

LONG & STRONG THROWERS JOURNAL

LSTJ

**KIM
KREINER
4 X AR!!!**

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INSIDE:
Champs Coverage,
Technique and MORE !

CONTENTS



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Correspondents:

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On the cover:
Kim Kreiner
capped off a
record setting
spring in Indy.
(Victor Sailer)
This page:
Breaux Greer
successfully
returned to the
spear wars at
USATF's.
(Victor Sailer)

- 3** Letter From The Editor
Am I too old for a field trip?
- 4** NCAA Championships
Big things at all three levels
- 16** USATF Championships
Battling Mother Nature in Indy
- 22** Kim Kreiner
How to break an American record
(4 times!)
- 24** Tall Praise
Little Dana Pounds makes a big
impression
- 28** Hard To Overlook
Dan Austin steps into the limelight
- 30** Journey To A Dark Past
Adam Nelson recounts his trip to Dakar
- 32** A Lost Child Finds Himself
in Adulthood
How Reese Hoffa reconnected

- 37** Six Washington Preps
Earn All-American Status
Preps excel on NCAA stage
- 38** Pain Fades, Bones Heal
and Chicks Dig Scars
Return from a devastating injury
- 42** Better Than Ever?
Life after major knee surgery
- 44** Should We Reinvent The
Wheel Drill?
A look at the right foot pivot in
rotational throwing
- 46** Basic Training Principles
The low-down on weight training
- 47** Shot Put Penalties
A physics perspective on overweight
shots and distance
- 48** No Barriers...How Good
Will He Be?
JT'er Ryan Young is full of promise

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LETTER FROM THE EDITOR

Field Trip

The fourth grade of J. Henry Cochran Elementary School in Williamsport, PA, literally bounced on the edge of their seats, hands raised so high as to risk vertical dislocation at the shoulder joint. The students came prepared for a very special guest with index cards full of questions, but not a single child appeared to even glance at their cheat sheets. They were running on pure excitement.

The focus of their attention was a world-class athlete who had traveled from across the country. No, it wasn't Peyton Manning, LeBron James or Roger Clemens standing before them generating all that buzz, but he is every bit as successful in his chosen field. It's a safe bet that not a single one of the school's two-hundred-plus students had heard of him prior to the announcement of his visit. But that mattered not a bit. The students knew they were in the presence of someone special, and they didn't need SportsCenter to tell them so.

Three-time shot world champion John Godina was in town from Phoenix, AZ, making an appearance on behalf of his sponsor, adidas, at this kindergarten through fifth grade school tucked neatly away in a residential section of this north central Pennsylvania town.

Godina, recovering from surgery in April to repair a right labrum injury, was in the midst of rehabilitation and a year off from the throwing wars. He greeted all with a left hand shake to avoid any injury to his repaired shoulder. Clad in a red adidas polo and white shorts, he was Gulliver to the native Lilliputians.

Godina addressed the kids in a friendly, mildly animated tone, talking to them, without talking down to them. The questions came one after another, with each inquisitor getting an autographed poster of the man himself. At any one time there were 20 or 25 hands in the air. Questions

ranged from the basics like, "How much does a shot put weigh?" to, "How much do you lift?"

The guest, accompanied by Bill Reifsnyder of

adidas, displayed his Olympic silver and bronze medals, showed the kids a shot put and a picture of himself squatting 710 pounds, and even passed around a



Godina gave out posters to all that asked questions.

picture of his dog. The dog got as big a response as the medals.

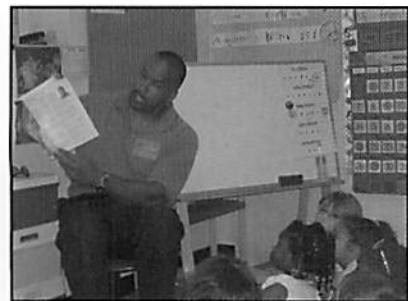
My presence in town was at the invitation of Assistant Principal David Michaels, a coach and teacher to my own daughter in her middle school years before he entered administration and then relocated almost two hours to the north. Only when I arrived did I find out that my friend had inserted me as a small part of the day. I would be addressing kindergartners and first-graders about writing and the publication

you are holding in your hands. I think if I had gotten to the kids before they spent their lunch money, I could have sold a couple discounted subscriptions.

I left J. Henry Cochran at the end of the school day with a great natural buzz. The energy of the student body and faculty was contagious. I'm proud to say that my friend David is doing a fantastic job and will continue to do so as the new principal next year.

And it's not bad either when you have a chance to sit and talk throwing for an hour with the star of the day and an all-time great.

Had me bouncing on the edge of my seat. *LSTJ*



LSTJ should be standard reading in America's classrooms!



With my good friend, Assistant Principal David Michaels.

Sacramento State, Sacramento, CA, June 6 - 10, 2006

TARHEELS TOPS AT NCAA's

By Don Amini



The eighty-fifth annual NCAA Outdoor Championships took place under sunny skies on all four days of competition this year at Sacramento State. 2006 also marked the twenty-fifth edition of the women's championships. Six-time Outdoor Champion

Seilala Sua and five-time winner Suzy Favor-Hamilton were honored by the NCAA on opening day as the outstanding athletes of that quarter century of championship competition.

"I was just happy to see throwing receive some recognition," the always modest Sua, now UCLA women's throwing coach told *LSTJ*.

"I have been involved in women's throwing for all of those 25 years and I have never seen a thrower quite like her. Never," said her legendary coach, Art Venegas.

There were also some 50th anniversary potential honorees hard at work in Sacramento.

FRIDAY, JUNE 9th

The third day of competition featured the trio of 2005 champions battling to retain their titles in Friday's first three finals plus another duel for the men's discus crown.

Men's Discus (by John Garvey)

The men's discus throw final took place on a beautiful sun-baked Friday afternoon, with 12 determined throwers, who had thrown at least 181-2 in qualifying on Wednesday.

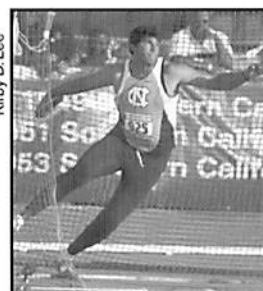
Confronted by dead air but spurred on by rock and roll music during their warm-ups over the Hornet Stadium loudspeaker, it was clear the contest was between two young men again. Last year it was the silent, lanky 6-9 Vikas Gowda of North Carolina and Michael Robertson of Stanford, who is redshirting this year. This year it would be Gowda and Arizona Wildcat Adam Kuehl.

Kuehl led after the first round with his 59.64m (195-8). Gowda responded in the second frame, putting pressure on the rest of the field with what would become the winning mark, 60.55m (198-8). Minnesota's Karl Erickson improved to 56.41m (185-1) in the second round and Garrett Johnson stepped up to 56.84m (186-6). The two sat fourth and third respectively at that point.

In the third round, UCLA sophomore Greg Garza moved into seventh at 55.82m (183-2).

In the finals, Kuehl fouled off a pair of throws, and could only muster a 57.57m (188-10) on his final attempt, leaving Gowda as the 2006 champion.

Sean Shields nailed a 56.60m (185-8) in the fifth stanza to move into sixth place.



Gowda



Kuehl

Third place went to frosh Matt Lamb of Washington State, who hit 57.74m (189-5) on his final throw. Lamb demonstrates the importance of fast-twitch; he posted 10.61 and 22.2 times in the short sprints in high school!

Kuehl said "Once I saw that I was going to be throwing first, I knew I had to come out with a big first throw to set the tone for the competition. The main focus today was just to go out and throw as fast and as far as I could. I'm glad I was able to get one out there."

Immediately after, Gowda, a 2004 Olympian for India, described himself as glad a "really bad season," plagued with injuries ended on a happy note. In what Gowda believed were "normal conditions," the Tar Heel took command early and never looked back. In fact, he was so focused he did not even look at Kuehl's throws during the competition.

--- John Garvey

Men Discus Throw

1, Vikas Gowda, North Carolina, 60.55m, (198-08). 2, Adam Kuehl, Arizona, 59.64m, (195-08). 3, Matt Lamb, WSU, 57.74m, (189-05). 4, Karl Erickson, Minnesota, 57.00m, (187-00). 5, Garrett Johnson, Fla State, 56.99m, (187-00). 6, Sean Shields, Arizona, 56.60m, (185-08). 7, Greg Garza, UCLA, 55.82m, (183-02). 8, Derek Randall, Texas, 55.70m, (182-09). 9, Wes Stockbarger, Florida, 55.42m, (181-10). 10, Jason Morgan, LA Tech, 55.29m, (181-05). 11, Chase Madison, Iowa St., 55.12m, (180-10). 12, Jason Rider, UCLA, 54.65m, (179-03).

Men's Hammer

The practice field adjacent to Hornet Stadium was the starting site for two days of championship finals in Sacramento. The 10 AM start was not too early for throwing enthusiasts to fill the sidelines along the landing



Jullien (above) and Jons



area or the bleachers that afforded a close-up view of the action. The five throwers with qualifiers of over 218 feet drew spots two through four and ten and eleven in the rotation. Mattias Jons needed only one throw to lead Wednesday's qualifying round with a 69.26m (227-3) mark. Without missing a beat, the Boise State senior from Bjuraker, Sweden, provided a jump start to the final with his 69.03m (226-5) opener. Kansas sophomore Egor Agafonov followed at 66.82m (219-3). Mohsen Anani, a Virginia Tech freshman, reached 68.35m (224-3) on the next throw.

UNC's Nick Owens, sporting his signature blue striped socks, a tradition dating back to his high school days, opened strongly with a throw measured at 67.10m (220-2). With the entrance of defending champion Spyridon Jullien, the audience anticipated the first round of this year's competition to fully

unfold. Instead they witnessed it come unhinged, as the ball, sans wire, escaped under the netting and skipped beneath the short fence in front of the bleachers, carrying completely under the stands before settling on the grass, just short of the outside fence.

Jullien was shaken but uninjured by the great change in tension caused by the handle breaking on one side. The Virginia Tech senior received another attempt due to the equipment failure and delivered a 65.35m (214-5) opener, placing him fifth. Owens, who has added more muscle to his long frame since last season, was the first of the leaders to improve in round two with a 69.39m (227-8) blast to the top.

With the next throw, Jullien's 69.66m (228-6) response removed any suspicion of lingering effects of his accident. He strengthened his lead in the third round at 70.58m (231-7). Jons had struggled after his opener and, contrary to usual protocol of declining warm-ups prior to the reordering of the field, took two practice throws. "The 69m (his opener) felt so easy, I put a little more on it, and I put too much," Jons said later, referring to his second and third attempts. "I had to relax a little more and slow it down."

The adjustment paid off in the fifth round with a controlled 71.31m (233-11) explosion into first place, igniting the crowd and the throwers behind him. With the next throw, Owens pushed past the 70 meter barrier for the first time in

his career. The six-foot, three-inch junior's 70.02m mark (229-9), more than seven feet farther than his effort here in '05, secured third-place.

Jullien fouled his fifth throw setting the stage for only the most dramatic of comebacks. Jons released his last throw a bit flat, but it still sailed just a centimeter short of 71m. The long awaited moment of truth was extended further. Neither Jullien nor the crowd was at first quite sure if the defending champion's technically smooth throw was the winner. It was, by nearly a meter.

"It was not as fast," said the Athens-born athlete. "I didn't try to muscle it and let my technique work."

The 2005 and 2006 NCAA weight throw champion says he was stronger last year, his preparation this season being hampered by a back problem in the fall, though he now performs pause squats with 405 lbs.

The athletically fit Human Nutrition, Foods and Exercise major makes a point of keeping his protein intake up, including milk in his diet and abstaining from alcohol, but admits to there being, as he puts it, "space to improve. If I wanted to be too careful about what I eat, I'd be a runner."

Jullien, whose competition in Sacramento meant missing the Greek Nationals, seems to be cut of the mold of an Al Feuerbach or a Mac Wilkins in terms of his values.

Anani, the ACC champion, from the Cairo Higher Institute and Agafonov, a six-foot, three-inch, 23-year-old product of School No. 57 in Togliatti, Russia, held onto fourth and fifth places respectively, off the strength of their first round throws. Still another Virginia Tech athlete, Matej Muza, a 19-year-old freshman from Zagreb, Croatia completed the top six. His 66.03m (216-8) fifth round throw edged USC's Adam Midles by seven inches.

Battles continued through the entire order, with Josh Henigman scoring the point for Montana State with his throw of 64.29m (210-11), outdistancing fellow senior Michael Beerer of Irvine by one-and-a-half feet.

Though the standings of the top three competitors remained the same as last year, each of them improved over their 2006 performances by over six feet (Jons by eight feet even). The three of them agreed, to a man, that this year's competition was the most exciting they had ever experienced.

Multiple championships for hammer throw winners have been the rule rather than the exception for nearly half a century, with 12 athletes claiming 27 titles over the last 48 years. Considering the nature of the 2006 competition, however, repeat victory was nothing less than spectacular.

1, Spyridon Jullien, VT, 72.29m, (237-02). 2, Mattias Jons, Boise State, 71.31m, (233-11). 3, Nick Owens, North Carolina, 70.02m, (229-09). 4, Mohsen Anani, VT, 68.35m, (224-03). 5, Egor Agafonov, Kansas, 66.82m, (219-03). 6, Matej Muza, VT, 66.03m, (216-08). 7, Adam Midles, USC, 65.87m, (216-01). 8, Josh Henigman, Montana St., 64.29m, (210-11). 9, Michael Beerer, Irvine, 63.83m, (209-05). 10, Paul Peulich, Manhattan, 63.63m, (208-09). 11, Wil Fleming, Indiana, 62.94m, (206-06). 12, Martin Bingisser, Washington, 62.83m, (206-02).

Women's Javelin

"I definitely felt more pressure, probably more than last year. Like last year I didn't have a great showing during the prelims," said defending champion Dana Pounds after the final. Unlike last year, she did not have to contend with a rain-drenched runway, but managed only the fourth best qualifying mark at 49.66m (162-11).

University of North Carolina-Wilmington junior Anna Raynor took only one throw to lead all qualifiers with 53.77m (176-5). The next highest qualifying performance was by Roshunda Betts, who needed her third throw to make it to the final, and came through big at 50.27m (164-11) to lead the second flight.

"Any one of the top five to eight could all pop one at any moment," said the Air Force senior Pounds of her not quite commanding 56.10m (184-1) first round leader that nonetheless held until her final 58 meter (190-3) effort. With her victory, Pounds became the first repeat champion since SMU's Windy Dean recorded her third NCAA win in 1998.

Pounds reached another benchmark this season with her throw of 195-8 that won the Mountain West Championship. The distance equaled that of Purdue's Serene Ross in 2002 as the best ever for a U.S. born collegian. (The first NCAA champion Karin Smith threw the old javelin 206-9 for Cal Poly-San Luis Obispo in 1982).

"I'm really just a baby at this sport, or maybe I'm a toddler. I just feel that I have so much to learn and that these next two years I will really have a great opportunity to improve. My coach (Scott Irving) wants me to spend part of next year living and training in Finland, so that's the plan," the native of Lexington, Kentucky told *Sacramento Bee* columnist Ailene Voisin.



Pounds



Wilkinson

The top five positions did not change during the final three rounds.

Two-time Big 12 champ Kayla Wilkinson's 54.51m (178-10) first throw captured second-place for the Nebraska junior. Five-foot, eleven-inch, former Canadian record-holder Krista Woodward of Georgia moved up a notch from last year. The three-time SEC champion took the third spot at 54.24m (177-11).

Raynor, a 5-11 high jumper as a freshman and an 18-9 long jumper, finished fourth at 53.48m (175-5). Betts, a Sam Houston State senior, took fifth-place. The second year javelin thrower achieved a seasonal best of 52.99m (173-10) despite competing in the triple jump prelim just prior to the final.

With her final throw of 51.45m (168-9), five-foot, seven-inch, UTEP junior Erma Gene Evans, the Saint Lucia national record holder, jumped past Rachel Yurkovich at 50.35m (165-2) to take sixth-place. Only a freshman, Yurkovich already ranks second behind Sarah Malone on Oregon's all-time list at 179-10.

Taking only three throws in the final, senior Ashley Kaufman once again scored for Akron in this event, hitting 160 feet even for eighth. Junior Mallory Webb, in her first year under American shot put record-holder Ramona Pagel at Fresno State, earned All-American status by taking the next spot as did tenth-place finisher Denita Young of Kansas.

1, Dana Pounds, Air Force, 58.00m, (190-03). 2, Kayla Wilkinson, Nebraska, 54.51m, (178-10). 3, Krista Woodward, Georgia, 54.24m, (177-11). 4, Anna Raynor, UNC-Wilmington, 53.48m, (175-05). 5, Roshunda Betts, Sam Houston St., 52.99m, (173-10). 6, Erma Gene Evans, UTEP, 51.45m, (168-09). 7, Rachel Yurkovich, Oregon, 50.35m, (165-02). 8, Ashley Kaufman, Akron, 48.78m, (160-00). 9, Mallory Webb, Fresno St., 48.41m, (158-10). 10, Denita Young, Kansas, 48.34m, (158-07). 11, Michelle Inocencio, Texas A&M, 47.82m, (156-11). 12, Sigrun Fjeldsted, Georgia, 44.58m, (146-03).

Women's Discus

Defending champion Beth Mallory of Alabama topped the first group in Wednesday's qualifying round at 54.21m (177-10). Her mark was surpassed only by Amarachi Ukabam's sole effort of 55.25m (181-3) with the initial throw of the second flight. Although short of the 56.50m (185-4) automatic qualifier, the Mid-east Regional double winner (58-11½ and 187-7), two weeks ago in Knoxville, understandably passed her remaining attempts.

Dace Ruskule possessed the top seasonal mark of the finalists (193-9 in Austin brought the Nebraska junior her second straight Midwest Regional win).

With the opening throw of the finals, Ruskule established a lead at 54.14m (177-7) that would keep her ahead of Mallory, who closed the round with a distance of 52.37m (171-10).

But it was the penultimate thrower in the rotation, Rice senior Krystal Robinson, who utilized remarkable arm speed on a 54.38m (178-5) second effort to lead the event until deep in the fifth round. Robinson would finish third, moving up a spot from last year despite having to rebuild her technique and strength following back surgery last September.

Ruskule recovered from three straight fouls, including a cage foul in the third round, to hit her fifth throw, measured at 55.13m (180-10).

Like the defending champions in the previous two throwing events on Friday, Mallory saved her best until the end. She improved on every throw except her fourth, but only her last advance brought an upgrade of placement. It appeared her final throw of 54.74m (179-7) may have slipped her hand. But the congenial senior from Ashland, Ohio refused to accept any excuses for her second place finish.

Ruskule's victory returned the women's discus crown to the Cornhuskers for Coach Mark Colligan's twentieth anniversary in Lincoln. Nebraska teammate Becky Breisch, the 2005 U.S. champion and 2004 NCAA titlist, won the Big 12 Championships this year at 194-1, but she no-distanced at the Regional qualifier.

"Fortune was on my side today," said the soft-spoken Latvian Olympian whose name is pronounced DAH-say ROO-skoo-lay. "I was not upset, I knew my mistake." Keeping the discus level and maintaining a rhythm, she made the difference on her championship throw, the strong-minded psychology major explained.

In a battle between former prep sensations, five-foot, ten-inch, South Carolina junior Precious Akins prevailed by a margin of three inches to take third-place. The Summerville (SC) High School state record (151-11 1/2) setter's second round mark of 53.72m (176-3) held off Arizona State's sophomore Jessica Pressley, whose youthful power is legendary. Pressley squatted 315 lbs. the first time she tried the lift at Laguna Creek High in Elk Grove, CA, near Sacramento.



Ruskule



Mallory

Another California prep standout, Billie Jo Grant of Virginia, jumped three places from last to take sixth at 52.28m (171-6), one-inch ahead of Olivia Korte of Air Force. Pac-10 champion Rachel Varner of Arizona took the eighth spot at 51.54m (169-10). Next was Ukabam, who never got on track in the final. The Southern Illinois senior improved on her last throw to 51.27m (168-2), and earned her ninth career All-American award.

Last year's runner-up Rachel Longfors of Florida, who did not advance to the last three rounds in the final, finished tenth.

1, Dace Ruskule, Nebraska, 55.13m, (180-10). 2, Beth Mallory, Alabama, 54.74m, (179-07). 3, Krystal Robinson, Rice, 54.38m, (178-05). 4, Precious Akins, S. Carolina, 53.72m, (176-03). 5, Jessica Pressley, Az State, 53.64m, (176-00). 6, Billie-Jo Grant, Virginia, 52.28m, (171-06). 7, Olivia Korte, Air Force, 52.25m, (171-05). 8, Rachel Varner, Arizona, 51.54m, (169-01). 9, Amarachi Ukabam, S. Illinois, 51.27m, (168-02). 10, Rachel Longfors, Florida, 48.25m, (158-04). 11, Katalin Mate, Auburn, 47.91m, (157-02). 12, Sarah Stevens, Az State, 46.48m, (152-06).

SATURDAY, JULY 10th

The final day of competition was compressed in a morning/early afternoon format to accommodate the first live television broadcast of the championships in decades. In the off-the-cuff words of a well-known track and field journalist, "The decision for live TV meant screwing the local audience." While the intention clearly was not such, sacrifices were made that certainly were not advantageous for the throwing fans in attendance, or to some extent, the athletes. Both the hammer and javelin started at 10 am, making it impossible to watch both. The men's and women's shot put were held simultaneously as well.

The competitions were nonetheless compelling. The intimate hammer throw audience was again both appreciative and appreciated.

Women's Hammer

USC's talented freshman Eva Orban, the Pac-10 champion, led Wednesday's prelim with a 65.31m (214-3) second throw from flight one. Three other athletes achieved the automatic qualifying standard of 64 meters: Stanford's Sarah Hopping, 64.45m (211-5) with her first attempt; Britney Henry of Oregon, 64.14m on her second effort; and last year's runner-up, Georgia's Jenny Dahlgren, 65.06m (213-5), surprisingly not until her third throw.

The Georgia junior set personal records in three consecutive weeks leading up to the Nationals. Dahlgren's 235-6 (71.79m) SEC Championship throw broke Loree Smith's collegiate mark (229-8 last year). She then cracked the 72 meter mark at the East Regional in Greensboro, NC, upping her record to 236-3 (72.02m).

