. Megan Maloney (Jr.), LaSalle Acad. (Providence), 150' 10"; 4. Meg Joyce (Jr.), South Kingstown (Wakefield), 149' 2"; 5. Lauren Holloman (Sr.), Classical (Providence), 146' 8"; 6. Mary Ellen Horsman (Jr.), Barrington, 138' 9"; 7. Kim Dionne (Sr.), Smithfield (Esmond), 135' 0"; 8. Caely Flynn (So.), Pilgrim (Warwick), 134' 7"; 9. Kate Ouhrabka (So.), Toll Gate (Warwick), 133' 2"; 10. Sarah Martin (Sr.), Woonsocket, 133' 0";

In this issue of *LSTJ*, we will visit with some of the other state's bold pioneers who are building a solid base for high school/youth hammer throwers. We'll look at the ups and downs of their battle and list the results of this year's state championships. We'll take a peek at what's on the horizon and chat with some that will be starting a first state championship in their area. We'll see that the youth hammer throw is growing, and Growing and GROWING!!!

For the sake of brevity, we will list only the top-ten finishers for each state. For more information/results please check the website www.hshammer.com

California:

With the help of family, friends, area coaches and the University of California at Davis, who donated its facility, Mike Sullivan (Sully5050@aol.com) spear-headed a successful drive to hold the first ever California State High School Hammer Championships this last May. Sullivan averted the main hurdle of gaining sanction from the state's governing body of

high school activities by enlisting the services of USATF.

The venerable Sullivan says, "At this point the CIF will never sanction the event. We must get the coaches to buy into it first. TEACH the coaches about the event. The athletes are easy to get. They love to throw the hammer."

Sullivan went on to say, "The first year we had nine boys and six girls in the meet. We hope for a bigger and better meet next year."

Boys 12lb. Hammer:

1. Buck Sullivan (Jr.), Vacaville, 173' 11"; 2. Trevor Kravchir (Fr.), West Covina (Bishop Amat), 166' 4"; 3. Chris Bless (Jr.), Fair Oaks (Del Campo), 158' 10"; 4. Trent Kraychir, West Covina, 145' 9"; 5. Raul Gonzalez (Fr.), Alta Loma, 141' 0"; 6. Thomas Shank (Jr.), Rocklin, 125' 4"; 7. Jake Fuller (Fr.), Cottonwood (West Valley), 106' 1"; 8. Adam Townsend (Jr.), Vacaville, 103' 11"; 9. Walter Upmann (Jr.), Roseville, 100' 6";

Girls 4k Hammer:

1. Tai Battle (Sr.), Vacaville (Will C Wood), 128' 9"; 2. Alexis Gaskin (Sr.), Vacaville, 86' 5"; 3. Margaret Giuffre (Jr.), Tehachapi, 85' 5"; 4. Stacie Parsons (Jr.), Vacaville, 75' 2"; 5. Rebecca Gillen (So.), Roseville, 64' 9"; 6. Adrienne Sullivan (Fr.), Auburn (Del Oro), 60' 3";

Connecticut

Irv Black (nesportstm@aol.com), a former hammer thrower, is the pioneer who piqued the interest of young throwers in the Constitution State. Irv coached at New Britain High School for many years and had many athletes who earned athletic scholarships to colleges by throwing the hammer. We'll let Irv relate the history of the high school hammer in his area.

"We started throwing the hammer in the early 60's. During some non-scoring invitationals, we listed the event in order to cause some interest. Later, we had it as medal-winning event in the big relay meets and several invitationals."

"In the early days my team dominated, and there was some grumbling that it was unfair. I then ran several clinics and had some picnic/hammer throw evenings. We then interested other schools to take part."

"Our first success was Al Paliwoda who threw over 185' in the hammer and over 50' with the 35 lb weight. He went to the University of Connecticut and was All-American four times."

"During this time we started to include the decathlon and 3000m steeplechase in the big invitational we ran

in New Britain. At the same time Lindy Remigino put the hammer and 3kM steeplechase in his Hartford Public Invitational. Teams came from Rhode Island, which has had the hammer from the days of Fred Tootle (Olympic Champion 1928)."

"Later we introduced the steeplechases and hammer to the state federation as a day's competition after the regular season. State championship medals were awarded and the athletes were recognized as State Champions. In a few years there were about 7 or 8 schools throwing the hammer seriously."