On Sunday morning Dahlgren launched her first throw to 64.34m (211-1) to take a slender lead over Henry at 63.57m (208-6) and Orban with 63.05m (206-10). It was Orban, however, throwing sixth in the rotation, who really spiced up the competition in the second round, pushing past the 220 foot barrier with a 67.35m (220-11) leader.

Throwing eighth in the order, Dahlgren's response would have to be rapid. It came in the form of a commanding 69 meter bomb (226-4) from the six-foot Argentine Olympian that changed the nature of the competition.

The five-foot, seven-inch Orban, also a 2004 Olympian, representing Hungary, was still in a strong second-place. Her winning throw of 226-8 at the West Regional in Provo, UT gave her another credential for a chase. She tried mightily to catch a big throw, but her efforts produced no improvements and fouls on her final three attempts.

"After a shaky qualifying round, I was happy to come back and maintain a solid performance," said Dahlgren, who also won the NCAA weight throw championships this year (78-10½ off of two turns). Although the Buenos Aires native will probably not continue in the weight throw, she agrees that the implement Coach Don Babbitt terms a short, heavy hammer helps her get strong in the core and stay centered.

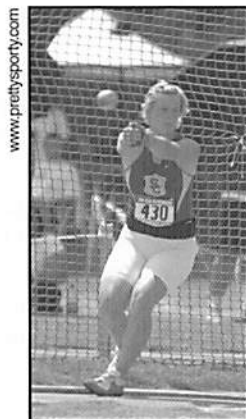
"You can't push the weight around," says Dahlgren. She manages to push quite a lot around in the weight room, however, with Olympic lifts of 87.5 or 90 kg in the snatch and 120 kg in the clean (around bodyweight) according to her coach.

2005 weight throw champ Jen Leatherman closed out her Penn State career with a 64.01m (210-0) fifth-place finish that served to break up the Brits. No, I'm not referring to an invasion of British throwers, but to three of the other top six place winners: Brittany Hinchcliff, a senior from Oregon, 64.69m (212-3); Southern Illinois sophomore Brittany Riley, who jumped from eighth to fourth with her final effort of 64.15m (210-5); and Britney Henry who took sixth at 63.57m (208-7).

The next two finishers, Kristen Callen of Virginia Tech (62.09m/203-8), and Caira Hane, Nevada-Reno, 61.85m (202-



Dahlgren



Orban

11), both exceeded 200 feet. Florida's Jyn Wynn and Vanessa Mortenson of Utah, in ninth and tenth respectively, also garnered All-American status.

Hopping, a versatile athlete who once scored points for Stanford in both the hammer and triple jump in The Big Meet against Cal, did not advance to the final three rounds after fouling her first and third attempts.

1, Jenny Dahlgren, Georgia, 69.00m, (226-04). 2, Eva Orban, USC, 67.35m, (220-11). 3, Brittany Hinchcliff, Oregon, 64.69m, (212-03). 4, Brittany Riley, S. Illinois, 64.15m, (210-05). 5, Jen Leatherman, Penn St., 64.01m, (210-00). 6, Britney Henry, Oregon, 63.57m, (208-07). 7, Kristen Callan, VT, 62.09m, (203-08). 8, Caira Hane, Nevada, 61.85m, (202-11). 9, Jyn Wynn, Florida, 59.99m, (196-10). 10, Vanessa Mortensen, Utah, 58.08m, (190-07). 11, Sarah Hopping, Stanford, 57.87m, (189-10). 12, Elizabeth Alabi, Minnesota, 56.10m, (184-01).

Men's Javelin

The javelin competition was the only event inside Hornet stadium early Sunday morning. After all the other competitors had completed their first round throws UNC's Justin Ryncavage took center stage, and one throw was all he needed. His 74.18m (243-4) winner took the lead by over 12 feet and the victory by five feet, one inch. Ryncavage fouled his second, third and final throws, but posted two other potential meet winners of 72.82m (238-11) and 74.09m (243-1) on his fourth and fifth throws, respectively.

In his time at North Carolina, Ryncavage, a boxing fan and admirer of Muhammad Ali, has transformed from a "brash young kid, too big, too strong, who tried to arm it," to the "backbone and inspirational leader of the throwers," in the words of UNC coach Brian Bluetrich.

The six-foot, two-inch redshirt junior, who underwent "Tommy John surgery" after injuring his elbow at the Penn Relays in 2004, has lost over 20 pounds since arriving at Chapel Hill. The 22-year-old Ryncavage has thrown 76 meters a couple of times in training, but is "still very raw," in Bluetrich's appraisal.

Arkansas senior Eric Brown, who maintained the second spot through each rotation, mounted an early challenge. The six-foot, four-inch, 200-pound



Ryncavage



Brown

athlete from Baldwin, Kansas, put together a series of 70.45m (231-1), 71.93m (236-0) and 72.63m (238-3) on his first three throws. With a season leading 256-3 (78.10m) at the Kansas Relays to his credit, the two-time Mideast champion certainly posed a threat, but faded on his next two throws before fouling his last attempt. Though unsuccessful in his bid to become the first Razorback to win an NCAA throwing title, Brown closed his collegiate career with top-four performances in each of the last three years.

In an odd way, Keron Francis of Boise State, via Le Sagresse, Grenada, seemed to be savoring every last moment of the competition. His 72.43 meter (237-7) mark was the longest in Thursday's qualifying round except for Ryncavage's 74.14m (243-3). But it came on a do or die, third throw he needed, to advance to the final.

Like Ryncavage, he was only an inch away from matching his qualifying distance in the final. Francis, who is a two-time WAC long jump champion, leapt from seventh to third-place with the last throw of his collegiate career (72.38m, 237-6).

Southeast Louisiana junior Lars Larsen's 71.97m final throw (236-1) edged senior Paul Teinert of California by one inch to earn the fourth spot. Two sophomores, Georgia's Martin Maric and Thomas Jordan of Coastal Carolina, closely contested the sixth spot. Maric's 69.56m (228-2) gave him an opening round advantage of two inches that proved decisive.

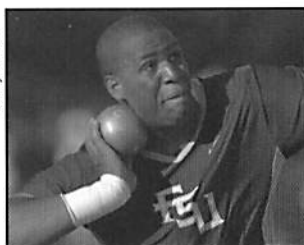
Senior Tony Bonura scored a point for Pittsburgh with his 68.12m (223-6) opener to take eighth-place, earning him All-American honors for the a second time, as did Northwestern State (LA) sophomore Cody Fillinich with his 66 meter throw (216-4) for ninth.

1, Justin Ryncavage, North Carolina, 74.18m, (243-04). 2, Eric Brown, Arkansas, 72.63m, (238-03). 3, Keron Francis, Boise State, 72.38m, (237-06). 4, Lars Larsen, SE Louisiana, 71.97m, (236-01). 5, Paul Teinert, California, 71.93m, (236-00). 6, Martin Maric, Georgia, 69.56m, (228-02). 7, Thomas Jordan, Coastal Carolina, 69.49m, (228-00). 8, Anthony Bonura, Pittsburgh, 68.12m, (223-06). 9, Cody Fillinich, NW State-LA, 66.00m, (216-06). 10, Marc Pallozzi, Albany, 65.93m, (216-04). 11, Juan Romero, Washington, 63.88m, (209-07). 12, Alex vanderMerwe, UTEP, 61.96m, (203-03).

Men's and Women's Shot Put

With no stands behind the circles on this occasion, most fans opted for the closer view from the backstretch side of the stadium. Following the two-ring circus carefully was challenging even from the higher perspective afforded beside the press box. Crowd reaction to the men's event was further impacted by the fact that their competition was the one farther away from nearly all of the audience. The

Kirby D. Lee



Johnson

Kirby D. Lee



Robison

image of athletes toiling quietly under Saturday's pouring Sacramento sun, could not contrast more with the electric atmosphere that sparked last year's Friday night affair.

Seasonal leader Garrett Johnson of Florida State (68-4½ at the Penn Relays) missed qualifying for the final in the unusually slippery conditions of the 2005 prelim. He was the

leading qualifier this year, the only thrower reaching the automatic standard (19.65m/64-5¾), with his 20.20m (66-3¼) first throw.

Two seniors, Sean Shields of Arizona and last year's runner-up Sheldon Battle of Kansas, were the next two qualifiers, both hitting 19.37m (63-6¾). Five of the finalists including Brian Robison, the Midwest Regional winner with 68-3¼ (20.82m) on his home ring in Austin, had competed at least three days. For Johnson, Shields and Minnesota senior Karl Erickson, it was their fourth day of competition, 16 hours after the discus final.

Robison, throwing fourth in the order, immediately before Johnson, exploded to the early lead with a 20.25m (66-5¼) opener. Johnson and Shields both hit the 19.74m (64-9¼) mark to share second at the end of round one.

Eighth in the order, Battle joined the logjam at 19.74 meters in round two, but on the next throw, Shields pushed up the second-place mark to 20.11m (65-11¾).

Battle had a consistent series, but could not top the 19.74m mark which he reached again on his third throw.

A cliché applicable to so many sports is that "it is a game of inches." This particular competition was closer than that. Though it might not seem much happened in the fourth round by glancing at the score sheet, two things did occur: one, that was prophetic, and the other potentially decisive in a competition of "centimeters and feet."

First, Johnson broke the 19.74m "barrier" by a centimeter to edge past Battle into third-place. Robison closed the round with the longest throw of the day, a 67 foot foul. The Texas senior revealed to *LSTJ* that his right heel had stuck against the toe board, and despite fighting to turn in, he was forced out of the circle to his left.

Going into the fifth round, considering the talent of the field, one would ordinarily say that the door was still wide

open. But considering how things had shaped up on the last day of this championship week, it was barely more than a little cracked.

Johnson summoned his energy on this sweltering day and seized the opportunity with a throw of 20.29m (66-7) in round five, that would be decisive. "I was out of gas. I was just happy to pull out the win," admitted the ebullient Johnson.

The six-foot, three-inch, 280 pound athlete took home his second national shot title from Northern California soil, having won the U.S. Junior Championships at Stanford in '03. Johnson, a medical redshirt in 2004, from what was eventually diagnosed as blood clots in his lungs, will forego his final year of eligibility to accept a Rhodes scholarship. He is one of just 32 students in the entire country selected for Oxford, where he will begin this October. The 2006 NCAA Indoor titlist completed his undergraduate work at the Tallahassee campus as a political science and English major after just three years.

Robison completed his series with throws of 19.97m (65-6 $\frac{1}{4}$) and 19.76m. His second-place finish gave him the rare opportunity to experience a hard fought down-to-the wire national championship from both sides and at both ends of the scholastic year. A converted linebacker with a 40-inch vertical leap, Robison was a defensive end on the Longhorns National Championship football team.

Shields' third-place finish (65-11 $\frac{3}{4}$) was the highest of his four NCAA shot put finals (the last three in Sacramento). The six-foot, five-inch American junior record-holder reached 20 meters on his fifth throw, the only finalist to do so twice.

Erickson's fifth round 19.93m (65-4 $\frac{3}{4}$) strike jumped him from sixth to fourth-place. The pride of Sacramento State, Dave Nichols, the host school's only entrant in the entire meet, also made a big push in round five (19.68m/64-7), finishing in sixth-place just six centimeters behind Battle.

USC junior Noah Bryant came through in the third round with a clutch 19.25m (63-2) throw to continue and added another three centimeters on his next effort to take seventh-place at 63-3 $\frac{3}{4}$ (19.20m), edging Northeastern senior Derek Anderson by 10 inches.

1, Garrett Johnson, Fla State, 20.29m, (66-07). 2, Brian Robison, Texas, 20.25m, (66-05.25). 3, Sean Shields, Arizona, 20.11m, (65-11.75). 4, Karl Erickson, Minnesota, 19.93m, (65-04.75). 5, Sheldon Battle, Kansas, 19.74m, (64-09.25). 6, Dave Nichols, Sac State, 19.68m, (64-07). 7, Noah Bryant, USC, 19.28m, (63-03.25). 8, Derek Anderson, Northeastern, 19.03m, (62-05.25). 9, Shane Maier, Iowa, 18.84m, (61-09.75). 10, Mitchell Pope, NC State, 18.82m, (61-09). 11, Milan Jotanovic, Manhattan, 18.66m, (61-02.75). 12, Kevin Bookout, Oklahoma, 18.47m, (60-07.25).

Women's Shot Put

For an event without a defending champion, there was certainly no short supply of NCAA titlists contending for the last women's championship to be decided in 2006.

The most recently crowned NCAA indoor champion, Michelle Carter was on hand. The glider from the University of Texas threw a lifetime best 18.56m (60-10 $\frac{3}{4}$) in her dramatic victory in Fayetteville, AR.

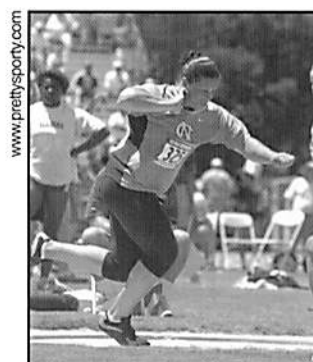
Seasonal leader Laura Gerraughty of UNC had taken first-place outdoor laurels in 2004. Becky Breisch of Nebraska, the other woman to reach 60 feet outdoors this year (18.46m/60-6 $\frac{3}{4}$), was the only athlete in the entire meet to have won a title at 2003's inaugural NCAA championship in Sacramento. Both Breisch and Gerraughty took last season as a redshirt year due to injury.

Gerraughty opened well enough to take the lead in round one at 17.25m (56-7 $\frac{1}{4}$). Carter, Breisch and Gerraughty were clustered together in one way or another from the start, with the latter two throwing at the bottom of the rotation, and Carter in the number two spot. Carter quickly answered Gerraughty's leader with a 17.68m (58- $\frac{1}{4}$) throw that would hold first through three rounds. Breisch improved in round two as well, settling five centimeters behind Carter.

Gerraughty struggled through her next two throws, keeping her in third. Her problem on all three attempts was starting her spin technique too low out of the back of the circle and then trying to get lower, according to her coach, Brian Blutreich.

Gerraughty's adjustment on her 18.03m (59-2) fourth round throw, brought her back into the lead and sparked spontaneous screams of conviction.

Breisch improved a centimeter on the next throw. Carter closed the round with a 17.91m (58-9 $\frac{1}{4}$) response. Although the Longhorn junior would not have a "sixth round solution" to the championship puzzle on this occasion, her 58-9 $\frac{1}{4}$ best for the day strongly suggested a clue. Three clutch, big meet throwers together in one championship meant the 18.03m leading mark would not likely hold through two more rotations.



Gerraughty



Breisch

It all came down to the final round, with Gerraughty well aware of the double threat to her back. "She willed it out there," said Coach Bluetrich of Gerraughty's 18.32m (60-1½) winning throw.

Breisch established the second best mark of the competition, 18.05m (59-2¾), with an aggressive final spin, pushing Carter to third. Multi-talented five-foot, ten inch freshman Sarah Stevens of Arizona State pulled away from the rest of the pack on her final throw of 17.09m (56-1) to earn fourth.

A mere 14 centimeters separated the next four competitors. Western Illinois senior Aubrey Martin made the best of the last qualifying spot. She took fifth-place at 16.60m (54-5½). Jessica Pressley, the only female to make the final in both the shot put and discus, turned in her second top-six performance, one centimeter behind Martin. USC Senior Karen Freeberg secured seventh-place with 16.56m (54-4), four inches ahead of sophomore Rachel Jansen of Northern Iowa.

After the competition was over, Gerraughty punctuated her victory with a celebratory back flip which drew the biggest crowd reaction of the afternoon. Gerraughty, who was a gymnast for eight years, had reacquainted herself with her back flip ability while at a gymnastics camp almost two years ago, a couple of months before the Olympic Trials. She used the flip to cap off her Olympic Trials win. This year's reprise was only her second performance, keeping it thus far an exclusive for Sacramento audiences.

1, Laura Gerraughty, North Carolina, 18.32m, (60-01.25). 2, Becky Breisch, Nebraska, 18.05m, (59-02.75). 3, Michelle Carter, Texas, 17.91m, (58-09.25). 4, Sarah Stevens, Az State, 17.09m, (56-01). 5, Aubrey Martin, W. Illinois, 16.60m, (54-05.50). 6, Jessica Pressley, Az State, 16.59m, (54-05.25). 7, Karen Freeberg, USC, 16.56m, (54-04). 8, Rachel Jansen, N. Iowa, 16.46m, (54-00). 9, Aymara Albury, Alabama, 16.13m, (52-11). 10, Jennifer Gilson, W. Illinois, 15.59m, (51-01.75). 11, Kasey Onwuchekwa, Texas A&M, 15.46m, (50-08.75). 12, Johvonne Hernandez, Syracuse, 15.34m, (50-04).

Tarheel Titlists

Only four teams in NCAA history have won as many as three throwing events in a single year. North Carolina joins UCLA (five in '95), and the '82 Oregon and '53 USC squads in that distinction.

The camaraderie of the Tar Heel group is remarkable, as evidenced by a number of light-hearted challenges. As a result of Gowda's victory, teammate Nick Owens will have to shave his full head of hair. But Gowda will not be able to cut his stylish hair for six months, because of Ryncavage's win. And Gerraughty's first-place finish means Coach Brian Bluetrich will have to wear a Hawaiian shirt for a week.

Somehow I don't think he'll mind. *LSTJ*

WOMEN'S SILVER ANNIVERSARY THROWS TEAM

By Don Amini

To commemorate 25 years of women competing in the NCAA Division I outdoor championships, the U.S. Track and Field and Cross Country Coaches Association has selected a Silver Anniversary Team. *LSTJ* thought it would be a great exercise to pick our own team. Honorees are listed in no particular order.

SHOT

Regina Cavanaugh, Rice- The first woman to win three NCAA Outdoor titles in any single track and field event, Cavanaugh reigned supreme from 1985 to 1987. She also collected three indoor titles.

Tressa Thompson, Nebraska- The first to break the 60 foot mark at the NCAA Outdoors, Thompson toppled the barrier in both of her NCAA wins. Her championship record has stood since 1998.



Thompson

Laura Gerraughty, North Carolina- Only the second winner in championship history to better 60 feet, the two-time outdoor victor is a graduate student in Exercise and Sports Science at Chapel Hill.

DISCUS

Leslie Deniz, Arizona State- Her championship record of 209-10 set in 1983 stood for 15 years. The 1984 Olympic silver medalist and Wheaties box icon is campus police chief at the Chico State (CA).

Danyel Mitchell, LSU- Her discus victories in 1993 and 1994 led LSU, champions from 1987 to 1997, to their two most lopsided wins. The 10-time All-American also won an indoor shot put title.

Seilala Sua, UCLA- Her six individual outdoor titles (four discus and two shot put) is unparalleled by any female athlete. In 1998 she dominated a star-studded field by more than 18 feet. Her 1999 championship record remains untouched.



Sua

HAMMER

Dawn Ellerbe, South Carolina- The two-time hammer throw champion was the inaugural NCAA and Olympic Trials winner. The collegiate and American record-holder finished seventh in the first women's Olympic final in Sydney.

<continued on next page>

Florence Ezech, SMU- The only three-time hammer throw champion, the Sartroville, France native was also a two-time collegiate weight throw champion and set NCAA records in both events.

Candice Scott, Florida- This two-time hammer throw winner and 2004 Olympian from Port of Spain, Trinidad set a NCAA championship record in qualifying and a collegiate record in the final of the 2003 championships..

JAVELIN

Karin Smith, Cal Poly-San Luis Obispo- The inaugural NCAA javelin winner in 1982 at 206-9, no subsequent champion ever came within ten feet of her mark. The five-time Olympian's throw of 211-5 in 1981 remains the best in U.S. collegiate history.



Ellerbe

Valerie Tulloch, Rice- The first three-time champion in the javelin, she won her first title as a freshman in 1992. The Canadian internationalist collected two more titles in 1994 and 1995.

Windy Dean, SMU- The only woman to win three consecutive NCAA javelin titles, the seven-time All-American from Roseburg, Oregon was the 1998 U.S. Hammer Throw Champion.



Smith

COACHES

Art Venegas, UCLA- He is the Bill Walsh of throwing coaches. In his 25 years at Westwood, many outstanding coaches as well as premier athletes have been shaped by his influence.

Dave Wollman, SMU- He coached Carol Cady and Pam Dukes at Stanford. Since 1988 he has continued to turn out NCAA champions and Olympians at SMU.

Mark Colligan, Nebraska- The 20-year Cornhusker coach has developed NCAA Champions Tressa Thompson, Becky Breisch and most recently Dace Ruskule.

LSTJ



Venegas



Wollman



Colligan

WOMEN'S THROWS MULTIPLE WINNERS

Shot Put

Three-time champion-

Regina Cavanaugh, Rice 1985-1987, 56-7 1/2, 56-9 1/2, 56-10 1/4

Two-time champions-

Eileen Vanisi, Texas 1991, 1994 57-9 & 58-2 1/2,
Tressa Thompson, Nebraska 1997-1998, 60-8 1/2, 61-2 1/4
Seilala Sua, UCLA 1999-2000, 57-9, 56-11 1/2
Laura Gerraughty, UNC 2004, 2006, 59-11, 60-1 1/4

Discus

Four-time champion-

Seilala Sua, UCLA 1997-2000, 200-6, 210-8, 210-10, 200-9

Two-time champions-

Laura Lavine, Washington St. 1987, 1988, 184-2, 188-1
Anna Modsell, BYU 1991-1992, 183-10, 179-9
Danyel Mitchell, LSU 1993, 1994, 186-6, 193-10

Hammer Throw

Three-time champion-

Florence Ezech, SMU 1999-2001, 207-2, 211-10, 219-4

Two-time champions-

Dawn Ellerbe, So. Carolina 1996, 1997,



Cavanaugh

209-2, 207-4

Candice Scott, Florida, 2003, 2004, 229-0, 225-10

Javelin Throw

Three-time champions-

Valerie Tulloch, Rice 1992, 1994, 1995, 191-2, 187-7, 192-1
Windy Dean, SMU, 1996-1998, 186-1, 191-2, 184-8

Two-time champions

Iris Gronfeldt, Alabama, 1984, 1985, 184-2, 187-8

Ashley Selmon, USC & Oregon, 1990, 1993, 186-3, 188-5

Dana Pounds, Air Force, 2005, 2006, 185-4, 190-3

Shot Put & Discus (same year)

Two-times

Seilala Sua, UCLA 1999-2000, 57-9, 210-10 and 56-11 1/2, 200-9

One-time

Meg Ritchie, Arizona, 1982, 55-5 1/2, 202-0

Carla Garrett, Arizona, 1989, 54-8, 190-4

Tracie Millet, UCLA, 1990, 53-7, 183-9

Shot Put and Discus, (not in same year)

Carol Cady, Stanford, 1983, 56-0 1984, 198-5

Dawn Dumble, UCLA, 1993, 56-4 1995, 187-2

Becky Breisch, Nebraska, 2003, 58-3 1/4 2004 204-5



Scott

UPSETS ABOUND

By Allan Collatz (CSU-Bakersfield), Brian Spickler (Indiana U. of PA)



This was an interesting meet, as many event favorites did not win (mens hammer, womens shot, mens shot, and mens discus).

In the men's hammer Nick Umholtz (CSU Bakersfield) hit his PR winning throw 202-5 (61.69m) in the second round of flight 1. Flight 2 saw Dan Tolsma (South Dakota) take second with 60.23m and Robert Klenk (Ashland) hit 196-6 (59.89m). Tolsma improved his mark in the finals to 200-0 (60.96m) and Dan Raithel (Central Missouri St.) improved to third with a throw of 197-5 (60.17m) This was an evenly matched competition that any of the top four could have won.

In the women's hammer Morgan Acre (Grand Valley St.) led after the first flight with a throw of 183-9 (56.00m). Cecilia Barnes (CSU-Bakersfield) took the lead in round one of flight 2 (58.07m) and hit her winning throw in round 3 of the prelims 193-6 (58.99m). Emily King (Winona St.) moved up to third in the last round with a throw of 181-6.

In the men's shot, meet favorite Bryan Vickers (Ashland) started slow in the first flight (17.16m), which was led by Joe Remitz (Bemidji St.) who heaved a huge PR in the first round of 58-7½ (17.87m). Flight favorite Lance Pfeiffer (Nebraska-Kearney) captured the overall lead in the second round of the flight by throwing 18.22m (59-9½), and then increased his lead to 18.24m (59-10¼) in Round 3. CSU-Bakersfield's Ryan Davis avoided disaster by hitting an eventual fourth place throw of 57-11¼ (17.67m) in the third round. The finals saw Vickers get it going with a put of 59-11¼ (18.27m), taking the lead. On his last attempt, Pfeiffer glided across the ring and crushed the finish and hit a PR throw of 60-6 (18.44m) to win the competition.

In the women's shot, fourth-place finisher Cecilia Barnes (CSU-Bakersfield) started the first flight off with a PR throw of 48-0 (14.63m). She was matched by Amber Tiederman (Nebraska-Kearney) in the second round as both shared the lead after the first flight. Enjoli Edwards (Mass.-Lowell) took the overall lead in the second round of Flight 2 with a throw of 48-8 (14.83m). Jacqueline Wells (Chadron State) hit 48-2½ with her second round throw to finish third. The finals saw Tiederman win the competition on her last throw of 49-4½ (15.05m). Both shot competitions were exciting as usual and were won in the sixth round.

The men's and women's discus competitions were contested in very strong, gusting winds. Throughout the competition the athletes were having trouble adjusting as the strong winds gusted from different directions. In the

men's competition the big throws came early. Leo Chavez (CSU-Bakersfield) started things off in the first round of the first flight with a PR throw of 179-0 (54.55m). Steven Edwards (Central Missouri St.) took the lead in Round 2 and was never challenged at 181-10 (55.42m). Cameron Neel (Central Washington) gathered third with a PR 175-5 (53.47m) in the first round of Flight 2. Dan Tobey (Nebraska-Kearney) finished fourth with his fifth round throw of 171-7 (52.31m).

In the women's discus, Cecilia Barnes (CSU-Bakersfield) left no doubt that the two-time defending champion was ready by throwing 183-8 (55.98m) in the first round. Cully Dawson (Angelo State) finished second with her throw of 157-7 (47.98m) and Becky Haug (Central Missouri St.) was third at 155-4 (47.35m).

---Allan Collatz

A fellow coach nicknamed Emporia's javelin runway "the wind tunnel" and this year's competition definitely lived up to its reputation. Timing was everything in the men's competition as the wind gusts were enormous. South Dakota senior Mark Liebl started flight one of the competition off with a fine toss of 221'1" (67.39m), which ended up good enough for only second place. Only two others from flight one would finish in the top eight: Phil Friemuth of Southern Illinois Edwardsville (219'1" (66.79m)-3rd), and Rob Conrad of Indiana Univ. of Pa (208'9" (63.64m)-8th). In flight two the timing was perfect for Andrew Vogelsberg of Emporia State. In the third round he unleashed the second farthest throw in Division II history. He hit it clean through the point and it seemed to stay up in the air forever as it landed 245'3" (74.75m) from the foul line. After this bomb it was clear that everyone else would be throwing for second place in the finals. Only one thrower managed to better his preliminary throw, Jeremy Confer of Mansfield University with a throw of 215'10" (65.80m) to move from eight place to finish in fifth. It was an exciting competition to watch with the top seven places all throwing better than 210'.

The women's competition also enjoyed the same prevailing tailwind gusts, and everyone knew this would be a closely contested battle. Flight one ended with Lauren Vermuln of Seattle Pacific setting the pace with a toss of 153'2 (46.70m). But with the conditions, bigger throws were soon



Cecilia Barnes

<See Division II on page 50>

DOMINANT SENIORS, PROMISING NEWCOMERS

By Steve Michmerhuizen



This year's national championship was the last hurrah for some seniors who have long been dominant in the shot, discus, and hammer

rings. At the same time, the javelin runways showcased some up-and-coming talent.

Women's Shot, Discus, and Hammer

These three throwing events should be discussed together, because two outstanding seniors, Robyn Jarocki (U-W Oshkosh) and Keelin Godsey (Bates), have dominated these events for the last three years.

Day one of the meet featured the discus competition. Jarocki, of medium height and a strong, solid build, opened up with a decent throw of 46.30/151'11". Although this mark was not good enough for the win, she improved to 46.90/153'10" in the second round and 48.20/158'2" in the third as she secured her victory. Godsey, whose tall, willowy frame contrasts with Jarocki's, did not have an outstanding performance; although she placed second in this event last year, she could only muster 44.07/144'7" for fourth place. Two promising sophomores placed second and third: Lauren Lucci (Widener-46.54/152'8") and Ellen Thys (Loras-44.72/146'9").

The hammer competition took place on the second day of the meet. The hammer throw is Godsey's strongest event, and she made the most of her opportunity to claim the national title. Opening up with a respectable distance of 58.29/191'3", she improved to 62.02/203'6" on her second attempt. On her final effort, her feet spun quickly across the ring and she released the implement perfectly, which resulted in a meet record 62.92/206'5". Only Jarocki was remotely close to the champion, finishing with an effort of 58.49/191'10".

On the final day, the women competed in the shot put. Many people expected to see a huge throw from Jarocki, since she went 17.05/55'11" at the indoor championships this year. She struggled, however, to find her rhythm, and was only able to produce an effort of 15.58/51'2" in the preliminary round. Finally she nailed a line-drive on her fourth effort, which sailed beyond all her previous marks. The tape showed it to be 16.77/55'0.25", a new championship meet record by over three feet. Jarocki easily won the competition, and Godsey claimed second place with 14.28/46'10.25".

Jarocki's efforts propelled her team to the overall team title, and she was named the outstanding female field performer of the meet. Jarocki and Godsey each had stellar collegiate careers, and both hope to continue competing at least through the 2008 Olympic season.

Women's Discus

1. Robyn Jarocki, Sr, Wisconsin Oshkosh 158'2" (48.20m)
2. Lauren Lucci, So, Widener University 152'8" (46.54m)
3. Ellen Thys, So, Loras College 146'9" (44.72m)
4. Keelin Godsey, Sr, Bates College 144'7" (44.07m)

Women's Hammer

1. Keelin Godsey, Sr, Bates College 206-5 (62.92m) DIII Season's best NCAA Championships record Stadium
2. Robyn Jarocki, Sr, Wisconsin Oshkosh 191-10 (58.49m)
3. Danielle Rankin, Sr, Wisconsin Oshkosh 176-6 4. Felicia Tsai, Jr, Rensselaer Poly Inst 175-7 (53.52m)

Women's Shot Put

1. Robyn Jarocki, Sr, Wisconsin Oshkosh 55'0.25" (16.77m) DIII Season's best NCAA Championships record Was 52-0 1/2 (15.86m); Elizabeth Wanless, Bates College Stadium
2. Keelin Godsey, Sr, Bates College 46'10.25" (14.28m)
3. Joni Claypool, Sr, Linfield College 46'3.5" (14.11m)
4. Rachael Clark, Fr, Christopher Newport 45'10" (13.97m)

Men's Discus

At last year's national championships, four underclassmen threw over 54 meters, and during the course of this outdoor season, four athletes attained 56 meters. Spectators expected to see some tremendous throws during the discus competition, especially from senior Dan Austin (Williams).

The first few years of Austin's collegiate experience were up-and-down, as he developed into an outstanding discus thrower, but struggled with an injury. Last year, he seemed to be fully recovered, and he threw 59.76/196'1" for a national championship meet record. This time, he opened up with 53.42/175'3", a decent mark, but one that certainly would not hold up for the victory. Pacing around and concentrating, he prepared himself for round two. When he returned to the ring, he flung out the platter with an effortless release, and the disc sailed out far beyond what anyone else was capable of throwing. His effort—59.45/195'0"—came up just short of his record from last year, but Austin was pleased with his victory. Look for Austin to appear regularly at U.S. National Championship meets; he has managed to become a consistent 58-59 meter thrower.

1. Dan Austin, Sr, Williams College 195-0 (59.45m) Stadium
2. Pete Ringquist, Sr, Wisconsin Whitewater 178-1 (54.29m)
3. Dan Hytinen, So, Wisconsin Whitewater 177-1 (53.99m)
4. Lance Brooks, Sr, Millikin University 176-9 (53.87m)

Men's Shot Put

The two favorites in this competition, both seniors, were an interesting study in contrasts. Nate Meckes (Calvin) came into the meet with the top outdoor throw of the season. His rangy frame measures 6'8" and he utilizes the glide tech-



Dan Austin

nique. Uzoma Orji (MIT) won the indoor national championship, and his top outdoor throw was a few inches behind that of Meckes. Orji is about six feet tall, thick and bulky, and this year he has adopted the spin technique.

While Orji opened with a strong mark of 17.92/58'10", Meckes could not quite find his

groove, and only managed 17.61/57'10" in the second round. Orji was not comfortable with his one-foot lead, however, and he kept throwing hard until he unleashed a bomb in the fifth round: 18.35/60'3", a new personal best. Orji ended up the shot put champion, and coupled with his second-place finish in the hammer throw, he was named the outstanding male field performer of the meet.

1. Uzoma Orji, Sr, Mass Inst Technology 60'2.5" (18.35m) DIII Season's Best Stadium record 2. Nate Meckes, Sr, Calvin College 57'9.5" (17.61m) 3. Brandon Houle, Jr, Wisconsin Oshkosh 57'7" (17.55m) 4. Dwayne Lockridge, Sr, Anderson (Indiana) 57'3" (17.45m)

Men's Hammer

There was a surprise winner in this year's hammer competition. Kevin Becker (Wisconsin La Crosse), defeated his competitors by nearly 20 feet last year, but this year he apparently struggled with an injury and did not advance out of the preliminary round. Uzoma Orji (MIT) was the runner-up last year, and he whirled the implement out to 60.46/198'4" on his last throw—an outstanding effort, but a few inches short of the leader. Ross Kapp (Wisconsin Whitewater), who was not even an All-American in this event last year, seemed to find his rhythm at just the right time, as he swung the hammer out to 60.65 (198'11") in the third round for the victory.

1. Ross Kapp, Sr, Wisconsin Whitewater 198'11" (60.65m) Stadium record 2. Uzoma Orji, Sr, Mass Inst Technology 198'4" (60.46m) 3. Joe Busalacchi, Sr, Wisconsin Whitewater 193'0" (58.83m) 4. Jason Foster, Sr, Colby College 186'8" (56.91m) (F, F, 54.74, 55.07, 56.91, 55.67)

Women's Javelin

If first-year thrower Lisa Brown (Gustavus Adolphus) learned one lesson from this year's track season, it might be "never give up". Ms. Brown season-best mark of 41.74/136'11" was respectable, but it barely qualified her for the

national meet. Nevertheless, she was not intimidated, and on each of her first three preliminary throws she set a personal best by over two feet! Her final prelim toss was 45.46/149'2", which put her in second place going into the finals. After the first round of the finals, Brown had dropped to third place behind Dee Dee Arnall (Pacific) and Brittini Stewart (Colby-Sawyer). Her fourth throw had been disappointing: 39.21/128'7". Perhaps her luck had run out?

Not quite. Brown hurled the spear out to 46.97/154'1" in round five to claim the lead, then she cemented her victory with an effort of 47.11/154'6" in the final round. None of the older throwers could catch her. Freshman Lisa Brown had persevered and won an improbable victory.

1. Lisa Brown, Fr, Gustavus Adolphus 154'6" (47.11m) DIII Season's best Stadium record 2. Dee Dee Arnall, Sr, Pacific (Oregon) 153'2" (46.69m) 3. Brittini Stewart, Jr, Colby-Sawyer College 149'4" (45.52m) 4. Alicia Whisner, Jr, Central College (Ia) 148'3" (45.18m)

Men's Javelin

The men's javelin, like the women's event, featured a young winner who seems to have a promising future in the event. Corey White (Redlands) came into the meet with the best throw of the regular season, yet over the last few seasons, the top Division III men's javelin throwers have been notoriously inconsistent, and the favorites have rarely performed well at the national meet.

This year was different. Although White, sporting a distinctive mohawk haircut, fouled his first attempt, his second toss left no doubt who the victor would be. The spear sailed out to 70.59/231'7", and no one else would come within seven meters of this mark. White confirmed that he is a competitor by throwing over 70 meters again on his final attempt.

White has improved significantly since last year, when he placed seventh with a throw of 59.32/194'7". If he continues this course of improvement, he may enter the upper echelons of American javelin throwers.

1. Corey White, So, Univ of Redlands 231'7" (70.59m) Stadium record 2. David Bergeron, Sr, Westfield State 208'0" (63.40m) 3. Joel Krebs, So, George Fox Univ 207'6" (63.26m) 4. Khristoph Becker, Sr, Middlebury College 202'9" (61.81m) *LSTJ*



THUNDERCLAP IN INDY

By Glenn Thompson, Kurt Dunkel



The 2006 USATF Championships made a relatively rare appearance east of the Mississippi, coming back to the home of the USATF and the self-billed amateur athletic capital of the world - Indianapolis, Indiana. The championships were welcomed by eastern track and field fans, who have grown accustomed to national championships held in California and Eugene in recent years.

The meet itself was run in excellent fashion. Great facilities, on-time events and a great track and field atmosphere made the event first-class. But there was one thing the USATF staff could not plan or control: mid-Western summer weather. Wednesday night thunderstorms rolled swept in, delaying the schedule and even pushing some events back to Thursday. That included the women's javelin, scheduled for 6:40 PM on Wednesday, which was moved back to 6:00 PM on Thursday. Friday and Saturday brought mid-80's heat and matching humidity.

Sunday's slate was loaded with the men's javelin, women's shot and men's discus. But Mother Nature struck, and struck hard, again. After the first flight of the men's javelin, the skies to the southwest of Michael Carroll Soccer and Track Stadium grew increasingly dark and the stadium was evacuated. Three hours later a slow-moving storm cell had moved on and the meet resumed.

But Mother Nature did not have a monopoly on lightning (see Marion Jones and Justin Gatlin) or thunder, which was heard on the runway in the form of Kim Kreiner and, as seemingly always, the men's shot.

The 2007 championships will return to Indy. Let's hope Mother Nature holds up her end next year.

FRIDAY, JUNE 23

Women's Javelin

Kim Kreiner did her best to warm up the crowd for the men's shot competition. It was obvious to any spectator that she was in a league of her own. Kreiner displayed a focused and disciplined approach in warm-ups that many of her younger competitors lacked. After methodically walking through her approach steps, Kreiner slowly took some easy throws - mindful of proper mechanics. After increasing the intensity, some easy, long warm-ups led most to believe that an American record might be in the works.

Kreiner's opening throw was big (58.67m/192-6), but her second round bomb was even bigger. Her effort of 62.43m (204-10) was measured with the steel tape and another American record was hers - as was another American title. Although there was not a battle for second place, the competition was rather enjoyable - as the eventual silver medallist, Dana Pounds (see page 24), is a joy to watch. The energetic, dynamic Pounds gets as much out of her body as any thrower. The 2005 and 2006 NCAA champion was consistently hitting near the 52 meter mark until she finally hit a quick and clean release to secure second place in the 5th round (56.00m/183-9).

Nebraska's Kayla Williamson secured the bronze with her second round throw of 52.30m (171-7) - as it did not appear that any of the young, untested competitors were going to hit any huge throws this evening. Williamson's delivery appeared the most efficient of all the competitors, but at this point in her career, she appears to lack the dynamic athleticism of Pounds and Kreiner. The fourth and sixth place-winners (Mallory Webb and Samantha Ford respectively) appear to have some real upside - as they still appear to have both quickness and athleticism. With the number of young talented javelin throwers in the U.S., there is certainly the potential for a handful of these women to eventually realize their potential and join Kreiner as world class javelin throwers.

---Dunkel



Kreiner



Pounds

1, Kim Kreiner, Nike, 62.43m, (204-10). 2, Dana Pounds, AF Academy, 56.00m, (183-09). 3, Kayla Wilkinson, Nebraska, 52.30m, (171-07). 4, Mallory Webb, unattached, 49.73m, (163-02). 5, Ruby Radocaj, unattached, 49.72m, (163-01). 6, Samantha Ford, Nwn. St. La., 49.23m, (161-06). 7, Lauren Sexton, Oregon Throw, 48.97m, (160-08). 8, Tiffany Zahn, unattached, 48.46m, (159-00). 9, Kara Patterson, Purdue, 47.77m, (156-09). 10, Lindsey Blaine, Purdue, 46.25m, (151-09). 11, Leslie Bourgeois, Nicholls St., 45.61m, (149-08). 12, Julie Ward, VS Athletics, 45.44m, (149-01).

Men's Hammer

This competition was hot....and humid. The mid-day sun and humidity were oppressive; however, it certainly did not overshadow an enjoyable competition. A.G. Kruger was undoubtedly the pre-competition favorite and it was clear

to see why. Even though Kruger was not in top competitive form (he did, however, look physically fit), he was still the class of the field. Kruger struggled in warm-ups and in the competition – as he appeared to lose focus and over-rotate, which caused him to foul into the left portion of the cage. Although Kruger's first round throw of 73.45m (240-11) was not his best throw, it still would have been enough to win the competition.

Three-time U.S. champion James Parker was clearly not the same thrower he had been the past few years. Even though Parker was not in top physical form, his second round throw of 72.33m (237-3) would hold up for the silver medal.

Often it is joked that hammer competitions should consist of only one round: the last round. Often, hammer competitions at the championship level are slow until the last round. Such was the case in Indy. Five of the top six place winners had their best throw in round six. What seemed to trigger an increase in excitement and intensity was Kibwe Johnson's big 5th round foul. This throw landed less than a meter outside the right sector line just shy of the 75 meter mark. Johnson improved on his final throw to 71.87m (235-9), which moved him into third place...temporarily. However, Thomas Freeman responded as well. Freeman's final throw was measured at 71.87m (235-9) as well, which meant he would finish in the third position – as his second best throw was over 1 meter further than Johnson's. Johnson looks to have very big throws in the years to come; however, on this day he appeared a bit rigid through his second and third turns.



Kruger



Parker

This was A.G. Kruger's first USATF Championship. Between 1991 and 2005, only four athletes earned U.S. titles in the hammer. They are Jud Logan (2), James Parker (3), Lance Deal (8), and Kevin McMahon (2).

---Dunkel

Men's Hammer

1, A.G. Kruger, Ashland Elite, 75.81m, (248-09). 2, James Parker, unattached, 72.33m, (237-04). 3, Thomas Freeman, New York A.C., 71.87m, (235-09). 4, Kibwe Johnson, unattached, 71.87m, (235-09). 5, Travis Nutter, Pacific Bay, 71.08m, (233-02). 6, Michael Mai, U.S. Army, 71.01m, (233-00). 7, Cory Martin, unattached, 69.97m, (229-07). 8, Lucais MacKay, Shore A.C., 68.61m, (225-01). 9, Nicholas Welihozkiy, Pacific Bay, 67.87m, (222-08). 10, James Heizman, Shore A.C., 67.17m, (220-04). 11, Jacob Dunkleberger, Throw 1 Deep, 66.65m, (218-08). 12, Dameion Smith, Indiana Invaders, 66.15m, (217-00).

Women's Hammer

Someone was plotting against the women's hammer in Indy. The event was held on a field behind the main grandstand. The women got off to a late start, which coincided with the beginning of the women's javelin, and shortly thereafter, the men's shot. As awesome as Kreiner was in the javelin and Nelson, et al in the shot, a great hammer effort was missed by all but the most devout ball-and-wire aficionados.

Everyone seemed a little tentative in the first round except for defending champion and American Record holder Erin Gilreath. Gilreath exploded into the lead with a 69.14m (226-10). Former NCAA champion Loree Smith also had a good opener with a 67.18m (220-5), a season's best for the Colorado State product.

Gilreath stayed in the lead through the first three rounds, widening her lead in round three at 69.39m (227-8) and produced her best throw of the day in the third stanza.

Local favorite Amber Campbell appeared to be a little off her rhythm, but moved up to fourth in round two (63.29m/207-7), and third with her next effort.

Cosby showed signs of life with a 68.47m (224-7) throw in round three. Gilreath continued to lead until round five. Cosby then exploded with a life time best throw. Gilreath was unable to respond on round five and finished with her third throw over 69.00m (226-4) of the evening to finish second.

"This is my first title," said Cosby. "It feels great. My preparation has been different all season. I'm just trusting my coach. I'm looking forward to the European season."