"It was an impossible task to get the event into the state and class championships proper. Too many coaches do not know the event and do not want to learn since it will mean more work. Every reason in the world is given...dangerous...it ruins the fields...a cage is needed, etc."

"I wish I could say that the event is healthy now in Connecticut. Many new coaches ignore the event and those who have kids in it are not good technicians. The girls are now doing better than the boys."

Boys 12 lb. Hammer:

1. Smith, Brandon (Sr.), Hand, 131' 9"; 2. Breault, Jesse (Sr.), Amity, 131' 7"; 3. Gaug, Ed (Sr.), Southington, 131' 4"; 4. Gallagher, Sean (Sr.), Haddam Killi, 130' 8"; 5. Moscicki, Marcin (Sr.), Bunnell, 128' 4"; 6. Spada, Thomas (Sr.), East Lyme, 119' 11"; 7. Rivera, Joshua (Sr.), East Lyme, 119' 1"; 8. Hutchings, Sam (Sr.), Housatonic R, 117' 1"; 9. Reed, Brent (Sr.), Bethel, 115' 9"; 10. Archambeault, Brian (Fr.), South Windsor, 106';

Girls 4k Hammer:

1. Krodell, Jennifer (Jr.), East Lyme, 133' 1"; 2. Kohanski, Tess (Jr.), East Lyme, 116' 5"; 3. D'Addario, Jane (Sr.), Farmington, 114' 10"; 4. Jackson, Garynn (Jr.), East Lyme, 106' 9"; 5. Mastrianni, Nicole (Jr.), Derby, 105' 2"; 6. Gianquinto, Margaret (Sr.), East Lyme, 104' 9"; 7. Garofalo, Jennifer (Jr.), South Windsor, 100' 10"; 8. Harrigan, Melissa (Sr.), Lewis Mills, 98' 1"; 9. Friedman, Ashley (Sr.), Bethel, 93' 11"; 10. Worthington, Jennifer (Sr.), Housatonic R, 72' 4";

Georgia

Mike Judge (mkjudge@aol.com) has very successfully been contesting a state high school hammer championship since 2001. He was motivated to help start this event due to the number of athletes who wanted to throw. Mike says that he was lucky to have some excellent officiating and a great facility that has helped the meet grow. Judge says, "The entries have tripled since the inaugural, so don't be afraid to try to get started. If you stage it, they will come."

The energetic Georgian says that National Youth Committee's recent Greensboro Decision (USATF National Convention held last December in Greensboro, North Carolina), which instituted the hammer throw for our youth (Young Men/Women and Intermediate Boys/Girls), will take a year or two before we see an increase in numbers.

As in most states, Judge feels that there is next to no chance that the hammer will be sanctioned for high school competition. He says, "Football would have to go away. Until then we have very few fields to throw the hammer."

Boys 12lb. Hammer:

1. Zach Hunter (Jr.), Marietta, 182'7"; 2. Andrew Hackney (Jr.), Snellville (Brookwood), 168'7"; 3. David Schiedt (So.), Marietta (Lassiter), 166'1"; 4. Charles Rohling (Jr.), Marietta, 164'8"; 5. Wes Wright (8th), Villa Rica (By. Sprngs. MS), 156'5"; 6. Lloyd Lassiter (Jr.), Marietta (Lassiter), 152';

Girls 4k Hammer:

1. Emily Berhardt (So.), Marietta (Lassiter), 151'11"; 2. Kim Williams (So.), Douglasville (Alexander), 150'6"; 3. Emily Sanders (Jr.), Sequoyah (Canton), 150'3"; 4. Allison Homer (8th), Marietta (Lovett), 127'11"; 5. Adrienne Sullivan (Fr.), Auburn (Del Oro), 60'3";

Idaho

One of the finest youth coaches in Washington recently changed his residence. Look for Arnie Tyler Jr. (ARNIETYLER@aol.com) to start producing championship caliber hammer throwers in the Gem State. I'm sure some type of state high school championship will not be far behind.

Coach Tyler has been known to travel to put on a clinic for coaches and athletes interested in mastering the rudiments of the hammer.

Iowa

Norm Balke (balke.norm@iccsd.k12.ia.us) tells us that he and Scott Cappos are in the process of putting together an Iowa High School Hammer meet.

"I have been in contact with those in Georgia, California, and Washington who have had high school hammer camps, plus other interested folks. We have a rough idea of how we will progress. I have also talked to the powers that be in the boys and girls state athletic associations, and have found how to proceed so as not to break any of those organizations' rules."