---Larry Judge

1, Jessica Cosby, Nike, 70.78m, (232-03). 2, Erin Gilreath, New York A.C., 69.39m, (227-08). 3, Amber Campbell, Mjolnir Throws, 67.52m, (221-06). 4, Loree Smith, New York A.C., 67.18m, (220-05). 5, Kristal Yush, unattached, 64.94m, (213-01). 6, Jennifer Leatherman, unattached, 64.93m, (213-00). 7, Britney Henry, Oregon, 64.67m, (212-02). 8, Sarah Hopping, Stanford, 64.51m, (211-08). 9, Brittany Riley, SIU-Carbondale, 64.24m, (210-09). 10, Melissa Myerscough, unattached, 62.77m, (205-11). 11, Keturah Lofton, unattached, 62.06m, (203-07). 12, April Burton, unattached, 61.39m, (201-05).

Men's Shot

The men's shot has been a premiere event in track and field for several years now. Although it might not have the pinache of the short sprints, general track and field fans are starting to gain an appreciation for the explosive behemoths that inhabit the seven-foot concrete circle.



The Friday night competition was no different, eagerly anticipated by both throwers and the general public. The competition started slowly, with only Jeff Chakouian advancing from the lower seated first flight. As the second flight warmed up, there were no huge bombs to stir the crowd. Just controlled efforts. The first round saw a number of fouls, including collegiates Garrett Johnson of Florida State and Robison of Texas. Adam Nelson was the only opener to break 70', at 70-5. Reese Hoffa opened at 69-¾. Everyone else seemed content to make sure they would get five more throws. In the second round Hoffa edged closer to 70' (69-11½), and hit that same mark in the third frame. Cantwell powered to a 71-10 third stanza effort to regain the lead. Heading to finals, it was the big three of Cantwell, Nelson and Hoffa.

Robison, who was clearly out of his groove during warm-ups and first two throws, found his way to a clutch 67-10 (20.68m) third-rounder to advance to finals. Johnson advanced based on his second round 66-9 (20.35), but although he appeared solid technically, he would battle toe-fouls the remainder of the day.

As the finals started, the energy kicked up a notch. Nelson went to 71-8 in the fourth round, still a couple inches short of Cantwell. Chakouian jumped to 20.68m (67-10½) in round five.

In the fifth round Nelson stepped into the circle to the thunder of cowbells from a cheering section outside the oval and just across the track. Nelson launched into his familiar over-rotation and left-leg sweep, and blistered a huge (22.02m) 72-3. Cantwell, now in second place, entered the circle. What came next will be remembered by all who witnessed it. Cantwell set up in the back of the circle, launched into his rotation and hit his best power position of the day. The result was a massive blast WELL beyond Nelson's toss, and too far past the last (20m) line to make the line relevant. The crowd jumped to their feet, only to let out a collective moan as the red foul flag was raised. "Measure it!!!!" the crowd roared in unison.

Hoffa improved to 72-¾ in the last frame to take silver, while Cantwell and Nelson were unable to improve.

After the meet Cantwell's bomb was measured: 75-2!!! His bronze effort of 21.89m, (71-10) was record setting...the longest third place effort ever.



Nelson



Hoffa



Cantwell

"I felt very good, like I was going to be able to respond to anything," said Nelson afterward. "We had all the makings for the best competition ever. The U.S. is so deep in the shot put. Anybody can do it. We dominate in this event."

---Thompson

1, Adam Nelson, unattached, 22.04m, (72-03.75). 2, Reese Hoffa, New York A.C., 21.96m, (72-00.75). 3, Christian Cantwell, Nike, 21.89m, (71-10). 4, Brian Robison, Texas, 20.83m, (68-04.25). 5, Jeffrey Chakouian, unattached, 20.68m, (67-10.25). 6, Dan Taylor, Nike, 20.49m, (67-02.75). 7, Garrett Johnson, unattached, 20.35m, (66-09.25). 8, Jamie Beyer, unattached, 20.11m, (65-11.75). 9, Jarred Rome, Nike, 19.65m, (64-05.75). 10, Russ Winger, Idaho, 19.34m, (63-05.50). 11, Vincent Mosca, unattached, 19.33m, (63-05). 12, Sean Shields, Arizona, 19.16m, (62-10.50).

SATURDAY, JUNE 24

Women's Discus Throw

With three throwing events on Friday's slate and another on Sunday, the Women's Discus was the center of the weightman's universe on Friday as the lone throwing event of the day.

With past USATF champions Aretha Thurmond and Suzie Powell heading the list, and with 2004 Olympian Stephanie Brown and former NCAA champions Becky Breisch and Beth Mallory joining the fray, this competition had the ingredients to be a top-flight competition. Absent was Seilala Sua, who has taken the women's throws coach position at her alma mater, UCLA.



Thurmond

Thurmond opened with a conservative 58.76m (192-9) toss to take an early lead. Powell followed closely with a 58.68m (192-6) opener. Stephanie Brown slid into third place with a 55.71m (182-9) start, that she would not better.

The second round was uneventful, with no changes in position among the top three slots. In the third round, after a second-round foul, Thurmond found her groove and lofted the only throw of the day past the 60m line: 62.50m (205-1). Breisch stepped up and threw a 57.12m (187-5) to jump into the bronze medal slot heading into the finals.

The finals lacked any drama or 'wow' moments, as there were no further changes in position among the medal winners. Only Breisch could improve, coming back in round 4 with a 57.97m (190-2) effort.

Stephanie Brown settled for fourth, while Cal-State Bakersfield's Cecilia Barnes was fifth. Barnes was the most consistent of the competitors, depositing all six throws between 53.96m (177-0) and 55.57m (182-3). Alabaman Mallory rounded out the top six at 55.20m (181-1) in the third round.

The lack of big throws and competitive jostling made for a disappointing competition. Although the U.S. has an abundance of young talent in this event, further development is necessary to medal at an international championship.

---Thompson

1, Aretha Thurmond, Nike, 62.50m, (205-01). 2, Suzy Powell, Asics, 58.68m, (192-06). 3, Rebecca Breisch, unattached, 57.97m, (190-02). 4, Stephanie Brown, unattached, 55.71m, (182-09). 5, Cecilia Barnes, unattached, 55.57m, (182-04). 6, Beth Mallory, unattached, 55.20m, (181-01). 7, Melinda Lincoln, unattached, 53.76m, (176-04). 8, Rachel Jansen, Northern Iowa, 52.96m, (173-09). 9, Rachel Longfors, Florida, 52.60m, (172-07). 10, Melissa Bickett, unattached, 52.59m, (172-06). 11, Precious Akins, South Carolina, 51.18m, (167-11). 12, Krystal Robinson, unattached, 51.17m, (167-10).

SUNDAY, JUNE 25

Men's Javelin

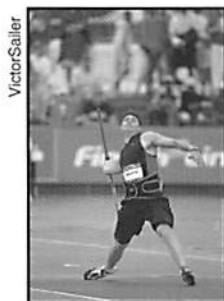
Defending champion Breaux Greer grabbed the win on his first throw of the competition with a new meet record of 85.40m (280-2). Greer, who was coming off of shoulder surgery in the fall, opened up his 2006 campaign at this meet. Since he had not thrown off of a full approach in training leading up to the meet, it was a bit of a mystery how far he was going to throw, but his towering opener put to rest any idea that his arm was not in great shape. Part of the reason for his passing the final five attempts was a slightly pulled groin he had suffered in training a week prior to the USATF Championships.

Second place went to the Rob Minnitti, who had a nice series on his way to a personal best of 77.99m. Minnitti, who has been struggling with injuries for the past two seasons, has always had great potential, and it was apparent in warm-ups that he was ready to go for this meet. Third place went to Brian Chaput at 76.44m (250-9), who unfortunately re-injured his elbow on his first throw. It was quite a blow to Chaput, who had thrown over 80m in 2005 before he hurt his elbow in June of that year, and had to undergo Tommy John surgery. The recurrence of this injury was quite sad to see, for his arm strike and throwing mechanics looked very solid leading up to the throw where he sustained the injury. It looked quite likely he could have challenged the 80m mark if it had not been for the injury.

---Don Babbitt



Greer



Minnitti

1, Breaux Greer, adidas, 85.40m, (280-02). 2, Robert Minnitti, unattached, 77.99m, (255-10). 3, Brian Chaput, New York A C, 76.44m, (250-09). 4, Paul Pisano, ConnQuest, 74.09m, (243-01). 5, Barry Krammes, unattached, 73.73m, (241-11). 6, Mike Hazle, unattached, 73.01m, (239-06). 7, Justin St Clair, unattached, 72.66m, (238-05). 8, Justin Ryncavage, North Carolina, 70.89m, (232-07). 9, Leigh Smith, New Balance, 70.58m, (231-07). 10, Mike Kennedy, unattached, 70.40m, (231-00). 11, Bobby Smith, Monmouth, 70.12m, (230-01). 12, Anthony Bonura, unattached, 69.91m, (229-04).

Women's Shot Put

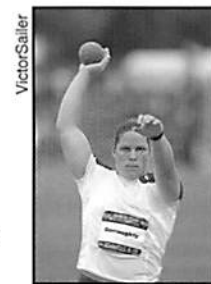
Fans were in for a real treat; these competitors were the deepest women's shot put field in USATF championship history with six women throwing over 60 feet during the 2006 campaign. Just as the women were checking into their event, severe thunderstorms rolled into the amateur sports capital, the track was cleared, and the event delayed for two hours. Fans and athletes alike crammed into hot hallways and the first flight of women's shot putters began at 6:10 PM instead of 3:15 PM.

Just as Aretha Hill and Becky Breisch were the overwhelming favorites in the discus, Laura Gerraughty and Jill Camarena were the odds-on favorites to win the shot, with the exact same 2006 season best throw (18.76m). This was a much-anticipated match-up, as this would be their first meeting this season.

In flight two, all of the women were a little tentative in warm-ups as the wet conditions started to improve, and this carried over into the first round. Liz Wanless, of NYAC, the penultimate thrower in round one, came out charging on her first attempt, throwing 18.11m (59-5). This woke everyone up and the competition was on. Gerraughty timed her second effort, exceeding Wanless' best by 6 inches (18.24m, 59-10 $\frac{1}{4}$) and Jill Camarena came roaring back with 18.69m (61-4) in the second round to take the lead. Round three saw the competition tighten up even more as defending champion Kristin Heaston improved to 18.06m (59-3) and 2006 NCAA Indoor champion Michelle Carter improved to 17.45m (57-3). Adrienne Blewitt found her rhythm with a 17.31m (56-9 $\frac{1}{2}$) effort. Breisch, the 2003 NCAA outdoor shot champion, was also very close in the battle for the top six, throwing 17.23m (56-6 $\frac{1}{2}$) in round four. But Camarena was dominant and exploded with an outdoor season best of 18.92m (62-1) in round four, winning her first outdoor USATF title. Camarena, the 2006 USATF Indoor champion, will represent the USA at the World Cup in Athens in September.



Camarena



Gerraughty

There were no improvements in the final two rounds, and Gerraughty and Wanless settled for the silver and bronze, with Heaston finishing fourth in a very competitive field with four athletes over the 18-meter mark. Janae Strickland of Missouri finished eighth with her throw of 16.59m (54-5¼) and was the only competitor to make the finals from flight one.

This shot competition was one of the most competitive ever and next year will be even better as all the top competitors return to battle for a trip to Osaka.

--- Judge

1, Laura Gerraughty, North Carolina, 18.32m, (60-01.25). 2, Becky Breisch, Nebraska, 18.05m, (59-02.75). 3, Michelle Carter, Texas, 17.91m, (58-09.25). 4, Sarah Stevens, Az State, 17.09m, (56-01). 5, Aubrey Martin, W. Illinois, 16.60m, (54-05.50). 6, Jessica Pressley, Az State, 16.59m, (54-05.25). 7, Karen Freeberg, USC, 16.56m, (54-04). 8, Rachel Jansen, N. Iowa, 16.46m, (54-00). 9, Aymara Albury, Alabama, 16.13m, (52-11). 10, Jennifer Gilson, W. Illinois, 15.59m, (51-01.75). 11, Kasey Onwuchekwa, Texas A&M, 15.46m, (50-08.75). 12, Johvonne Hernandez, Syracuse, 15.34m, (50-04).

Men's Discus Throw

The men's discus was set to go off at 3:00pm on Sunday, but after a four-and-a-half hour storm delay, the event started with very little fireworks. The stands cleared after the finish of the men's 110m hurdles, sapping some energy from the competition. The men's discus and the women's pole vault were the last events to take place at the championships.

Ian Waltz could have won the event on his first effort of 63.83m (209-5), but sealed the 2006 championship with a throw of 64.52m (211-8). Casey Malone did a great job on his fourth round throw (62.23m/204-2) to improve by almost four meters to move into the second place, where he stayed. This was great for Malone, improving from his last year's fifth place finish.

Waltz's training partner, Jarred Rome, had some timing problems with three fouls. He opened at 60.39m (198-1), and improved to 60.93m (199-11) in the third stanza, a mark good enough to hold on to the bronze medal.

The best individual performance of the day came from Dan Austin, formerly of Division III Williams College, Austin threw 60.58m (his second best mark ever) on his third round throw to move into fourth place. A week earlier he had hit a personal best of 63.40m (208-0) at an Olympic Training Center meet. A total of 56cm separated places five through seven, which made for a close competition.

Carl Brown (60.07m/197-1), the fifth place finisher, is recovering from a patella tendon tear and surgery in December. He did a fabulous job throwing off of one leg. Sixth place finisher Nick Petrucci (59.85m/196-4) was one of the most dangerous throwers in the competition. He was ready to hit a big throw, but again could not find his timing.

The seventh and eighth place finishers Adam Kuehl (59.49m/195-2) and Sean Shields (57.32m/188-1) of the University of Arizona competed well after a long college season. Austin will transfer to Arizona in the fall and join Kuehl for a potent one-two punch.

---John Frazier

1, Ian Waltz, Nike, 64.52m, (211-08). 2, Casey Malone, Nike, 62.23m, (204-02). 3, Jarred Rome, Nike, 60.93m, (199-11). 4, Daniel Austin, unattached, 60.58m, (198-09). 5, Carl Brown, Nike, 60.07m, (197-01). 6, Nick Petrucci, unattached, 59.85m, (196-04). 7, Adam Kuehl, Arizona, 59.49m, (195-02). 8, Sean Shields, Arizona, 57.32m, (188-01). 9, Reedus Thurmond, unattached, 57.04m, (187-02). 10, James Dennis, unattached, 56.11m, (184-01). 11, Derek Randall, Texas, 55.45m, (181-11). 12, William Conwell, unattached, 55.23m, (181-02).

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USATF Juniors

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around the corner. Such is life for Walter Henning, who seemingly sets new personal records every time he slips a hammer glove on in the presence of an official. And it just so happens that a PR for Henning is almost always going to mean an American Record.

USA Juniors were no different, as the high school senior to be knocked out a 71.62m (235-0) effort with the 6K ball in preliminaries to outdistance the last of the Freeman boys, John (60.92m/199-10). The mark bettered the previous record of 71.58m (234-10) set by Henning last May.

Said Henning afterward, "It was good. I was expecting to throw more than a 2 inch PR. Everything was great, including the officiating. The only thing wrong was the technical aspect of my throws."

Throw 1 Deep product Emily Bernhardt took the other hammer title with a throw of 52.49m (172-2). Bernhardt is also a high school senior. The event was closely contested as University of Oregon freshman Megan Maloney placed second less than a meter behind (51.87m/170-2).

The University of North Carolina can already boast of having the 2006 NCAA champion in Justin Ryncavage. Now comes UNC freshman Adam Montague, who won the junior men's javelin with a last round 67.88m (222-8). Christopher Hill finished second with 62.58m (205-4). Bekah Stoltz, a Kent State freshman, threw 50.01m (164-1) to grab gold in the women's javelin. Runner-up Rachel Talbert, a freshman at Oral Roberts, threw 45.89m (150-7). Stoltz has qualified for the Beijing team.

John Hickey won the men's shot at 19.28m (63-3¼). Seymour High School senior Eric Werskey's 18.77m (61-7) was second. Hickey and Werskey have qualified for the 2006 IAAF World Junior Championships.

2005 World Youth discus bronze medallist Kamorean Hayes captured the title in the junior women's shot put with a heave of 15.45m (50-8¼). Discus silver medallist Jere Summers grabbed silver here also, putting it 15.33m (50-3½). Both Hayes and Summers have qualified for the 2006 IAAF World Junior Championships.

One of the great things about being young is improvement is a constant companion. The next PR, with proper guidance and training, is always

Californians Bo Taylor and Nick Robinson are getting to be quite a 1-2 punch. The duo finished first and second in the 2006 Nike Outdoor National discus, and Taylor was victorious again in Indianapolis with a toss of 58.55 meters (192-1) to Robinson's 57.43m (188-5). Taylor and Robinson will be roommates in the fall at UCLA.

Both have qualified for the 2006 IAAF World Junior Championships. Emily Pendleton, also the 2006 Nike Outdoor Nationals champion, won the women's discus over Cal-State Northridge freshman Jere Summers. The versatile Summers' also finished fifth in the hammer as well. Pendleton threw 51.97m (170-6) to Summers' 48.72m (159-10). Pendleton and Summers have qualified for the 2006 IAAF World Junior Championships. ***LSTJ***



Henning

Men's Shot Put - 1, John Hickey, Iowa, 19.28m, (63-03.25). 2, Eric Werskey, unattached, 18.77m, (61-07). 3, Jason Lewis, Arizona State, 18.70m, (61-04.25). 4, Benjamin Stephen, unattached, 18.05m, (59-02.75).

Men's Discus Throw - 1, Bo Taylor, unattached, 58.55m, (192-01). 2, Nicholas Robinson, South Orange, 57.43m, (188-05). 3, Korion Morris, unattached, 56.63m, (185-09). 4, Eric Thomas, Hays Strider, 55.55m, (182-03).

Men's Hammer Throw - 1, Walter Henning, unattached, 71.62m, (235-00). 2, John Freeman, unattached, 60.92m, (199-10). 3, Alexander Pessala, Princeton, 60.60m, (198-10). 4, David Schiedt, Throw 1 Deep, 60.41m, (198-02).

Men's Javelin Throw - 1, Adam Montague, North Carolina, 67.88m, (222-08). 2, Christopher Hill, unattached, 62.58m, (205-04). 3, Randy Fauntleroy, Nwn Louisiana, 62.04m, (203-06). 4, Preston Chatham, unattached, 61.48m, (201-08).

Women's Shot Put - 1, Kamorean Hayes, unattached, 15.45m, (50-08.25). 2, Jere Summers, Cal Northridge, 15.33m, (50-03.50). 3, Stephanie Horton, Kansas, 14.79m, (48-06.25). 4, Allyn Laughlin, unattached, 14.61m, (47-11.25).

Women's Discus Throw - 1, Emily Pendleton, unattached, 51.97m, (170-06). 2, Jere Summers, Cal Northridge, 48.72m, (159-10). 3, Rachel Talbert, unattached, 48.69m, (159-09). 4, Kimery Hern, Georgia Tech, 48.22m, (158-02).

Women's Hammer Throw - 1, Emily Bernhardt, Throw 1 Deep, 52.49m, (172-02). 2, Megan Maloney, Oregon, 51.87m, (170-02). 3, Kimery Hern, Georgia Tech, 51.67m, (169-06). 4, Alana Clooten, Georgia Tech, 51.35m, (168-06).

Women's Javelin Throw - 1, Bekah Stoltz, Kent State, 50.01m, (164-01). 2, Rachel Talbert, unattached, 45.89m, (150-07). 3, Ashley McCrea, Oregon, 45.85m, (150-05). 4, Amy Backel, Oklahoma, 45.51m, (149-04).

LSTJ

Kim Kreiner

RECORD PACE

By Glenn Thompson

"I don't think I have done too much differently this year than any other year," says javelinist Kim Kreiner when asked about for her assessment of the factors leading up to her one, *two, three, FOUR* American records thus far in 2006.

"I have done a lot more work on sprinting and running," Kreiner told *LSTJ* upon further thought from Denmark where she was beginning her European campaign 10th on the World list of top performers. "I've been working on driving the legs, since they create all the power in the javelin... You don't want to arm it; it doesn't work."

"I have changed the way I think about the throw itself," says Kreiner. "Instead of thinking of driving the right hip into the left knee, I now think of throwing my right upper torso into the throw. From my right lower stomach to my right shoulder. That has given me a much faster right hip, much better backwards "C" position, and a ton of power into the throw."

Kreiner is thankful that she has continued her athlete-coach relationship with Ramona Pagel, whom she met while Kreiner was a student at Kent State. The two have been together for 10 years. "I think that staying with one person has helped. She really knows what she is doing and is a great coach. She knows how to get the best work out of me; a great motivator. She also knows how to taper my workouts, so I peak when I need to. We understand each other and I think we both have the same goals in mind for my throwing."

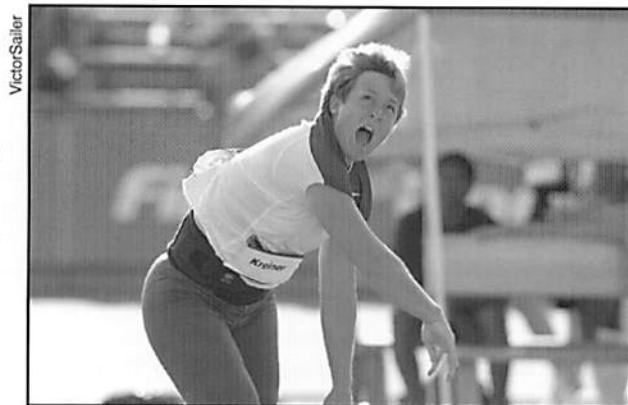
Kreiner's bond with Pagel is strong enough that she followed Pagel to Baton Rouge where her husband Kent Pagel was the throws coach. And when Ramona took the throws position at Fresno State, Kreiner was right behind.

"It took me two-and-a-half days in my Jeep Wrangler which was fully loaded. Fresno State is a better situation than the one we were in at Baton Rouge. And the weather is better for my training. Coach [Fresno State Head Coach Bob] Fraley was nice enough to allow me to use their track and weight room for all my training."

Kreiner is taking grad courses at Fresno State when she's not training.

"I am excited about how well she is doing," says Pagel. "Being consistently at the 200'-plus level is very exciting, but not surprising. I have thought for the past few years she was ready to throw this far, but I think it took Kim internalizing her throwing to come up with the right pattern to the pieces."

"The next step will be for her to get a good throw at a major international meet with competition," continues Pagel. "That will set her up for the next two years. Of course there are still plenty of errors in her technique, but she is getting closer to the point and putting some serious speed on the javelin."



Kreiner notched her fourth American Record of 2006 at the USATF Championships in Indianapolis.

Team Kreiner has added another resource to its brain trust this season. Duncan Atwood, the two-time U.S. Olympian and three-time national champion, is now lending his perspective. "Duncan is a great guy," says Kreiner. "I respect him. Anyone who can throw over 300 feet is okay in my book."

Atwood has been assisting Kreiner via e-mail and video analysis. Kreiner typically sends practice video to Atwood and he responds with frame-by-frame analysis of the throw (see opposite page). Kreiner appreciates having an extra view. "It helps a lot to have an outside eye viewing things. He may see things differently than Ramona or I would. He looks for certain things, and we look for others. It works out great. I am very grateful that he has helped this year."

"I consult occasionally [via email or at various conferences] making suggestions on technique, but not setting workouts or devising training programs," says Atwood. "This photo sequence [on opposite page] was created to support a lengthy discussion that took place in Ohio in November. I think she's got another 20-plus feet in her."

"Oh yeah, 20 feet sounds good," responds Kreiner. "I know I have more in me because I have yet to hit a throw clean. I always miss the tip horribly, so if I learn to line them up, it will go much farther."

LSTJ

2006 AMERICAN RECORD PROGRESSION

DATE	SHOT	WHERE
April 22	60.88/199-9	Davis, CA
May 17	61.78/202-8	Fortaleza, Brazil
May 29	62.12/203-10	San Mateo, CA
June 23	62.43m/204-10	Indianapolis, IN

December 1

2

3

4

5



When this angle is less than 90, big throw!



Future arm position!

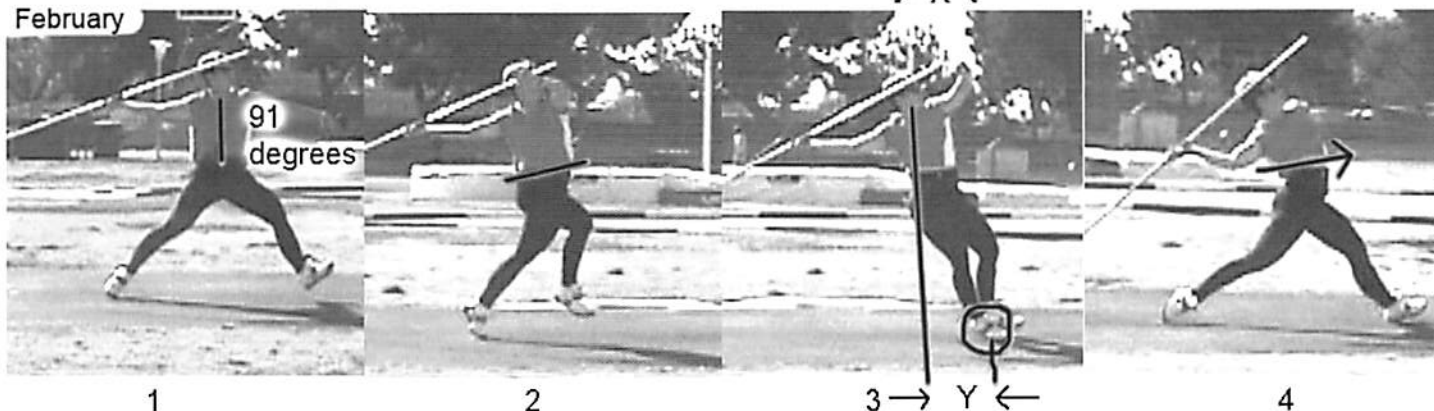
February

1

2

3

4



Notes:

1. December series - Big forward lean in 1 (curved line) needs correcting to get a throw. In frame 2, she's at 84 degrees at right toeoff. Compare with February series #1, she's at 91 degrees. Much easier to get final leanback from 91 than 84. Frame 3 shows considerable forward tilt of pelvis. The last minute adjustment seen in frame 4 disrupts the smoothness of the run, and she can't get the right foot very far ahead of the torso ("X" is less than "Y"). The lower body stops as the left foot goes out and the upper body gets pitched forward and down, mostly down. The follow through on the clip shows a lot of force going downward, away from the flight of the javelin.
2. The February Series shows considerable improvement. She's much more upright at the right foot toe-off as shown in Frame 1. This means it's much easier for her to keep the momentum going forward and not result in a downward pitch. In frame 2 her hip line is much better than the line seen in Frame 3 of the December Series. She's better able to get her right foot to land ahead of her torso without killing her momentum. Consequently, the momentum for her upper body is mostly in line with the javelin flight line. The clip shows a much better follow through direction.

The low right arm will be less of a problem as she improves at running into the throw needing even less vertical correction in the last step. Even so, many current world class throwers have a low arm at this point. Higher would be better, especially with a flatter javelin angle, but this present form is good for 65+m.

Dana Pounds

Tall Praise

By Glenn Thompson

"While we were preparing for a district game, I allowed Dana to also compete in the track meet that was going on at an adjoining track complex," recalls Alan Wackes, the Director of Athletics and former softball coach at Westminster Academy in Ft. Lauderdale, FL. Wackes is speaking of two-time NCAA javelin champion Dana Pounds, now of the Air Force Academy (USAFA).

"She missed about 15 minutes of pre-game warm-up and won the shot put while in her softball pants and track shirt. During the fifth inning of the softball game, with permission of course, she ran back over and won the discus, and was back at her position for the 6th inning."

"I realized at a very early age Dana had 'special' abilities that very few athletes ever possess," says Michael Woodward, who introduced Dana Pounds to track and field in Kentucky. "I coached her in basketball, track and field and golf. Dana was able to process information quickly and had the unique ability to learn specific tasks and fundamentals without much reinforcement. For her size she had more heart, determination, and desire than any athlete I ever coached."

John Rainwater was Pounds's shot and discus coach at Westminster. "She was a great softball player and played during the spring season. Dana would come over to the track after softball practice was done. I would wait after track practice to work with her. The thing she had working best for her technique was her quickness and great feet. She is not tall and I knew this could be a problem for her, but she taught me that great technique could overcome simple size. I remember looking at the State shot put contestants and noticing how small she looked, but as usual, she did not notice or care. I loved it when she threw her first throws and everyone looked at her and were amazed."

"Dana toughed out a season of cross country with us (near the back of the pack every meet), just to be in shape for basketball season," recalls Rainwater's wife, Shannon, then the cross country coach at Westminster. "She is extremely dedicated, determined, and fun-loving."

Dana Pounds legacy could certainly be built on the lengthy and impressive athletic resume she has built during her scholastic and collegiate years. Not many state champions can also claim to be NCAA Division I gold medallists as well. But when talking to those who know the Air Force cadet, they speak first of her personality and character. Everyone has a story about Dana. Her coaches offer up her accomplishments only as supporting evidence to her character.

"Dana is a pistol and a real joy to coach," says USAFA throws coach Scott Irving of his two-time team captain. "I have had the time of my life working with her. 'She's tough and has dealt with injuries, like all javelin throwers, but nothing seems to faze her. The military (cadet) attitude also comes out and it has instilled in her an ability, I think, to focus beyond her competitors at the 'normal' college. USAFA is anything but normal, and I think that as a result, it helps create a very distinct and special athlete. Dana is but one example of many mentally and physically tough cadet-student-athletes."

"She is driven in the weight room and sets the workout tone for the entire team," Irving continues. "She has developed a tremendous sense of what her body is doing technically and she loves to throw far. My toughest job is trying to get her to relax and let the long throws happen, not force them, especially as she has gotten stronger in the weight room. She almost wants to overpower the spear. We worked hard on relaxation after Mt. SAC this year and I think it has paid big dividends. The javelin can be a fickle event. It is such a light implement and it feels like you should just be able to knock the shot out of it, but you need to be smooth as silk on the runway and, like a lioness, wait until the very last instant to strike."

Pounds grew up in Kentucky, but migrated to Florida because of her love of hoops. "I lived to play. I grew up in a private school all of my life and felt that I owed my parents. I wanted to get a Division I scholarship to play basketball in college. The school I was at in Kentucky wasn't as interested in getting me seen by Division I schools as I would have liked. My parent's made it happen for me to go to Westminster in Florida, where many athletes there were at least getting a look. That's all I wanted was a look. Then I got pretty demanding and wanted a full ride right out of high school. I learned quickly, that's not how it works. You have to earn your keep."

Pounds was selected as a Ft. Lauderdale metropolitan area Fab Five basketball player as a 5'2" point guard her senior year at Westminster, and was recruited to play basketball at USAFA.

Pounds graduated high school as a four-time state champion (shot '99, discus in '00 in Kentucky, and then in Florida shot and discus in 2002) with bests of 38'10½" in the shot, 123'6" in the discus.



Dana Pounds

Pounds committed to the Academy and played basketball her freshman year. Her older brother (USAFA class of 2004) talked to Coach Irving and told him his sister was a four-time state champion in the shot and discus.

"[Irving] inquired about my size and said I was too small for those events, but offered to introduce me to the javelin based on my softball (catcher/3rd base) background," says Pounds. "Coach Irving took me down to the track one day, had me try out, and I made the team based on my athleticism and how far I could throw a softball (210 feet)."

"See, at the Air Force Academy, it's not like he's losing/using a scholarship on someone like me," she reflects. "If you can bring anything to the team, awesome. If not, thanks for playing. You just stay a regular cadet. But in my case, I love a new challenge, and wasn't enjoying my basketball experience, so I took the opportunity to work hard and become a student of the event."

"As far as the other sports, of course I miss them," she admits. "I was a three or four-sport athlete throughout my life. It was hard to go from being a multi-sport athlete to a 'one sport wonder,' especially when I wasn't sure if this whole javelin thing was going to work out. It really made me surrender my will and trust in the One who put me here."

Coach Irving knew early on that Pounds could be an All-American in the javelin. So confident was Irving that he told people just that at Pounds' first meet, severely embarrassing his novice spearhucker.

"I had no clue what I was doing," Pounds readily admits. "The first time my parents saw me compete, I had to warn them that I didn't throw like the rest of the girls. I suppose [Coach Irving] knew because he's been doing this for a while. He knows what it takes, the athleticism, the hard work and just the desire to make it. I guess he saw that in me. He realized that I love to compete and I love to win. He also knew that my faith was only going to help me in my quest to establish a platform in order to share my story."

Pounds came to share Irving's vision about halfway through her second semester as a sophomore. At the time she was struggling with quitting basketball. She came to a realization that she wasn't at the Academy to play basketball, but rather to learn some real tough life lessons. "I realized I was here to compete for a higher power; I felt all kinds of chains and limits break and vanish, then I was free to compete and succeed at any level," she says. "Getting the Olympic Trial B-standard that year helped in that realization too!"

In 2003 as a sophomore, she finished fourth at the Mountain West Conference championships and had a seasonal best of 45.44m (149-1). The following year the learning curve accelerated with firsts at the Drake Relays and her conference championships, and a sixth at the Olympic Trials. Her seasonal best was 53.15m (174-4) and she was ranked seventh in the U.S. by *Track & Field News*.

In 2005 she was the USATF Outdoor Championships runner-up, NCAA champion, and PR'ed at 57.52m (188-8) and moved up a second place national ranking. She followed up in 2006 with a second NCAA Championship, capped by a PR of 58.00m (190-3) on her last throw in a competition she owned from beginning to end. Pounds, coincidentally, had been picked second on the *Track & Field News* pre-meet formchart.

"I try to focus on letting my arm just go for a ride, meaning I try to throw with my body and my arm will just swing forward like a bow and arrow," Pounds says of her own technical approach to the spear. "I already have pretty good arm speed, so I focus on allowing my body and approach set me up for the throw. I was not blessed with much flexibility, so it has been a struggle and focus for me to learn to get and keep my arm back with my hip fully forward. The cool thing is that I can relate the javelin to a lot of other sports or activities that I am more familiar with in order to make sense and figure it out."

"A lot of my strengths have come very naturally to me," says Pounds of the javelin. "I grew up in the weight room with my father as a strength and conditioning specialist, so I love to work out. But I have also been blessed with an arm and some power that many people can't seem to generate. I have developed a love for the event and truly enjoy the challenge that this event offers everyday I go down to throw. It's something that comes with time; you can't walk out

there and just start throwing bombs. There is so much technique work and fine-tuning to the javelin. Persistence and patience are key to understanding this event."

To maintain her health in such an event that claims so many casualties, Pounds focuses on core, back and shoulder strengthening exercises, not necessarily for power, but for support, in addition to throwing in fewer meets.

"For weight training here at the Academy, our strength coach Buck Blackwood (MS, CSCS), has us doing total body power exercises (cleans, snatches, jerks), lower, upper and core exercises. In season, I like medicine ball exercises and just concentrating on supporting exercises rather than trying to build strength."



Does she miss the shot and disc, her original throws loves?

"I fight with coach just about every week (not really anymore, I just like to give him a hard time), but simply, I'm too small," she says assessing her stature. "With the success and talent I have shown in the javelin, it doesn't make a whole lot of sense to waste my time there. Sure, I could have become a 45'-48' shot putter, but where does that put me? It's about me understanding where I have a talent and perfecting it."

Pounds has been more selective recently with her meets and recently has taken fewer throws at some.

"To be honest, my body starts to hurt come late May and early June," she says. "I'm trying to let my body rest and last through the two biggest meets of the year for me (NCAA's and USATF's). I've learned how my body likes to work (or not work!) and I'm trying to optimize my performances when they really matter."

Pounds advises young throwers or softball players wanting to throw the spear to, "Keep that arm strong! In my opinion, they should at least get involved and show some interest in the event. Because a lot of states don't have the javelin as a high school event, they should throw the turbo javelin or even get involved with USATF Juniors, which have the javelin. If they have some natural talent and a strong arm, there's nothing that's going to keep them from succeeding with a lot of hard work. Don't ever give up!"

"I do like to goof off and if you ask my teammates, I love to talk, too," she admits. "I guess that's in my genes. The thing is, if I'm not enjoying myself, I'm too uptight to throw. I have to be in my element. I do better in all social situations when everyone around me is having fun, so if that means that I have to make a fool of myself, I usually end up doing just that. What makes throwing fun are the relationships that I build while I'm figuring this event out. I guess it's all part of who I am."

But don't confuse Pounds for having a lack of intensity. "I have taken the challenge and opportunity to succeed seriously," she says. "When I'm on the runway, I'm all business. I have also invested a lot of time in the video room. I like to mimic the greats. When I played basketball, I wanted to have the perfect shot, I wanted to 'be like Mike.' The same goes for my approach to the javelin, I'm a perfectionist by nature."

Post graduation, Pounds will become a member of the World Class Athlete Program (WCAP). The program is designed to allow elite athletes to continue to compete in their respective events in order to shine positive light on the U.S. Air Force, and the military in general. Pounds will compete as a commissioned officer as a part of her five-year commitment to the Air Force. Every Olympic cycle, the Air Force sponsors 20 to 30 athletes to train for a berth in the next Olympic Games.

Athletes for the program must be of Olympic caliber; that is,

the national governing body of their respective sport must recognize the athletes chosen for the (WCAP) as having a legitimate chance at attaining an Olympic berth. Athletes who meet the criteria are then placed in a special duty assignment preceding the Olympic Games. The initiation of this program was in 1995, modeled after the Army's existing program. It was developed after seeing a decline in the number of Armed Forces members achieving international athletic prowess; specifically, the number of Olympic medals awarded to these members.

High caliber athletes graduating from the Academy have a unique opportunity to continue training in their sport. Not only do they get the time to train the way an elite athlete needs to train, but they also get all of the support. A section of Air Force services called AF Sports selects these athletes and takes care of all the equipment, training supplies and travel for the athletes. The athletes choose where they would like to train to get the best benefit from coaching and training partners. This is an excellent opportunity for Air Force graduates to continue to participate in athletics. Since 1998, over 30 athletes have been chosen for the WCAP. Of these, 10 were track and field athletes ranging from the marathon to the decathlon. All of these athletes now have the unique freedom of serving the military as an elite athlete.

Pounds thinks the U.S. women could get back in the mix of the international javelin wars. "As far as distance goes, it would take 210'-215'. The cool thing about track and field is that it's black and white. Either you throw far enough (run fast enough, jump high/far enough) or you don't. And the simple fact of the matter is, we have to get a few (not just one) women to be throwing consistently in the 200's and a few in the 2-teens in order to make a name for ourselves. Until we do that or get close to that, we can't expect respect, or even much funding."

"The javelin is a very exciting event to watch," says Pounds. "I have no doubt in my mind that if we get consistent at longer throws that this event will attract an audience. It's my desire not only to throw far, but to bring in more interest from within the U.S. and then the international sector to the U.S. women javelin throwers. They are a great bunch of women and I enjoy competing with each of them. It is my hope that with my personality, gifts, and desire that we do just that!"

Once Pounds has concluded her involvement with WCAP, she will begin a career as either an Aircraft Maintenance or Acquisitions officer.

"Someday it would not surprise me to see Dana leading our nation in some capacity," says Woodward. "I always told Dana that athletics is your test in life skills, that hard work, sacrifice, responsibility, commitment, team work, and leadership are the building blocks for success. Dana lives those lessons today in everything she does."

Records are broken every day. Gold medals find their way into shoeboxes on the top shelf of a closet. But who we are truly lasts a lifetime for all that we encounter. And that will be Dana Pounds' legacy. *LSTJ*

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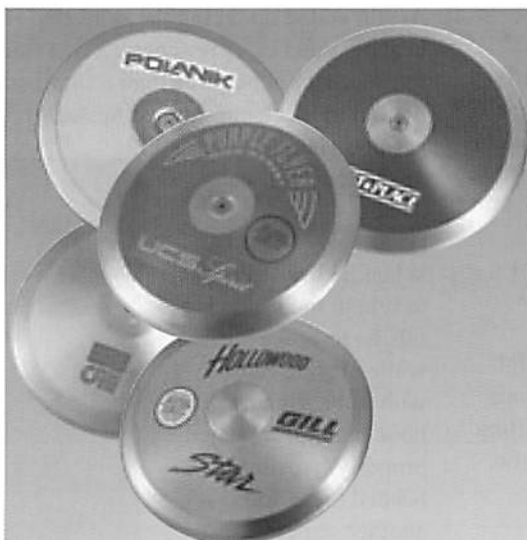


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Dan Austin

HARD TO OVERLOOK

By Glenn Thompson

Teddy Roosevelt uttered his famous motto some one hundred years ago, "Walk softly, and carry a big stick." Rising discus force Dan Austin would seem to exemplify that credo. He is soft-spoken, respectful, modest and self-effacing. His college choice seemed to have relegated him to a life of athletic anonymity. He easily deflects attention, which isn't easy when you are 6'5¾", 250 lbs. But Austin carries, not a big stick, but a 2.0 kilogram platter that is thrusting him into the throws spotlight, and he's given every indication he's ready for it.

Despite being a 55m-plus thrower his senior year of high school, Austin was a clear underdog at the Pennsylvania state meet. However, that did not stop him from upsetting the formchart and taking the gold medal from a rival who had outdistanced him during the season.

But when it came time for selecting a college, Austin did not have quite the selection you would expect for a 54-9 (SP)/187-9 (DT) athlete. That was due largely to the fact that he was something of a late bloomer.

"I only threw 155' in discus my junior year of high school, so I did not receive much Division I (DI) attention," recalls Austin. "I briefly visited Dartmouth during the summer, but that was it from the DI level. I decided to go DIII because I wanted to go to a smaller school and continue throwing. I wanted to head to New England to get in some good skiing. I picked Williams College because of its strong throws squad and good academics. In the end, the throws coach there, Matt Campanelli, has really helped me develop my strength and technique over the last two years."

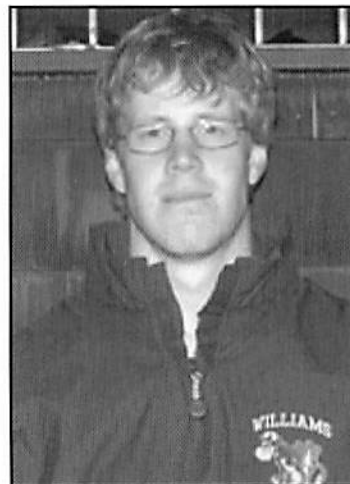
Austin made quick progress at the small private liberal arts school (enrollment of 2,000) in northwestern Massachusetts, posting a 54.10m (177-6) discus best as a freshman in 2002. It was at this point that Austin began attracting interest from DI programs.

Austin began wondering what he could do in a larger program and had all but decided to transfer early in his sophomore year to North Carolina. Austin returned to Williams to talk over his decision with his head coach Ralph White and then throws coach Fletcher Brooks. But then misfortune entered into the picture and helped Austin make his difficult decision.

"I broke my fifth metatarsal (foot) while shot putting at an indoor meet in Boston," he recalls. "I landed on the toeboard while rotating." It was at this point Austin recommitted himself to Williams.

Austin ended up taking the semester off to get surgery and heal on crutches. He spent his free time as a volunteer throws coach at his alma mater, Cumberland Valley High School in Mechanicsburg, PA. Austin's crutches/limp became a familiar site on the local throwing circuit.

When he headed back to school the following fall, he re-broke his foot while playing catch with some friends. The bone had never healed properly. Austin headed home for another semester for additional surgery and 16 weeks on crutches.



Dan Austin

"For awhile I thought that I might never throw again, especially when my foot was healing extremely slowly," he recalls. "I ended up missing another spring season because the healing was still not complete. It finally healed nine months after breaking it."

After his foot healed, there was another setback ahead. He tore his pectoralis the week before the 2004 season started, and missed the first half of his much delayed (2005) sophomore the season. Finally injury free, improvement came rapidly.

While at Williams, Austin twice won the NCAA Div. III discus title (2005 and 2006), finished third at the Penn Relays, and set the NCAA Division III championships record (196-1), and bettered that at the New England Division III Championships in 2006 (196-11).

In the summer of 2005 Austin had begun to open some eyes when he was the third best collegian and 10th overall at the U.S. nationals. He got everyone's attention when he PR'ed with a 208-0 bomb at the Olympic Training Center in Chula Vista, California, a scant week before the 2006 USATF's in Indianapolis. Lest anyone thought his PR was some wind-aided fluke, he turned a fourth place finish (60.58m/198-09) in Indy, behind only 2004 Olympians Ian Waltz, Casey Malone and Jarred Rome. Austin has indeed moved into some exclusive company.