"We are looking at a Saturday, either the week before or the week after the NCAA meet, at the University of Iowa. It would be open to whoever is interested, and there will be a mini-clinic prior to the competition, for those who have never done it before! We're planning

on getting sponsors and t-shirts and all that good stuff! We are still debating if we should have multiple divisions, or just high school."

"We would like to get most of the planning done yet this summer, and get the word out well in advance, so people can prepare."

Ohio

Brian Secrest (rh_23@omalpl.omeresa.ne) who coaches at Meadowbrook High School in Byesville tells us, "We have not started a championship meet at this time but plan on introducing the event at our invitational track meet this spring. Since we will be using the discus cage for competition, I plan on throwing at the conclusion of all discus and shot put competitions. This should allow for a safer venue and draw attention to the event."

Coach Secrest says that safety is being handled with the help of a local fabrication company that manufactures natural gas compressor stations, so pipe is available for improving the safety of the existing discus cage. "They are going to make the cage to NCAA height. I'm also going to try and make some sort of gate at the front of the cage for additional safety."

Note: For more information on how to build a quality cage for under \$200 and a lot of hustle, contact Coach John Schultz at Centralia, WA High School (jshultz@centralia.wednet.edu).

Another problem was getting information about the event. But, an e-mail to Rob Lasorsa who works with MF Athletics and the National Throws Coaches Association opened up some communication with Harold Connolly and Bob Gourley who were more than happy to help and provided us with resources for the hammer.

Note: Our last USA Olympic Hammer Gold Medalist, Hal Connolly (ConnollyH@aol.com), offers excellent training manuals on his website FREE (www.hammerthrow.com), and I have never seen him pass-up a discussion concerning his passion, the Youth Hammer.

Note: Bob Gourley (rimgourley@fctvplus.net) is a pioneer of hammer throwing in Rhode Island and will e-mail you the latest national results for this event and the weight throw.

Coach Secrest tells us that he picked a practice and introduced the event. He says that he used a medicine ball on a rope to show the athletes the wind-up and release. Then he had them turn and throw. "We

make it a fun competition and then tell them this is what the hammer throw is like. We ask if they would be interested in learning the event with actual implements or would like seeing it added to track and field competition." The coach went on to say that you will probably have a better response than you think.

Secrest feels that the hammer throw is growing in his state. "Over in the southwestern part of Ohio one high school has it as a contested event at their meets."

He feels the Greensboro Decision, coupled with the efforts of the Ohio Athletic Conference made up of Division III colleges, should help promote the hammer. The conference is planning on making the hammer a contested event at their meets. I think that high schools located near these college campuses will now have an opportunity to implement the hammer much more easily, because they will now have a place to practice and receive additional instruction in the event. If they use the college's facility for meets, then I would think the only cost would be the purchase of implements by the high school as well alleviating the pressure from the high school of having to construct an area for the event. It might also help with the safety issue.

And, get a load of this...

The Ohio High School Athletic Association has already given its blessing to Coach Secrest's efforts. Wow, a giant step forward for the youth hammer in our high schools!

Like most, Coach Secrest feels that the biggest hurdles facing the youth hammer community are to show that the event can be conducted safely and not tack-on excessive expenses to existing budgets.

Oregon

The gregarious, energetic and very knowledgeable Gary Kosikowski persists in fertilizing the roots of the high school hammer that he has sewn in the Beaver State.

For the past three years Coach K (gkosikow@oregonsbest.com) has fielded a very competitive and skilled team of Oregon preps to compete in the annual Meet of Champions, the all-star competition featuring the best young Oregonians vs. their neighbors to the north.

Coach is patient and yet, persistent in pursuit of his passion, the hammer throw. Knowing him, it will happen.

Washington

The Evergreen State contested its first high school hammer championship on Memorial Day 2001 at Pacific Lutheran University in Tacoma. With the plethora of excellent, well-trained coaches and eager-to-learn athletes in our state, this was an event that was bound to happen.

As in most of the states that have held numerous championship events, the numbers continue to swell. In Washington the state meet reaches from the Columbia River to Canada and from the Pacific Ocean to the Idaho border. Last season athletes from nine schools that had never participated in the championship did so. At least four coaches from schools new to the hammer have given the nod to start training their athletes for 2005.

A by-product of this unique and fascinating event is the dividends it pays to those willing to devote (with apologies to Winston Churchill) "blood, sweat, toil, and tears" in pursuit of success. Washington is proud of numbers (well into the teens) of our hammer throwers who have been given the opportunity to continue to throw in exchange for a college education.

In all my years connected with sports, one of the most memorable moments for this old coach was at this year's USA Olympic Track and Field Team Trials. As a member of the officials team for the hammer throw, it was a very rewarding and proud moment to see Britney Henry (Louisiana State University) compete as the first thrower in flight one of the women's hammer qualifier. Britney is a 2002 graduate of Lewis and Clark High School in Spokane and still holds our state record of 166' 10".

For more information, contact either Dwight Midles (Dmidles@olypanel.com) or John Sells (shotput@hctc.com).

Boy's 12lb. Hammer:

1. Nate Rolfe (Sr.), Kenmore (Inglemoor), 237'1"; 2. Zack Midles (Jr.), Olympia (Capital), 218'7"; 3. Brad Charters (Jr.), Camas, 200'8"; 4. Matt Wauters (Sr.), Bainbridge Island, 188'8"; 5. Jake Boling (Sr.), Pt. Orchard (South Kitsap), 180'1"; 6. Mark Kogan (Jr.), Olympia (Capital), 178'10"; 7. Greg Schultz (Jr.), Centralia, 163'9"; 8. Jonathan Smith (Jr.), Connell, 157'1"; 9. Leif Cofield (So.), Shelton, 150'; 10. Zack Richards (8th), Monroe (MS), 149'6";

Girl's 4k Hammer:

1. Alayna Mills (Sr.), Camas, 151' 10"; 2. Shannon Harvey (Jr.), Olympia, 146' 11"; 3. Kim Hern (Jr.), South Whidbey, 139'7"; 4. Gabby Midles (Fr.), Camas, 118'9"; 5. Jessica Paulson Sr., Pt. Angeles, 110'7"; 6. Shaina O'Leary (Fr.),

Rainier, 108'2"; 7. Jacki Speer (So.), Centralia, 105'6", 8. Tristen Mills (Fr.), Camas, 99'10", 9. Kyrie Tracy (Sr.), Shelton, 95' 10"; 10. Cassie Crowell (So.), Centralia, 95'2";

From these ranks a 2012 USA Olympic Gold Medalist?

If you have any type of youth competition/high school championship for hammer throwers in your state, let us know. I am sure that any of those whose e-mail addresses we have listed will be more than happy to offer advice on how to begin and develop a hammer championship.

In the next issue of *LSTJ* Washington State high school principals and athletic directors will speak to the benefits of contesting the hammer throw for high school athletes.

We hope this will be an article that you may wish to share with other coaches and administrators in your state. Our fondest wish is that it will turn their heads in a direction favorable to the inclusion of the high school hammer for all of our nation's youth. *LSTJ*

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Washington Hammer: The 2004 Season

By Sharon Sellereite, Masters All-American in hammer, Certified Official

In 2004 Washington hammer throwers participated in a variety of meets and they thrived. Three different kinds of meets were offered: hammer or throws only meets in a series, stand alone hammer meets, and full track meets that included the hammer. Most of the meets were open to youth through Masters throwers. These meets provided a basis for later success outside the state.

Meet organizers in Centralia and Connell took advantage of the USATF series sanction and held several meets under one sanction. In southwest Washington, several USATF meets were also held. These meets were hammer only or throws only meets open to youth through Masters throwers.

The Centralia series started March 20 and included four meets held about every two weeks. Participation averaged 14 throwers, mostly high school age but with an occasional collegiate thrower. One of the meets drew 17 high school throwers; nine boys and eight girls. The top boy was Zack Midles who threw the 12 lbs. hammer 203-2, and the top girl was Alayna Mills with a throw of 140-9.

For throwers in eastern Washington, March 21 marked the beginning of Connell's Sunday hammer series. The meets in this series were held on the third Sunday of four consecutive months. Participation varied from four to ten throwers with an even mix of youth and Masters throwers and an occasional open thrower. At the first meet, Nate Rolfe threw the 6K hammer 61.09m/200-5. At the second meet, Jake Boling won the Young Men's (17-18 years old) competition with a throw of 173-0.