After missing two seasons due to injury, Austin successfully petitioned the NCAA to regain one season of

THROWS PROGRESSION - DAN AUSTIN

High School

	SHOT	DISCUS
SO.	41'	114'
JR.	49'	155'
SR	54'9"	187'9"

College

	DISCUS
FR. (2002)	54.10m (177 ft) discus
2003:	Broken Foot
2004:	Broken Foot
SO. (2005)	59.76 m (196-1)
JR. (2006)	63.40 m (208-0)

eligibility. Austin graduated from Williams this past spring, and without any graduate programs at the school, he could not use that remaining year of eligibility there.

Austin considered UCLA, Georgia, Colorado and Arizona as places to complete his eligibility and improve his chances on making the Olympic team.

Austin's decision came down to two disciples of UCLA head coach Art Venegas: Don Babbitt at Georgia, and John Frazier at Arizona. "I don't know how to describe it, but Arizona just had a better feel," says Austin of his decision. "Having Coach [John] Frazier there and being able to train with Adam Kuehl and Sean Shields seemed like the perfect opportunity."

"At Williams we did mostly tempo lifting, so all of my max's were done with three seconds going down," says Austin. "We also squatted as deep as possible (hamstrings to your calves)." Austin lists his max's as Squat: 380 lbs., Bench: 330 lbs., Snatch: 95 kgs.

"I know that I'm not very strong in the weight room, so that's one area that I've been trying to improve on during the last year. I'm significantly stronger than I was in high school, but I still have a long way to go. I missed almost two years of good lifting when I was injured, which I'm still trying to get caught up from."

Technically, Austin says, "During my throw the only things that I usually think about are being patient with my upper body and keeping the discus as far back as

possible (6'10" wingspan). I really try to ride the right foot in the middle and then finish with a long pull."

"Athletically I would like to continue throwing for several more seasons to see how much farther I can throw. I would love to make a World Championships or Olympic team at some point in the future. More immediately I'm really looking forward to getting to compete for a year at the D1 level."

Austin is considering teaching or medical school after campaigning for the 2008 Olympic team and a ticket to Beijing, China.

"I never expected my season this year to work out the way it did," reflects Austin. "My ultimate goal for the season was to throw 60 meters and make the final at USATF's. Finishing 4th was a great surprise."

You can't help but think that's just Austin being modest again. *LSTJ*

Discus

Javelin

Shot

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Journey To A Dark Past

By Adam Nelson

My experience in Dakar was amazing. My first trip to Africa began with a three hour delay in the Atlanta airport. My flight, originally scheduled for departure at 9:30pm on Wednesday night, did not leave until almost 1am Thursday morning. Thankfully—or not, I had a 4.5 hour layover in Paris's CDG before my flight from Paris to Dakar. As it turned out, I would need every minute.

Flying coach across the Atlantic until recently was never that bad. Unfortunately, the rising costs of gas coupled with the instability of the financial security of the airlines resulted in streamlining of air travel. The decreased number of flights means flights are fuller. In my case, every leg of my trip was sold out, leaving me with no opportunity to change my reduced leg room, middle-seat to an aisle (I was in the last row of the plane). Lucky me!

When I finally landed in Dakar 20 hours after I arrived at the Atlanta airport, I was greeted by the mob of local Senegalese taxi drivers aggressively pursuing any tourist for a fare. After a lot of confusion, I made it to the Hotel Meridien President around 10pm. The hotel was gorgeous. It's a 5 star hotel that sits on the Atlantic Ocean. With all the conveniences and accoutrements of a great hotel, I enjoyed an unexpected and uncharacteristic great night of sleep. I awoke refreshed and ready for another unpredictable day. In case you were wondering, I set low expectations for the meet. There were just too many unknowns and firsts involved for the meeting directors. Flexibility and patience were necessary.

We were scheduled to compete at 4:30 pm on the Island of Goree, but this got delayed to 5:45pm so the Italians could join the competition. The trip to Goree required a bus ride through a large cross section of Dakar. The route took us south along the coast line and by many large homes of the wealthy, then continued through some of the poorer areas leading into town. Though Senegal is probably the most stable country in the region with a well-established democratic political system, the gap between the upper class and the working class is huge. As Americans we have no idea what poverty really is when com-

pared to the poor in other regions of the world.

The bus trip concluded at a small port where the ferry would shuttle us over to the Island of Goree. For those who don't know, Goree served for 300 years as the last stop for slaves before leaving for the

Americas or wherever else. The island doesn't appear to have changed too much. Many of the original buildings and forts appear to still be standing and occupied. I can't verify this, but there appeared to be no motorized vehicles and, otherwise, few of the conveniences of the modern world. Nonetheless it represented a significant—albeit dark—part of African and American history. You can't help but be deeply moved by the history and the story of this island. Though I wouldn't recommend this tour as a way to get fired up for a competition, it will make you think.

After the tour of the island led by the curator of the museum on Goree and attended by the Lamine Diack, President of the IAAF, we returned to the competition site. At this point we were told the competition would start in about 10 to 15 minutes. Reese and I began to warm-up as the ferry carrying the Italian shot putters pulled into the docks. At the completion of an abbreviated warm-up, the officials showed us a version of the throwing order, and I stress a version. It changed three or four times during the competition.

The circle was freshly poured with parts that still hadn't cured properly. It was slightly imbalanced and the surface was rough and not flat. There were highs and lows, fast spots and slow spots. Incidentally, I've never competed in an event outside the stadium that didn't have issues with the circle. Reese and I both wondered how the competition would fare on such a circle. As it turned out, the circle didn't make that big of a difference. It was a great place to compete.

The Senegalese people surrounded the landing area. I estimate 400 people standing around the sector cheering each competitor on. In many ways it reminded me of the world's strongest man competitions. They are contested in similar locations in intimate venues. As we began to throw,



Nelson at the 2006 Prefontaine.

the crowd would break out in a clapping and screaming. It was crazy. Does anyone still remember the Portland shot

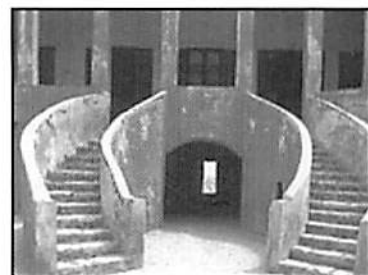


This castle, unlike some others that started as trading outposts, was built by the British to trade slaves and bully their colonial neighbors. The tower behind the canon was the British governor's residence.

put competitions? This was every bit as loud and exciting as that competition except set on an island with a temperature of 80 degrees, no clouds in the sky, a good bit of dust, and the ocean less than 30 feet away. It was great.

These intimate venues allow spectators to gain a full appreciation of what we do on the infield. There are few instances during which a normal track fan can view a field

event competition from inside the track, and fewer circumstances when the fans are actually close enough to touch the athletes. As field eventers, we should embrace and encourage these "street competitions." They serve as great promotions for the main events, and they provide for more opportunities for us to compete.



Some 200 slaves were kept in a holding cell.

My experience in Senegal was truly remarkable. With the head of the IAAF attending the event and the success of the accompanying track meet the next day (I believe 60,000 people showed up for the meet), I look forward to making this trip next year. I also look forward to other meet directors using the field events as a promotional event for the larger competition. *LSTJ*

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Reese Hoffa's Reunion With His Mother Brings Closure

A Lost Child Finds Himself in Adulthood

By Amy Shipley, Washington Post Staff Writer

Reese Hoffa was 4 years old when he burned down his family's house. He remembers the circumstances vividly. His brother Lamont, then 6, held a cigarette lighter to the fabric cords that hung off the curtains, then used a cup of water to douse the flames. When the water ran out, Lamont disappeared into the bathroom to get more, leaving the lighter on the bed. Reese picked it up. He pushed it toward the cords, flicking the silver dial, pleased to see the flame. Then, he recalled thinking, "Uh-oh, the curtains are on fire."

Weeks after the blaze that consumed the two-story home, another moment seared itself into Hoffa's memory. His mother, an unmarried teenager, took him and his brother to a large brick building with long corridors and lots of children. He rode a Big Wheel for a while. Then Diana Chism embraced her sons, got in her car and drove away. Reese ran out the door, shouting for his mother to return. Administrators at the St. Thomas-St. Vincent Orphanage in Louisville wrestled him back in the building, which had suddenly become his new home.

"Deep down inside, I thought maybe she would be back tomorrow," said Hoffa, now 27, who competes today in the shot put at the USA Outdoor Track and Field Championships. "It never happened."

Chism never returned to the orphanage and Hoffa, eventually separated from his brother and adopted by another family, plunged kicking and screaming into a new life. Though at first reluctant and confused, he grew from an introverted child into a successful and huge man — 6 feet, 253 pounds — with a sense of humor that seemed to match his size. A natural athlete and relentless worker, he became one of the world's best and most entertaining shot putters, claiming a silver medal at last year's world indoor championships.

As he matured, however, the disturbing memories from childhood did not diminish. The mental snapshots, his only possessions from his youngest days, flashed into his mind again and again, vivid enough to generate questions and frustration, but not substantive enough to provide understanding or peace.

For nearly two decades, Hoffa searched for the missing pieces in his broken history, driven at first by the pain from his youth, then, much later, by plain curiosity and a deep, deep yearning for . . . for what, he wasn't quite sure. The truth? His first family? An understanding of himself? As he looked for something he wasn't sure he would ever find, he had no way of knowing that, all the while, his mother was searching, too.

'Losing My Brother'

After the initial shock of his mother's departure, Reese Hoffa — born Maurice Antawn Chism — concluded he had been left in some sort of castle run by nuns. The orphanage housed about 450 children, who slept in a room as big as a gymnasium filled with dozens of beds. He used to sneak around at night, searching for his brother so he could crawl into bed with him.

"I remember it being very cold," he said, "and always being scared."

Of course, he had a good idea why he was there.

"I burned down our house," he said, "and that put a strain on our family."

About 18 months after their arrival at the orphanage, the brothers were driven to a farmhouse in nearby Bardstown. Stephen and Cathy Hoffa — since divorced — introduced them to three girls and a little boy. Dogs ran about the backyard and toys filled the children's rooms. They would all be family.

Officials from the orphanage, however, urged the Hoffas to adopt only Reese, saying that Lamont was having problems of some sort, according to Cathy. One day, Reese went by himself with the Hoffas. This time, he remained. He expected Lamont to join him, but he never did.

"The hardest part," Reese Hoffa said, "was losing my brother."

For months, the newest addition to the Hoffa family seemed withdrawn, his new mother — now Cathy McManus — observed. He rarely spoke. He played by himself. He called his parents "sir" or "ma'am" or "hey," but never Mom or Dad. Though he doted over the babies in the family — Cari and, later, Chris — it wasn't clear that he knew the names of his siblings, let alone aunts or uncles. He did not address them and did not seem interested in remembering.

One day, McManus asked Reese if he wanted a new name. He said "Michael Knight" in honor of the character on "Knight Rider," his favorite television show. They settled on Michael Reese, and he continued to go by "Reese."

New name or not, Reese, by then 5, had old longings. For months, he said, he wrote down combinations of numbers, a desperate, childish attempt to discover an avenue to his brother.

"I was," he said, "trying to figure out his phone number."

But the numbers, of course, never worked.

Bad Situation

Growing up in Louisville, Diana Chism had few friends and almost no family life. A biracial child with Anglo-Saxon features, she felt persecuted at school and shunned in her neighborhood. Even at home, she said, she felt isolated: Her older sister had moved out; her brother rarely came around. Her mother, who ran a bar and restaurant, worked seemingly around the clock, spending most nights at the apartment above the business. Chism never met her father. By the time she was 10, she said, she lived largely on her own.

She befriended an older boy in the neighborhood who treated her well. At 13, she became pregnant. But when Lamont Dion arrived, there was none of the typical celebration that surrounds a new life.

"When this child was born," Chism said, "it was no different than a Barbie doll to me. . . . I can't believe anyone allowed me to bring Lamont home."

Chism sent Lamont to government-sponsored day care but it wasn't long before she dropped out of school. At 15, two years after Lamont was born, she gave birth to Maurice Antawn. As her babies became boys, she found herself working 12 hours daily at a retail store but still struggling financially.

"It was just a really bad situation," Chism said. "I had two children, and no way to take care of them. We couldn't survive."

And then came the fire. Chism threw buckets of water on the flames until they were extinguished, but the fire smoldered inside the walls. By the time she noticed another burst of smoke, it was too late. Then, the only thing she could do was grab her boys and run. That night, they stayed at a hotel paid for by the Red Cross. Later, she and her boys bunked with her sister.

She doesn't remember exactly how much time passed before she drove her boys to the orphanage, which closed its doors less than a year after her sons' arrival and was demolished in 1983. She knows, though, that she was emotionally in ruins at that time, overwhelmed by her daily life. During the car ride, she said, she told her boys what was about to happen, but she knew they did not understand. When she left the building, she said, she felt like running.

"I thought it would be better for them," she said. "I thought they wouldn't have to worry about anything, everything was going to be fine. I didn't realize I would basically be dead, and I was. You never can recover from that, for years and years after."

'A Perfect Child'

Cathy McManus adored her adopted son, who grew big and strong. He was, she said, a "perfect child." He did chores without complaining. He was polite and kind. He got good grades and excelled at sports. He bagged groceries and drove a truck for a lighting company in Augusta, Ga., where the Hoffas moved after another fire — this one Reese had nothing to do with — destroyed much of their farm.

But for a long time, McManus sensed, Reese did not let his guard down. Reese saw the distance, too. He had no interest in building a bridge into the heart of strangers. His ambition was simple: He wanted to ensure his behavior didn't cause him to be abandoned again.

"All I wanted to do was please my adopted family," Reese said. "I thought, if I ask to do too much,

maybe they will ask me to go back to the orphanage. For a long time, I had a great respect for them, but not really a love for them. For a long time, the entire family could have gotten wiped out, and it wouldn't have mattered."

A Mother's Search

Two years after taking her sons to the orphanage, Diana Chism married an enlisted Navy man and moved with him to Connecticut. The marriage lasted just six months, but Chism landed a job working for a real estate company and began to pull her life together.

By then, in her early 20s, she realized how angry she was, how confused she had been. She blamed her mother and sister for leaving her alone as a child. She went back to Louisville, seeking answers, explanations. There, she was reunited with Lamont, who had been removed from the orphanage by her sister Fannie, 10 years her senior. But Fannie, who became Lamont's primary caretaker, had not located Reese. His personal file was sealed.

Diana Chism, once fixated on escape, became fixated on finding Reese.

"I had no idea what had happened to him," she said. "I looked all of the time. I was so distraught. I just wanted God to tell me where he was so I could stop worrying."

Chism called the social worker with whom she arranged the



space at the orphanage, begging for information. The social worker declined to open his file, but said Reese had been adopted by nice people who had moved after a fire damaged their farm.

Then, she let slip what Chism believed an important clue; her son had changed his name to Michael Ray. Though she didn't know his last name, her hopes surged.

Lamont provided another hint; he recalled a sculpture at the center of the town in which he had visited his brother's family. Chism believed she had seen the sculpture. Reese, she ascertained correctly, must have been in Bardstown. Full of hope, she drove to Bardstown.

She spent hours at the local library, poring through news clippings on schoolchildren and graduating classes. She stared at reels of microfilm in a building that sat perhaps 10 minutes from the house into which her second son had been adopted, searching for Michael Ray, a boy who did not exist.

Fix It or Shut Up

Cathy McManus used to watch Michael Reese Hoffa work — mostly at sports — and found herself amazed at the resilient young man he had become. As he matured, he grew closer and closer to his new family, but he never bared emotions about his old one.

"He has always been one to look forward and plan his future," McManus said. "He used to say, 'If you don't like things the way they are then fix them or shut up.' "

Reese spent years trying to fix his past, working silently to solve its mysteries. When he traveled to sports competitions throughout Kentucky, he would comb through the local phone books, looking for Lamont by skimming through the entries that began with "Chi." The task was arduous as he had no idea how to spell his former last name. Was it Chizm? Chizzum? Chism? Chisholm? He said he wrote letters to three males named Lamont who had last names resembling Chism, but got no responses.

He could not even begin to search for his birth mother. He did not know her first name.

"I just wanted to know what happened," he said. But "it was like trying to find a needle in a haystack."

The Search

Though her closest friends knew about her son Lamont, Diana Chism told none of them that she had, in essence, lost another. She did, though, relate the story to a man named Mark Watts, an attorney at her Louisville firm whom she married in 1990 at 30.

Chism, who became Diana Watts, kept several grainy, yellowed pictures of her sons in her bedroom. In one of her favorites, Reese stared at the camera with a serious, almost

mournful expression. For years, she studied the droop in his eyes and the little flip at the bottom of both ears, searching for those attributes in any light-skinned black males she encountered that appeared to be his age. She once called Newsweek magazine to inquire about a young man in a photo that seemed to resemble the Reese she remembered.

"She'd been trying to find him ever since I had known her," Mark Watts said.

Mark Watts weathered the bad days that resulted from false Reese sightings. If his wife saw someone she thought was her son, she would fall into hours of melancholy. And the issue of having children, Mark and Diana Watts hashed over for years.

"I was never going to have children again," she said. "Everything that had happened was just so traumatic."

But at 38, eight years after her marriage and 25 years after the birth of Lamont, Diana Watts gave birth to her third son, Adam Sinclair Watts.

About a year after Adam was born, Diana Watts sought closure on the issue of Reese. She had previously searched Web sites that claimed to reunite family members, but had never put out a notice. She decided to post information, promising herself this would be her last attempt to find her missing son.

It was time to move on.

"I had a conversation with God," she said. "I said, 'I can't go through this anymore.' "

A Web Find

One night, after finishing a paper for his English 1102 class in study hall, Reese Hoffa, then a senior at the University of Georgia, started what had become a routine for him: searching the Internet for Lamont. Familiar with many Web sites that allowed families to post information that could lead to reunions with missing relatives, he scanned six sites, then found a new one — Adopt-assist.com. He recalled doing the perfunctory searching, plugging in his date and state of birth. After a few seconds, a paragraph popped onto the screen that startled him:

Match 1 Birthdate: 10/08/77 Country/State: KY

I am a mother looking for a son given up for adoption at age 4 in 1981 in Louisville, Kentucky. He was adopted by a large family of 5 or 6 and the family owned a farm at that time which was burned down possibly in Bardstown, Kentucky. Please e-mail me if you have any information about my son. His name at birth was Maurice Antawn Chism, and he has an older brother.

Reese Hoffa read the posting again and again. Everything matched. Every single detail. He felt numb, stunned,

suffocated. He had become comfortable with the blanks in his past. He knew how to search; he was an expert at wondering. He couldn't fathom finding.

"At first I could not believe what I was reading," he said. "I got up from my seat and walked away, talking to myself that I may have found my mom."

Then, he went back to the computer and started typing.

No Joke

For three days, Diana Watts — who had no expectation of a response to her posting — did not check her e-mail.

One night, as his wife tended to Adam, Mark Watts logged on to their account. When he perused the messages, he found the third of three that had been sent from a University of Georgia student. The latest read, in part:

*Subject:
hopeful mom*

*Date: Fri, 17
Nov 2000
19:10:56 GMT*

*From: "reese
hoffa-man"*

*to hopeful
mom I am not
sure if had
gotten my last
e-mail, if you
did it may
have been a
little confusing
because I
was not clear. I am very sorry I have had a day to collect
my thoughts and hope to do a better job.*

*I found your e-mail address on an adoption website while
searching for my relatives . . . well what I found in the
search was you, and for that reason I feel that you are or
could be my mom. On the site had some add information
about the child mother had lost. That information fit me
perfectly . . .*

*I do not want to scare you or alarm you I would just like
to say hello and get to know you. I do understand [if] you
do not want to talk, but I would like to know that you are
doing well and if you have found my older brother
Lamont...*

*A little about my self my name was changed to Michael
Reese Hoffa most of the time I go by Reese. I am a senior at
the University of Georgia. I am a member of the UGA track
team I am shot putter. I finished sixth at the Olympic trials
in 2000 and hope to make the Olympic team in 2004. I*



"What really surprised me is he called me 'Mom' right off the bat," said Diana Watts of the first meeting with her son. "He seems to genuinely care." (Erik S. Lesser - For The Washington Post)

*have another year of school and I will have a degree in
Health and Physical education then off to grad school.*

*I really hope that you will contact me because I do care
and have a genuine concern for you. so please find it in
your heart to contact me.*

thanks Reese

Mark Watts immediately felt a sense of doom rather than elation.

"I was so afraid it was some sort of joke," he said. "That was my first impulse."

He approached his wife nervously, told her she needed to look at the computer, then escorted her to the screen. He didn't attempt to explain. He knew the message, if not genuine, would break her heart.

When she read the e-mail, silently, intently, she noticed one thing right away. The message mentioned Lamont. Her posting had not. How could the author have known about Lamont?

"I wasn't at all calm," she said. "I was all shaken up. I couldn't believe it."

The Meeting

Reese Hoffa sat in a coffee shop in Athens, Ga., when his cell phone rang. He did not recognize the number. When he answered, he felt a surge of adrenaline, a wave of shock. A woman was on the line, he didn't catch her name, saying the strangest things. It had been 19 years since his mother left him on the steps of the Roman Catholic orphanage. Finally, after all this time, she was back.

"I'm so sorry about the fire," Hoffa blurted out, the first words he could muster.

Diana Watts, shaking as she spoke to her son from her home in Indianapolis, wanted to cry.

"All these years," Watts said, "he thought the fire was the reason."

That night, they talked for two hours. It would be the first of many long conversations.

A month later, Diana and Mark Watts purchased a plane ticket for Reese to fly to Indianapolis for the weekend. Though the Watts immediately recognized Reese — whom they had looked up on the Georgia athletics Web site — he nearly walked by his birth mother. But after introductions were made, they embraced. It wasn't uncomfortable.

"What really surprised me is he called me 'Mom' right off the bat," Watts said. "He seems to genuinely care — as he said he did."

Reese peppered his birth mother with questions about Lamont but the answers weren't as satisfying as he had

imagined. Lamont was convicted for possession of a controlled substance five years ago, public records confirmed. The brothers met just once in Louisville. Lamont worked at a fast-food restaurant, Reese recalled. Their meeting, he said, was awkward.

Diana Watts declined to discuss Lamont's situation, other than to say: "It's very difficult to become what Reese became. Both had the potential in the first place, but as far as I'm concerned, Reese got what he needed, and Lamont didn't."

At Reese's commencement on Dec. 21, 2002, Diana sat with Reese's family, including his sister Jeanette and brother Chris. When the parents of the graduates were told to stand for recognition, Cathy McManus smiled at Diana Watts.

"You stand up, too," McManus said. "You gave me this son."

Happy Ending

The Watts now live at the end of a cul-de-sac in a suburb of Jacksonville, Fla., with Adam, now 4 1/2, and daughter Elizabeth, nearly 2. They display the e-mail they received from Reese in a wooden frame.

Hoffa discovered a simple way to distinguish his mothers; he refers to Cathy McManus as his A-Mom (adoptive mother) and Diana Watts as his B-Mom (birth mother). He sees them as often as he can. Both will attend the traditional family dinner on the eve of his Nov. 26 marriage to

Renata Jean Foerst, a recent Georgia graduate.

"I never questioned why she did it," Reese said. "She was trying to get a better situation. She did the best thing for me. . . . It takes a strong character for a person to say, 'I can't do it.'"

For Diana Watts, Reese still sends her emotions spilling. She looks at him, or her scrapbook of his achievements, and knows: Getting a new home, and new parents, was the best thing that ever happened to him. He thrived because she left him. Even years later, riding the crest of a better life, reunited with her long-lost son, that truth still settles uneasily.

"I don't know exactly why it was that things happened the way they did," she said. "I'm older, and I think there's a reason for everything. Reese's success, I don't think it would have been achieved with the mother he had. . . . I just could not have given him all he got."

It is this reasoning that brings her to a halting acceptance of her deeds. And there is some consolation in this: The emotions that even now torment her brought about their reunion. Practical problems drove them apart. Passion brought them back together.

"I want him to know," she said, "how much I loved him and missed him all those years." *LSTJ*

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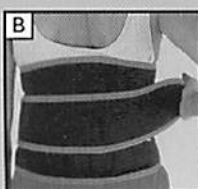
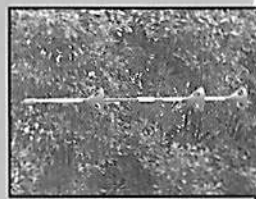
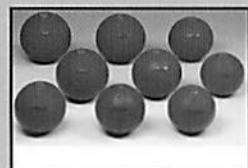
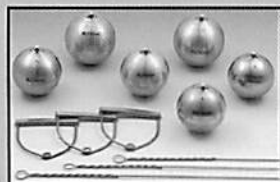
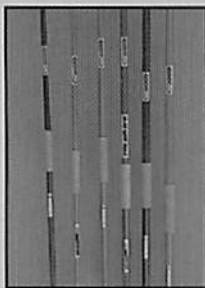
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Six Washington HT Preps Earn NCAA All-American

By Lane C. Dowell

Is there any event in FIELD and track this year at the collegiate level that fielded more All-Americans from the Evergreen State? NO!

Does the hammer throw provide great opportunities for our kids? YES!!!

Three of the top eight American men at the just completed NCAA Division I competition in Sacramento started their mastery of the ball and wire while prepping in our state. As they developed their expertise in this unique and demanding event, they drew the attention of collegiate coaches in the hunt for knowledgeable prospects that would produce points immediately. In exchange for their services, a number of our former high school throwers receive scholarships to further their college education.



Nick Owens

At the DI meet past Washington preps were led by former **Shelton High** thrower now studying at the University of North Carolina, **Nick Owens**. Owens, a junior, has made steady improvement throughout his collegiate career and placed third overall with a toss of 229' 9" at the Championships. Big Nick was the top ranking American in the competition.

Capital High's (Olympia) **Adam Midles**, a junior in eligibility at Southern Cal was the second ranking American. His best toss at the NCAA's was 216' 1".



Adam Midles

Both these young men are again ticketed to throw at our national championships June 21-25 in Indianapolis.

Martin Bingisser from **Interlake High** in **Bellevue**, who now attends the University of Washington's law school, completed his eligibility by making the time-honored list of All-Americans. His best in the NCAA Finals was 206' 2".



Martin Bingisser

Greg Schultz from **Centralia High** is just a freshman, but boy, did he learn his lessons well. As the mind and body grow, Schultz's marks lengthen. Shhhh...don't tell anyone, but Mac Wilkins is quietly developing a throwing power house at tiny Concordia College in the Portland (OR) area, and Greg is a key part of that blossoming. In his first year he tossed his

implement far enough to achieve NAIA All-American (top six finishers).

On the ladies side of the elite list, two Oregon Ducks flew to the top of the leader board under the watchful eye and tutelage of former Olympian and Men's American Record Holder, **Lance Deal**.



Greg Schultz with father John

Brittany Hinchcliffe, **Capital High**, has become a mistress of the four turns, and it netted her All-American recognition and a third place finish in the ladies finals. The Duck's senior's best toss was 212' 3".



Brittany Hinchcliffe

Oregon junior, **Britney Henry** who attended **Lewis and Clark High** in **Spokane**, claimed the coveted title of All-American by throwing 208' 7" to nail down sixth.



Brittney Henry

Both these Lady Ducks will be in pursuit of excellence at Indianapolis

Has the hammer throw made a huge positive impact on the lives of these six young people? **No doubt!!!**

The popularity of this event and the doors that it will open for our young are evident. What does the future hold? **Read on...**

Meet of Champions Hammer

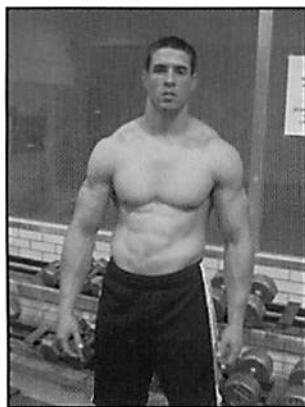
A sure sign of progress and the credibility of an event is when the American Record Holder/1996 Olympic Games silver medallist in the ball and wire, **Lance Deal**, now a throws coach at the University of Oregon, cares enough to travel over two hours north to bear witness.

Hmmm, I wonder if there was anyone there wearing purple and gold? ***LSTJ***

Pain Fades, Bones Heal, And Chicks Dig Scars

By Derek Woodske B.Sc , CSCS, Adams State College Throws Coach,
Head Strength and Conditioning Coach

Dual sport athlete Matt Gersick of Adams State College via Pueblo West High School took the practice field for the final time before the start of his sophomore season (2005) as tight end for the Adams State Grizzly's football program. During a simple blocking drill, Matt stepped back on his left leg and moments later he watched as the accumulation of his hard work washed down the drain before his very eyes. Matt would be diagnosed with a complete rupture of his anterior cruciate ligament (ACL) medial collateral ligament (MCL) and partial tear of his posterior cruciate ligament (PCL). Not to mention that he also completely detached his biceps femoris from the bone at the distal insertion which required the orthopedic surgeon to reattach the muscles using a bone screw near his knee, an injury that is not only very rare but difficult to fix and recover from. The surgeons at Premier Orthopedic Center in Colorado Springs laid their best work on the table with Matt and it would be in the hands of fate and time to determine whether or not he would be able to come back from an injury that was initially diagnosed as a potential amputation situation due to the magnitude of structural and vascular trauma and extensive nerve damage.



Matt Gersick

Five days following the initial surgery to correct all the damage, Matt had to be readmitted to the emergency ward for yet another surgery to drain and test for post surgery infection; the test came back negative. Thankfully even with the substantial amount of blood that was drained Matt was able to continue progressing with his recovery.

From September to November Matt stayed at his home in Pueblo Colorado to insure that he was taken care of and under daily supervision. At this point I was now living in

August 2005 {Pre-Injury}

Height: 6'2"
Weight: 213lbs
Body Fat: 7%
Bench: 355lbs
Squat: 455lbs
Clean: 325lbs
40yard: 4.5 sec electronic & 4.35sec ht
100m: 10.85sec
SLJ: 11' 6"
Shot-put: 53'11" (Freshman year college)

December 2005 {Post Surgery}

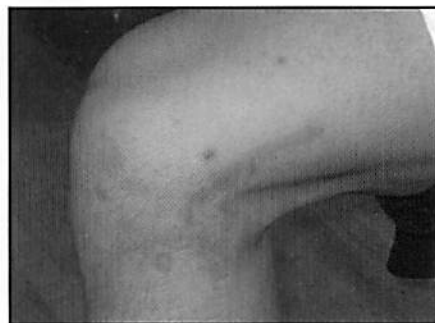
Height: 6'2"
Weight: 187lbs (-26lbs body weight)
Body Fat: 7-9%
Bench: 320lbs
Squat: 185lbs (smith machine)
Clean: nil
40yard: 0
100m: 0
SLJ: 0
Shot-put: 41' stand before x-mas

Alamosa, working with the track and field team and preparing for the time when Matt would be coming back to school, at which point I would become involved in his rehab training. This rehabilitation program struck close to home due to the fact that I too under went a complete reconstruction of my

knee during my college career. It was very important to me that I help Matt get back to a normal life. A life that had athletics in it would be a great, but I knew that the first goal for us would be just getting back period. Matt's initial rehab routine began in October and ended in December. It wasn't until later December that we finally got together and I started putting Matt through the beginning stages of rehab...Woodske style.

PHASE ONE

The first phase of my direct involvement with Matt began in December of 2005 when he moved back to Alamosa before the start of the Christmas break. During the first phase of training, we broke his workouts into a four day program that emphasized his lower body twice and his upper body twice. This system remained the same for the next 21 weeks, with Torso on Mondays, Legs (quad dominate) on Tuesdays, Arms and Shoulders on Thursdays and Posterior chain on Fridays. During the first phase of rehab and recovery which lasted nine weeks, we slowly built up his tolerance for volume and intensity of load. One of the initial goals during the first nine weeks of training was the reeducation of the quadriceps muscle of the injured leg, along with the process of



Weeks 1-3**Lower One**

			Tempo
A1. Static Squat Holds {max range of motion}	10 sets	1 rep	30sec
A2. Position Walk Backwards	4 sets	12-15 rep	30X0
B1. TKE (purple jump stretch)	3 set	1 rep	5 min holds

*tke- terminal knee extensions

Lower Two

A1. Seated Good mornings	4 sets	12-15 rep	20X0
A2. Seated Dumbbell Shrugs	4 sets	8-12 rep	30X0
B1. Hovering Hamstrings	4 sets	10-12 rep	30X0
B2. Incline Superman	4 set	10-12 rep	20X0

**Please note that these are just the outlines, this doesn't show weekly volume adjustments and intensity variations. This also doesn't show rest intervals which are a big part of desired training effect of the workout. **

PHASE TWO

During the second phase of Matt's

Weeks 4-6**Lower One**

			TEMPO
A1. Split leg Iso-Holds	1 rep	7 sets	30 sec
A2. Hack Squat Holds	1 rep	7 sets	30 sec
B1. TKE (purple jumpstretch)	1 reps	3 sets	30 sec

Lower Two

A1. RDL	8-12 reps	4 sets	20X0
A2. 3 pos. Stiff Leg Deads	4 reps per position	4 sets	20X0
B1. Duchaine Calves	8-15 reps	4 sets	30X0
B2. Calve Raise	8-15 reps	4 sets	3333

training, we stepped up the intensity and volume. He started by throwing the shot from the stand along with a few position drills to work on functional weakness and technical aspects of the event. Matt trained the shot three days a week with progression from heavy to light. The training phase consisted of weeks 10-12 during which time Matt only worked the power position of the throw and release mechanics of the glide shot put. Once we established

Weeks 7-9**Lower One**

			TEMPO
A1. Weighted Duck walks	12-15 reps	4 sets	20X0
A2. Hack Squat Holds	1 rep	7 sets	25 sec
B1. TKE (purple jumpstretch)	1 reps	3 sets	5 min
B2. Squat	12-15 reps	3 sets	5050

Lower Two

A1. Leg Curl (ROM)	12-15 reps	4 sets	30X0
A2. Seated Band Curl	12-15 reps	4 sets	30X0
B1. Toe Press	10-15 reps	4 sets	3333
B2. Calve Raise	10-15 reps	4 sets	3333

a substantial base we progressed into working on the movement across the ring and his ability to withstand the force applied to his knee as he reached the toe board in an extended position. From weeks 13-18 we began to train outside when the weather allowed, and Matt really began to make some strides in the shot put with the introduction of the dynamic entry to his glide. At the beginning of March, Matt was throwing the 16lb shot around 53ft in training. We felt that the distance was far enough for him to consider competing unattached at a couple of meets in the spring. With the idea that we would have a small peak at our home meet in April, I felt that this

turning the severely atrophied vastus medialis back on. To do this we incorporated two things: a lot of isometric holds and long eccentric loading patterns in order to reeducate dormant muscle fibers and to fortify healing ligaments and tendons. One area that was of concern for me was the graphed patella tendon that was used to create the new ACL. In a sense we were dealing with the four initial injuries of the knee plus the weakened patella tendon. This was due to the fact that they used 1/3 of the patella tendon to create a new ACL. During this phase of training the weight room was 100% of our focus and in the training room we emphasized the use of proper modalities to aid in the recovery of the muscles and ligaments.

The following are the lower body workouts for the first nine weeks.

would help keep him positive and focused on the task at hand, avoiding burnout from the punishment that was now occurring in the weight room and on the track. During weeks 10-15, Matt also began to train with heavy sleds three days a week as a way to increase his volume, along with the unique ability of sled training to train the concentric action of the



Weeks 10-12**Lower One**

			tempo
A1. TKE (green jump stretch)	5 sets	1 reps	30 sec hold
A2. Quad Squats	5 sets	4-10 reps	3.2.X.0
B1. No extension Lunge	3 sets	9-12 reps	2.0.X.0
B2. Squat Holds	3 sets	1 rep	30 seconds

Lower Two

A1.Box squats + Chains	12 sets	3 reps	30X0
A2.Prone Band Curls	4 sets	15 reps	30X0
B1.Seated Dumbbell Shrug	4 sets	8-12 reps	20X0
B2.Toe Press	4 sets	8-12 reps	3.3.3.3

much more effective with mature athletes. There was plenty of training days with Matt this spring when he was clearly more recovered than the range would allow him to throw. At this point most athletes and coaches would get after it a little bit, but I refuse to break the system for the sake of ego. It was very important that Matt understood we were in this for the long haul, and if there was one thing about Matt Gersick that I couldn't have paid for, it was his 100% devotion to the system and

Weeks 13-15**Lower One**

			Tempo
A1.Split Leg Squat	5 sets	6-9per leg	30X0
A2.Dbell Hack Squats	5 sets	6-8 reps	50X0
B1.Pederson Step-ups	3 sets	8-12 reps	30X0
B2.Leg Press	3 sets	Failure	30X0

Lower Two

A1. Mid-shin Deads	4 sets	4-6 reps	20X0
A2. Seated Band Curls	4 sets	12-15 reps	30X0
B1. Dumbbell RDL's	3 sets	6-15 reps	30X0
B2.Seated Calve Raise	3 sets	8-15 reps	30X0

the program. A program that was on the verge of paying Matt big time in the throws.

During Phase Two we also saw some great improvements in the weight room, both in his upper body strength and knee stability. In this phase Matt was squatting twice a week and over the course of nine weeks, Matt's squat reached a 1RM max of 570lbs off a box 1" below parallel, and his bench rocketed to a max of 375lbs with a 14" grip. He had not only surpassed the 500lb mark in the squat but we had done so only seven months after he had a complete reconstruction of the knee. There are

muscle without having to incorporate the eccentric loading. Matt would follow the previous day's workout with sled training in the morning; training the same muscle groups again before throwing that day and lifting that evening. An example would be if Matt trained upper body on Monday evening, he would come in Tuesday morning and complete a 35 minute sled workout for the upper body again, but this time the exercises would be 100% concentric based with no eccentric loading and all concentric movements being maximal intensity and dynamic. On lower body days the sleds were used to continue the rehab of his knee, allowing us to train the muscles of the leg four days a week without breaking the body down too much. During Phase two of Matt's recovery, he was training up to 12 times a week between Monday and Friday.

During the throwing workouts we controlled Matt's volume through the use of 'range' sessions that I set based on a percentage of his PR in the shot-put. Matt threw the shot four days a week between February and May of 2006. Within the range throwing sessions we also controlled the intensity of the workouts with the incorporation of rhythm, tempo and competitive efforts, the same breakdown system that we used when I trained hammer with Jud Logan, and by doing so we can have control over the body a lot more and we don't blow up the muscular system by allowing the athlete to go 'hard' every day in training. This is a great way to work with an athlete, but they have to understand what it is that you are trying to do. This type of training is

details, details and more details with regard to what we did in Matt's rehab, and his weight room training over the course of 21 weeks, but I will give you just some highlights to get an idea of how we roll in Alamosa Colorado.

During the training sessions that we put together for Matt, there were more exercises then you could shake a stick at for the posterior chain (which I feel is one of the most important areas for young athletes like Matt). Heck, I think that it is one of the most underdeveloped areas in elite athletes as well! However, with Matt we trained very hard during phase two and his body weight finally started to climb to a steady state 219lbs. We were up 6lbs from the previous year's max and Matt's body fat still hovered around 7-8%. That will be one of our challenges due to the fact that he has a very fast metabolism, and adding mass is not an easy task when you can see the veins in your abs at 220lbs!

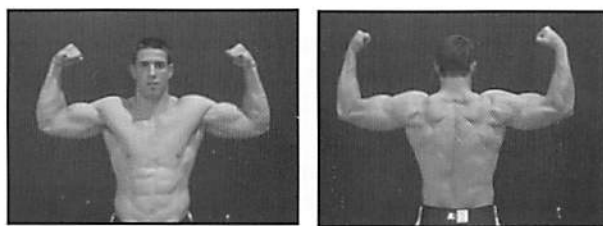
During Phase Two we also started to see a spike in Matt's performance as he began to adapt to the dynamic glide. The dynamic entry was really starting to pay off in his ability to move across the ring with speed and efficiency. In fact one of my girls went from a high school PR of 41 ft to 44'4" in only three months of my changing her technique to the dynamic glide post volleyball season. Not bad for a 5'7" freshman, and I am sure that we will have a big season next year after I put her through a full eight months of training. Matt was now training at a range based off a 56ft

PR and we could see that he was getting ready for a break through in his ability. A breakthrough that would happen during Phase Three.

PHASE THREE

In this phase we were incorporating a lot of chains and jump stretch bands to develop not only explosive athletic power, but to also compensate for the injury. This allowed for us to use weight that adjusted around the strength curve of Matt's knee. For example, when we used chains in training, we would use 45-55% bar weight with 50-100lbs chain tension that increases throughout the movement, allowing for the rule of accommodating resistance. So when Matt's knee was at its most vulnerable, the weight on the bar was at its lightest. The same held true for the bands. Even though there is the accelerated eccentric, it is still an adjusted load throughout the duration of the movement. In this phase we also took out the sled work and added in low level agility and very low level plyometrics. This aspect of the training ended 14 days prior to our home meet in Alamosa. By training this way over the course of seven cycles that spanned 21 weeks, we were able to increase Matt's strength significantly but more importantly we were able to add meters, not feet to Matt's shot put PR! During phase three of Matt's training, he competed three times in the shot, with three consecutive life time PR's. While I was

exactly ten days prior to the home meet, Matt had two throws over 56'5" and three throws over 59'5" with the 6.5kg shot (14.5lbs). During this phase Matt had also told me (after the fact) that he was messing around in the weight room and without any preparation for the lift, he power cleaned 330lbs from the floor. A lift that he had not even attempted for nine months due to the intense negative load on the patella tendon during the catch phase, and to make his former PR seem like there was nothing on the bar was awesome. I wouldn't have recommended that he try to clean, but some things are better told after the fact. I am just glad the other athletes in the weight room were there to tell me that it looked like there was no weight on the bar.



Since the end of the season we have begun to prepare for our NCAA return next year. So far it is going very well. We've gotten away from some of the lifts we had been pounding away at for the last few weeks, and it is time to get Matt a little heavier for the upcoming season. Right now Matt is sitting around 224lbs at 7-9% body fat which is very lean. In the gym the other day from the stand, he two-hand dunked a basketball, which shows me that his cylinders are starting to fire near 100%. However, I still believe that we are about 5-8 months out from being truly 100%. We have some small details that still need to be addressed like, his nerve damage in the hamstring and the bouts of patella tendonitis that we work around from the surgery. Other than that, we are doing everything that we can to get Matt back on track. Our goals are lofty, but then again after you have come back from a life-changing event like he has, you have to go for broke because you never know when it could be taken away.

LSTJ

Weeks 19-21

		Tempo
Lower One		
A1. Chain Squats	5-9sets 1-3 reps	20X0
A2. Step-Ups	4 sets 8-12 reps	20X0
B1. Leg Press	3 sets 8-12 reps	30X0
B2. Calve Raises	3 sets 9-15 reps	30X0
Lower Two		
A1. Hovering Hamstrings	4 sets 8-12 reps	30X0
A2. Seated Band Curls	4 set 8-12 reps	30X0
B1. Laying Band Curls	3 sets 8-12 reps	30X0
B2. Toe Press	3 sets 8-12 reps	30X0

competing in Australia, Matt threw 54ft at a meet in Arizona, then turned around and threw another PR in the rain at Northern Colorado while I was taking my CSCS exam. So, when I finally got to see Matt throw in a meet at Adams State in front of his family, friends, and teammates, Matt opened with another PR. He then finished the day with a throw of 17.52m (57'6"), a throw that is 3'6" beyond his lifetime best from a year earlier. A throw that we knew was coming due to the fact that we set up his training for him to throw 56-58ft 10 days before he wanted to peak for the home meet. In training

Pre Injury	8 months post surgery
Weight: 213lbs 7% body fat	Weight: 224lbs 7-9% body fat
Bench: 355lbs 18" grip	Bench: 375lbs during last test 14" grip
Squat: 455lbs	Squat: 570lbs (dead stop on box)
Clean: 325lbs	Clean: 330lbs {yep.}
Shot Pr: 53' 11"	Shot Pr: 57'6" (17.52m)

BETTER THAN EVER?

By Matt Gersick

To be honest, to the best of my memory, I thought, "Oh f*%\$, my football career is over." I remember screaming a lot and being really angry. It like I was living a nightmare. I knew that is was really terrible.