Clark Community College in Vancouver was home to a series of hammer meets in southwest Washington. Seven to ten throwers usually competed; most of them were collegiate and post-collegiate throwers training in that area. Sometimes a handful of high school throwers also competed. At the May meet, six men and one woman had throws over 200'. Hammer throwers were also able to compete in four hammer only or throws only meets: the Connell Hammer Festival, the Tri-Cities Hammer Championships, the Washington High School Hammer Championships, and the Seattle Spring Fling, a Masters weight pentathlon which includes hammer.

At the Connell Hammer Festival, a USATF competition

held in March, new throwers had a chance to learn basic skills, and experienced throwers had a chance to get a mark for meets later in the season. Stuart Woods conducted a clinic for beginners and taught them winds, a release and basic hammer safety. Eighteen youth, open and Masters throwers, including the new throwers, competed.

One of the most popular meets for high school throwers was the Tri-Cities Hammer Championships held in April in Richland, WA. This meet was a USATF meet which was held the afternoon before a major high school invitational. The throwers liked the facility, the competition was excellent and many throwers achieved personal best marks. In 2004 the top throwers were Idaho's Kyle Annen (185-2) and Acacia Foster (146-11).

On May 30, the day after the conclusion of the state high school meets, the Washington High School Hammer Championships were also held in Richland. Eighteen boys and twelve girls accepted the invitation to compete. The top three boys, Rolfe, Midles and Brad Charters, all threw the 12 lb hammer over 200'. The first place boy was Rolfe with a throw of 237-1 and the first place girl was Mills with a throw of 151-10.

In April, seventeen Masters throwers participated in the Spring Fling, a USATF weight pentathlon held at West Seattle Stadium.

In addition to the USATF and independent hammer competitions, there were several high school invitational meets which included hammer throw as part of the meet. Athletes were allowed to wear their school uniforms and the event was scored. This is permitted under NFHS Rule 8-2, the same high school rule that allows specialty relays. The first meet of the season to offer hammer was the Bremerton Relays on March 27. Fourteen hammer throwers took advantage of this opportunity. In April, six hammer throwers participated in the Eason Invite, which was held in Snohomish. By May, the number of hammer throwers had grown and twenty-seven of them threw at the Shelton Invitational held May 1st. Midles won the boys' competition with a throw of 187-1 and Mills was the top girl thrower at 138-3.

The second weekend in May, high schools on both sides of the Cascade Mountains included hammer in

their invites. On the west side, Centralia was host to 28 freshman throwers. Because most of them were new to the event, they threw alternative hammers. The marks ranged from 125-10 to 33-11 for the boys and from 95-8 to 46-5 for the girls. In eastern Washington, 28 throwers also participated in the hammer throw at the Connell Twilight Invitational. A beginner clinic to teach winds, a release and basic hammer safety to new throwers preceded the competition. Everyone threw regular hammers. Jonathan Smith won the boys' competition with a throw of 129-4 and Laura Hughes, one of the new throwers, won the girls competition with a throw of 72-7.

The Cascade Mountains that divide the state of Washington are also the dividing line between the Pacific Northwest and Inland Northwest USATF associations. Each association has a different approach to hammer throw at summer meets. The Pacific Northwest association holds several meets for youth only. Except for the association Junior Olympic championship, the hammer is not included. The hammer is included in meets for open and Masters throwers, however.

Most meets in the Inland Northwest association are all-ages meets. Since 1999, the hammer has been included in almost all of the summer meets for all of the eligible age groups. This mix of high school, college and Masters throwers provides many opportunities for learning and interaction between throwers in the different age groups.

In 2004, the first meet of the season was the Mercury Classic held in Spokane on a wet and miserable day. This is unusual for typically dry eastern Washington. Seven Youth, one Open and four Masters throwers braved the weather and threw out of a wet circle. The following weekend, the Pullman Comets hosted the Age Group Championships. Again, throwers of all ages competed. Interestingly, there were more Masters (5) than Youth (3) or Open (1) hammer throwers. This meet has included adult hammer throw for over a decade and Youth hammer throw for almost that long.

The Capital City Track and Field Festival is held in Olympia in early August. This park department meet also offers hammer for many age groups, including 12 and 13 year olds. This year 20 hammer throwers

participated.

Other summer meets were specifically for Youth or Masters. In June the hammer throw was part of both the Inland Northwest and Pacific Northwest Junior Olympic Championships. Hammer has been included in the Inland Northwest JO Championships since 1999 and was added to the Pacific Northwest JO Championships several years later. All of the throwers from both associations advanced to the regional championships.

This year the Region XIII JO Track and Field Championships were held in Seattle July 10-11 and included the hammer. For the first time, the hammer was part of the National Junior Olympic Championships so this

year's regional hammer competition had meaning. Sixteen throwers competed, with the top three in each age group advancing to the national meet. Not participating were several throwers who were at the Junior Men's Elite Development Camp at the Olympic Training Center in Chula Vista. They were waived into the national meet.



In July, eight hammer throwers from Washington competed at the Northwest Regional Masters Championships held July 17-18 in Pullman. The following weekend, many of the same people were in Seattle for the Seattle Masters Classic at West Seattle Stadium.

Many people in Washington work hard to provide hammer competition opportunities; the results of these efforts can be seen on national hammer rankings lists, and in the results of meets outside Washington's borders. Three Washington high school girls and six Washington high school boys are ranked in the top 25 on the high school hammer list with Rolfe and Midles at the top of the boys' list. Three women and four men who either train in Washington or are products of Washington hammer programs are included in the *Track and Field News* rankings. Several Masters women are ranked in the top five in their age group on the Masters ranking list.

Washington throwers were also successful in meets outside the state. At the Meet of Champions, a dual meet between the top four in each event from Washington and Oregon, Washington boys placed first through fourth in hammer. At Golden West, Washington's Rolfe (234-3), Midles (201-6) and Matt

**** Continued...See 2004 Washington Hammer on page 55**

Remembering In A Big Way

By Paul Brueske

Two years ago I began coaching at UMS-Wright Preparatory School in Mobile, Alabama. The Mobile, Alabama area has long produced standout sprinters, jumpers and distance runners that have gone on to compete at the collegiate level. However, when I began coaching here, I noticed that at many schools the throwing events were often neglected. I wanted to do something to correct this and bring more attention to the throwing events. Therefore, I approached my boss about the possibility of hosting a throws only meet. With the support of long time UMS-Wright track coach Pat Galle, we began planning a meet just for throwers. While in the preliminary planning stages of the meet, a tragic automobile accident took the life of former UMS-Wright standout thrower Lyon Newell.

Lyon Newell (November 8, 1979- October 20, 2002)

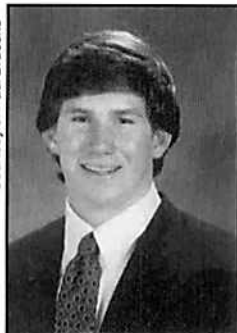
During his career at UMS-Wright, Newell excelled in both track and football. As a member of the State Championship indoor and outdoor track & field teams in 1997 and 1998, Newell won 3A State Championships in both the shot put and discus throws. At 6-1, 205 lbs., Newell was a versatile athlete. Despite being outweighed by most of his competition, Newell was a consistent winner in the two throwing events. Moreover, Newell would often leave the throwing circles to compete in the running and hurdle events. Newell ran impressive times in everything from the 55 meter dash indoors to 300 meter hurdles outdoors. For his success in competition, Newell was selected team captain his senior year and received the team award for most points scored in all events. On the gridiron, he played both linebacker and running back, receiving honorable mention All-State honors for his defensive prowess during his senior year.

An intense competitor, Newell made an impact on the UMS-Wright community. Following Lyon's funeral, Coach Galle came up with the idea to name our throws meet after Lyon Newell and use the funds generated from the competition to benefit Wilmer's Hall, a local children's home.

Wilmer Hall Children's Home

Wilmer Hall, founded in 1864 to care for orphans of the Civil War, provides care for abused and neglected children. Proceeds from the Lyon Newell Throws Meet will benefit the residential and independent living programs, as well as newly added transitional living and foster care programs.

Courtesy of Paul Brueske



Meet Promotion

Lyon's parents Jimmy and Hetty; Sally Greene, the development director of Wilmer Hall; Jane Potts with the local *Mobile Bay Monthly Magazine*; and other friends of the Newell family became involved in the planning and promotion of the meet. They were able to obtain the generous support of title sponsor Bruno's Super Market, and sponsors Amsouth Bank, Joe Bullard Automotive, McConnell Automotive and UJ Chevrolet.

They organized a local media blitz to bring attention to the meet. Local television stations did special features on the unique competition. Local newspapers and magazines wrote stories on the meet. Radio stations ran ads and did on-air segments to promote the event. There was a lot of great coverage for the meet and I feel it has brought awareness of the throws to the community.

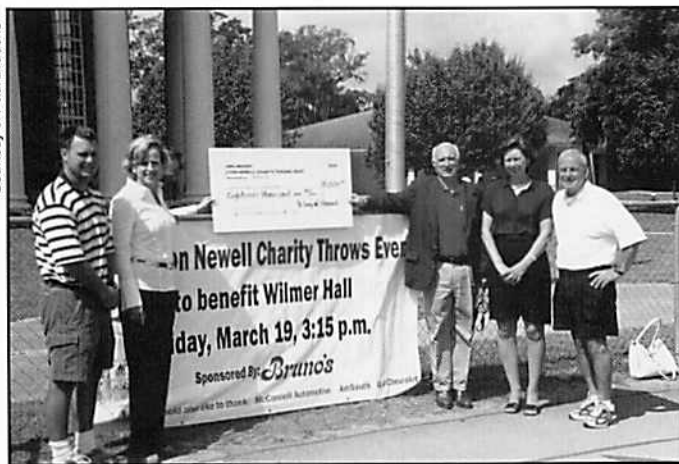
In the week preceding the event, meet t-shirts went on sale and quickly sold out. Through admission, entry fees, t-shirt sales, business sponsorship and private donations, the Lyon Newell Charity Throws Meet raised a total of \$18,000 for Wilmer's

Hall.

The Meet

The Lyon Newell Charity Throws Meet features the javelin, shot, and discus. The meet is scored (10-8-6-4-2-1) with t-shirts presented to the top three finishers in each event. As a result of the meet it seems more kids in the area are becoming interested in learning

Courtesy of Paul Brueske



proper throwing technique and taking the throws more seriously. Therefore, I believe that improved throwing performances will be achieved each year thanks to the competitive environment this meet has created. The third annual Lyon Newell Charity Throws Meet promises to be even bigger and better.

*We hope to attract top throwers from around the country to our meet. The 3rd Annual Lyon Newell Charity Throws Meet is scheduled for Friday, April 8, 2005. If interested in learning more about being apart of this great early season competition for throwers please contact Paul Brueske, (251) 470-9005 x 245 or e-mail trackmobile1@hotmail.com. *LSTJ**

Courtesy of Paul Brueske



2004 Washington Hammer

(continued from pg. 53)

Wauters (189-6) were the top three hammer throwers. Rolfe won the hammer at the Adidas Outdoor Championships with a throw of 221-1. At the USATF Junior Outdoor Championship meet, Nick Owens, former Shelton hammer thrower now at North Carolina, threw the 6K hammer 234-4 for first place and a new

American Junior record. Rolfe was third with a throw of 219-0. At the Olympic Trials, Scott Boothby threw 219-8 and Britney Henry, former Spokane thrower now at LSU, threw 201-9. In early July,

Ryan Dirks threw 61.73m/202-6 to place fifth at the USATF National Club Championships. The National Junior Olympic Championships were held July 27-August 1 at Eugene, Oregon. For the first time, hammer was part of this meet. Washington had at least one thrower in the top six in all of the age groups. Most notably, Washington girls placed first through third in the Young Women's age group. In the Young Men's age group, four of the top six places went to Washington throwers.

Two Masters hammer throwers from Washington went to Decatur, Illinois for the National Masters Championships. Tim Shannon won the M40 hammer with a toss of 43.89m/144-0 and Ken Weinbel was second in the M75 hammer with a throw of 24.46m/80-3.

Washington hammer throwers took advantage of the number and variety of hammer competitions held throughout the state. With this level of support, throwers in Washington should continue to flourish.

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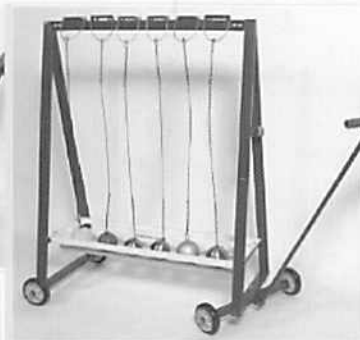
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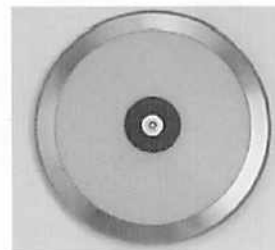
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