At first my body couldn't recognize exactly what happened, because the pain seemingly overloaded my central nervous system. I knew that it was bad, but the pain, at first, was not very intense. I was more shocked and mad that it had happened.

My leg was very much completely dislocated. My lower leg was bent at a 45 degree angle at the knee joint, while I was lying completely flat on my back. My lower left leg was almost lying over the top of my right leg while they were putting me on a stretcher. My knee was dislocated for a while until they transported me to the hospital and reduced my knee. When the doctor told me that I tore the PCL partially, tore the MCL, and destroyed the LCL and ACL completely, it was of no surprise. I had figured that the damage was extensive.

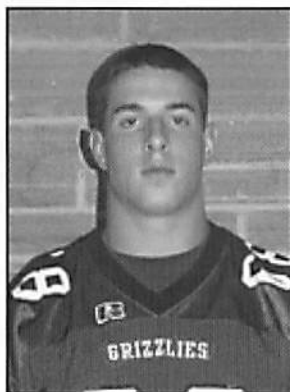
However, when the doctor told me that there was potential artery, vein, and hamstring damage I was surprised. I had failed to think that the arteries, veins, and hamstrings could be damaged in that injury. In retrospect it makes perfect sense to me...I think it was definitely the morphine that inhibited that thought process. Another thing I neglected to think of, and later found to be a serious problem, was the nerve damage, which in my case, was severe. I wasn't capable of moving my left foot at all. This was very scary to me, which was coupled with the doctor telling me that there was a low percentage chance; but none the less a chance, that I would have my leg amputated. That was the only thing that truly terrified me when I went to talk to the doctor.

I consider myself to be a very logical person. Derek's plan just made sense to me. I was able to see that big picture and knew that it would work. I had a decent knowledge of training, supplements, and the human body before his arrival, but he blew my mind. I looked at his plan and talked to him for quite some time, and began to realize that this was a genius at work. I gained confidence in his plan day-by-day and that is the main reason it was so successful.

As of right now, I feel that my knee is about 95%. It is very stable in my heavy lifts, but still seems to be unsteady during certain activities. For example, I was able to perform

a heavy dead lift workout with no trouble. I did two sets of nine at 405 lbs., and then did a set of nine at 475 lbs. I closed out with a set of six with 535 lbs., and then a set of three at 550 lbs. So, as for lifting I have confidence in it, but I don't think I can go out and drop some moves like Barry Sanders on the football field. I really don't feel much discomfort for the most part, but I do have a serious case of patellae tendonitis. I assume that I will have really bad arthritis very soon.

I think that the days of football are over with. I don't think that I can go back and feel the same way about the game after the injury.

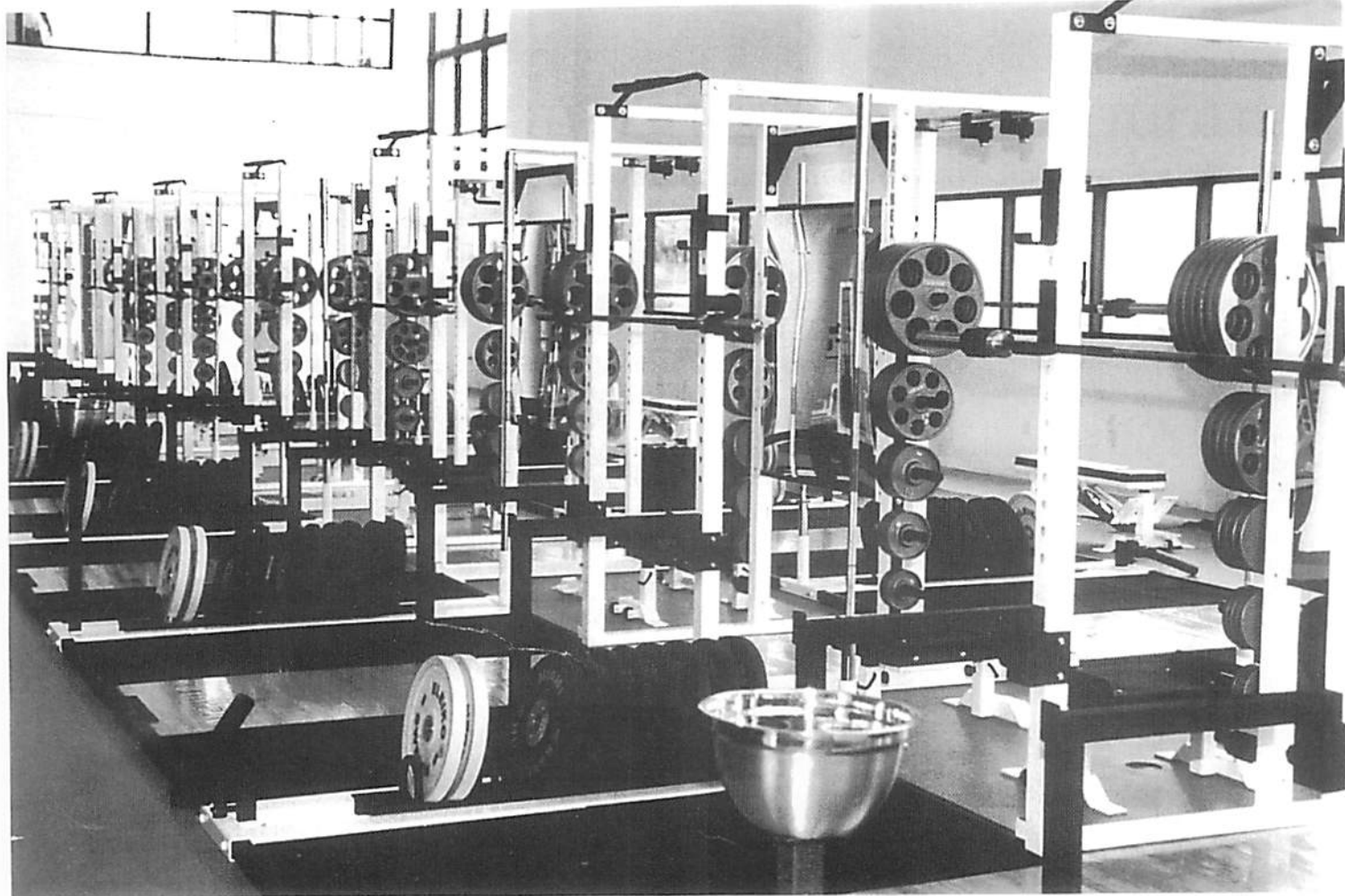


Matt Gersick

It is really not hard for me to believe that I'm doing the things that I am. I was strong and explosive before the injury and I feel that I'm a lot more explosive and strong right now. That is the reason that I'm not surprised that I can dunk the basketball two handed off my vertical. I also feel that there were many factors that played into the speedy recovery: (1)- I had a brilliant surgeon, (2)- I had a brilliant coach, Derek, (3) I have great genetics, (4) I had a lot of support from family, friends, and coaches, (5) I trained very hard before and after the injury, (6)- I never gave up and was impatient, (7) I pushed the limit a little and refused to allow myself to give into pain. These are the main reasons that I recovered so fast.

I truly feel that I'm a lot stronger now than before the injury. I have a lot more faith and I definitely believe that there is a purpose to things. I also have a burning desire to compete and crush opponents whenever the opportunity arises. My hunger for sports has clearly risen from the experience. To be honest I feel that anything short of several national titles would be a huge disappointment for me. I'm only going to be sophomore next season, and I have thrown considerably far already. As I mentioned I feel that I have more desire now than ever and my training has not only gotten a lot more progressive and intelligent, it is extremely intense. With that in mind I feel that I can meet all my goals and may even surprise myself in the future. I do think that I will also compete professionally some day and make a run at the Olympics. *LSTJ*





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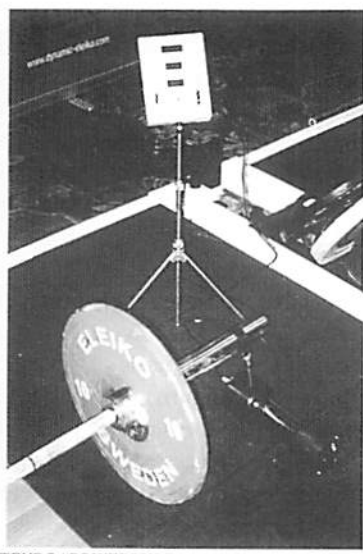
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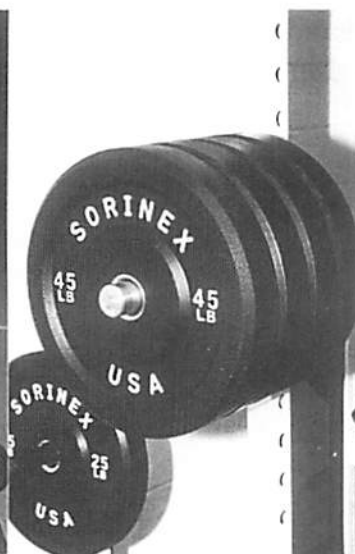
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SHOULD WE REINVENT THE 'WHEEL DRILL'?

by Mike Hambrick, N. Allegheny H.S., Long & Strong Throwers West

I have been around the world of throwing since the age of thirteen. I have seen many different techniques in the discus and shot put. I began my career as a shot putter using the glide technique. Soon the discus became my forte due to a lack of size and state level success in my discus technique. As I completed my high school career, I abandoned the shot put entirely.

My college career began as solely a discus thrower. As I started to get stronger, I wanted to attempt to throw the shot put again. In the late 1970's, Brian Oldfield began to use the spin technique. I felt that I could use the spin easier than the glide because of my discus background. A local thrower, Bob Carr, had thrown 60' in high school and in the mid 50's with the spin at SRU in my freshman year. I watched him and picked up the technique quickly. I improved my PR over four feet in less than two weeks!!!

I know that this seems to be another glide vs. spin article, but I wanted to introduce the spin as a discus *and* shot technique. I approach the discus and shot spins as similar techniques. The size of the circle and the proximity of the implement in relationship to the center of the body are the main differences in the spin for the discus and shot put. The bigger question is what the right leg/foot does once it becomes the support mechanism in the middle of the spin.

There are two distinct methods of properly using the right leg/foot in the single support or "wheel" position. We are assuming that the thrower is a right-handed athlete. One method or technique is to land the right foot pointing at the left sector line. The other technique is to land the right foot somewhere between 10:00 and 2:00 pointing toward the back of the circle. Many athletes question whether one position is right and the other is wrong. I say that they can be both right and wrong!!!

We will use the clock face to refer to positions that the athlete will work through in the spin technique. I feel that this conversation should start with discussing the role of the right leg/foot in the single support wheel position. In the progression of the spin through its stages, the direction that the right foot points upon landing in the wheel position dictates the next motion in the spin. I think that we all agree that the foot must rotate in the direction of the turn ahead of the upper body in order to maintain torque. This keeps the thrower coiled as long as possible. This stored force creates the opportunity for the longest throws.

We will progress the thrower into the second phase of the spin which begins the linear phase. The athlete rotates on the left foot until it approaches pointing in the direction of the throw. The athlete then drives off of the left foot and extends the right knee/foot to the center of the circle. This begins the "Wheel" phase of the throw. If 12:00 is the back of the circle, the thrower that lands with the right foot pointing at 5:00 must continue the rotation of the right foot vigorously and the elapsed time between the foot landing and the release of the shot/disc will be longer than in the technique that will be discussed shortly. Patience becomes a big factor in allowing the thrower to maximize the rotational effect that the right foot has in developing torque. The long/fast turning of the right foot, coupled with a relaxed and coiled upper body, can combine to create huge throws. Many throwers only use part of this

technique. The main flaw is impatience. Most throwers of all talent levels want to push with the legs and to unwind into the throw before the right foot points in the direction of the throw. This causes a loss of torque and causes power leaks in the throwing motion. The other main flaw has to do with the coil of the upper body. When the left arm leads the turn into the middle, the body is unloaded and the shot/disc moves too far ahead of the right foot. Torque is minimized and throwing power is reduced.



Reese Hoffa entering the right foot pivot, and Adam Nelson preparing to deliver near the end of the pivot.



The alternate method of arriving in the wheel position is to turn the right foot in the flight stage and to land it pointing somewhere between 10:00 and 2:00. The thrower then needs to only slightly turn the right foot in the direction of the throw to engage the throwing motion. The key concept in using this technique is to have the ability to keep the implement as far back (behind and above the right hip) and to keep the upper body coiled while the right foot is pointing in the direction of the throw. The throw happens much faster in this technique. Athletes need great flexibility and timing in order to make this technique work. This ability is not usually available in athletes below the elite level.

I feel that the right foot action is critical in throwing far in either event. The advent of the shot spin has brought more focus on the role of the right foot in the rotational throw. Do you turn and lift or lift and turn? I feel that the turn and lift stores power longer but relies on patience and timing for success. The lift and turn seems to work better for the less technical large athlete that relies more on

strength for success. As the athlete progresses to his or her highest competitive level, the rotation of the right foot becomes more critical to improving their performances.

I feel that athletes can be put into categories as to which technique may work best for them. If the athlete has above average coordination and is flexible and has long levers, the jump turn technique can be very successful. It can also be used by athletes that are adept at throwing with a non-reverse. Tall angular athletes as well as fast flexible mid sized athletes can be successful using this method of throwing. The ground turn technique works well with athletes that can conserve their power and show patience in allowing their bodies to unwind into the throw. Speed is not as big of a factor as is hitting good positions; the speed is stored until the end of the throw. Larger athletes can fair better with this method.

Most of the athletes that I work with and see at track meets do not perform either technique. They present a blend of the techniques that is not productive in any way. I hear coaches correcting their athletes by addressing only part of the problem. If the athlete commits to one of the technique or the other, the corrections will be more effective. An example is when a coach tells his athlete to keep his/her arm back, they may have pulled it forward by trying to land the right foot in the direction of the throw (jump turn). If the athlete's flexibility is not good and the lag on the implement is not evident, the arm will be rotated forward prematurely. Another example is when the athlete is told to push with the legs when they have not completely rotated the right foot in the direction of the throw. The athlete uses the leg force before the body is rotated to the linear force (drive) position. This results in a lack of force in the direction of the throw and a poor result.

In viewing many world class throwers through video and in person, the critical element in their technique is the ability to turn the right foot while remaining relaxed and torqued in the upper body. They have learned to rotate the lower body into a position that stretches the core muscles into a position that they can rapidly unwind from with optimum

force. This state does not happen very often in throwers below the elite level. I can remember two or three occasions in my twenty plus years of throwing when I could reproduce this technique through the whole competition. I was able to do it singularly many more times. Non-elite throwers may have this event occur once in a year. This is usually a PR throw and the next throws are usually disastrous. The thrower is usually overheard stating, "I'm really going to smash this one!!!" Our goal is to have this wonderful mistake happen more often so that we can feel it and learn to replicate it. Good throws for most throwers are a mistake. They are contrary to the throwers usual flawed technique. Through hard work and countless repetitions, these throwers should learn to feel the position that they hit on these mistaken great throws and be able to perform it more often. This is the step that takes throwers from good to great!

I would love to see the techniques explained to the athletes (and coaches) and to see more athletes commit to either of the techniques presented in this article. Once they learn the concepts that make each style successful, I feel that the athletes and coaches will be able to obtain better technical results. This will increase the performances and lead the athletes and coaches to more productive training for their events.

If you live in Western Pennsylvania or would like to discuss this topic with me in depth, drop me an email or phone call. We need to refine our coaching methods and communicating with each other is the best method of learning new or different pathways to success. I have read articles in this journal and they have helped me to form my own coaching philosophy. This was gleaned from the audio and visual information that I have been presented with in my 34 years in track and field. I hope that this will help someone out there to reach their goals and fulfill their dreams!!! My website has my contact information and can be found at www.longandstrong1.tripod.com.

--- In helping someone to fulfill their dreams, you should also fulfill your dreams!!! *LSTJ*

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Basic Training Principles and Mechanics

Governing Weightlifting Technique

By Pat Corbett

A tremendous amount of research has been devoted to finding out just, exactly, what happens to a barbell when an athlete attempts to move it from the platform. The result of all these studies is that definite movements occur when a lift is successful.

Starting Position

The starting position, for a weightlifter, is of primary importance. An athlete cannot finish 'right' if they start 'wrong.'

1. All body levers are 'tight.' USA Weightlifting Coach Bob Takano has a great comment. "If you are comfortable, you're probably doing it wrong."
2. The knees should be in the same plane as the elbows. (The knees should not be 'sticking through' or be in front of the elbows).
3. The back should be 'flat' and even have a slight, concave, curve to it.
4. Arms straight. Elbows 'locked' and rotated outwards.
5. Head is up.
6. Hips higher than knees.
7. Shoulders in advance of the bar.

The coach should stand in a position that gives him, or her, a three-quarter angle to the athlete. This allows the coach to watch for proper barbell trajectory.

The first item that the coach should look at is the lateral distance between the athlete's buttocks and their nose. This position is now the original center of gravity (COG). The area of base of the lifter is the position of the feet, for the pull. The line of action is the path the barbell takes during the pull. Stability of the lift is based upon keeping the barbell within the line of action and the base of the lifter - the feet, during the execution of the pull.

If the athlete allows the barbell to move outside of the COG, during the pull, success is unlikely.

The 'Pull'

Pulling the barbell from the floor, in either the snatch or the clean, has become an exact science. The barbell's inertia is the first thing the lifter must overcome and to do this efficiently, the coach must be conscious of the force sources available and the order in which they should be used.

1. The barbell must move 'back' towards the athlete, immediately.
2. Hips and shoulders rise at the same rate.
3. Head stays in a level position.
4. The '2nd Pull' must be faster than the "1st Pull."
5. The athlete tries to stay 'flat-footed' as long as possible.
6. The arms only bend to pull the athlete under the barbell.
7. The feet move from the 'pulling' position to the 'receiving' position (usually only the width of the shoe).
8. Special attention should be taken to make sure that the lifter does not move or get pulled forward at any time during the first or second pull.

Coaching points:

1. The athlete should 'crush the bar' with their grip as this will both tighten the 'lats' and help keep the elbows locked".
2. Get tight, but not rigid.
3. Set your back.
4. Finish the pull (shrug up and extend the hips as high as possible).
5. Keep the bar close.
6. Keep your head straight.

Special Note: The '1st Pull' is the pull from the floor to a position just above the lifter's knee. The '2nd Pull' is from a position just above the knee to a position of full extension (sometimes referred to as the 'top of the pull'). When the 2nd pull is faster than the 1st pull, the barbell has very little time to move laterally, and therefore moves vertically. Research has shown that when the "2nd Pull" is faster than the "1st Pull," chances of a successful lift increase substantially.

Receiving Positions

As the athlete extends the body to "finish the pull," the COG rises. In order to compensate for this, the feet must re-establish a new area or base, while keeping the line of action within it. The athlete should jump their feet into a position that is approximately a shoe width wider than the pulling position.

Studies have shown that a, slight, 'backwards' jump establishes a new base that the COG can fall within more efficiently than a jump forward. *LSTJ*

The Distance Penalty of Overweight Shots

by David Post, Physics Professor, Former Thrower and
USATF Certified Master Official

Introduction:

The informed coach or athlete often asks me just how much is the distance affected by an overweight throwing implement. Prior to performing the analysis, I really couldn't say, with any confidence, what the precise impact is on the distance thrown. This paper answers the question for both the 16-pound and the 4-kg shots.

Analysis:

The governing equations for the analysis are:

$$x = (v_o \cos \theta)t \quad (\text{Motion in the horizontal direction})$$

$$y = y_o + (v_o \sin \theta)t - \frac{1}{2}gt^2 \quad (\text{Motion in the vertical direction})$$

$$\text{Kinetic Energy} = \frac{1}{2}mv^2$$

Where:

x = distance thrown in feet,

y = vertical distance above the ground in feet,

y_o = release height above the ground in feet

θ = release angle in degrees,

v_o = initial or release velocity in feet per second

(fps),

$g = 32.2 \text{ ft/sec}^2$ (gravitational constant)

t = flight time in seconds

m = mass in slugs or kilograms

Assumptions:

Release Angle = 44 degrees (arbitrary)

Release Height above the ground = 6-feet for the
16 pound shot

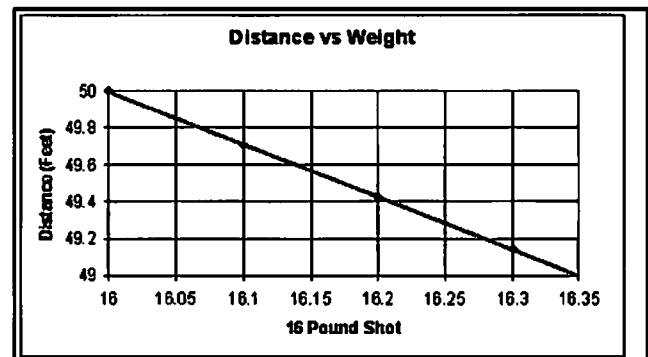
Release Height above the ground = 5-feet for the
4-kilogram shot

Kinetic Energy is constant

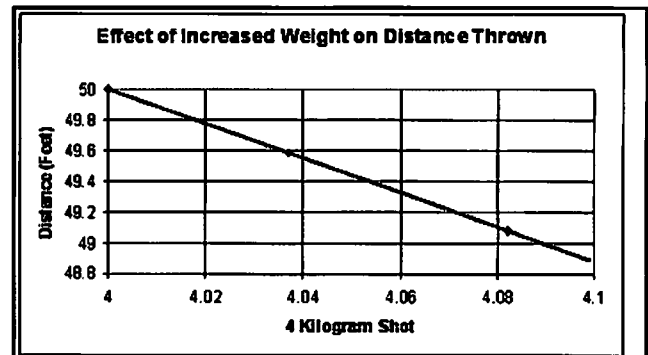
Discussion:

The analysis is performed on both the 16-pound and the 4-kilogram shots. Both analyses are based on a nominal 50-foot throw, assuming that the starting weight is at the exact minimum for each implement. Next, the kinetic energy is computed for the minimum weights and a 50-foot throw. The kinetic energy is assumed to be constant for each shot weight. The weight of each implement is incrementally increased by a small amount and the initial velocity or release velocity is recomputed based on the increased weight and the constant kinetic energy. The new distance is computed based on the reduced release velocity.

The following graph shows the reduction in distance thrown as the weight increases for the 16-pound shot. The analysis is carried out to 16.35 pounds, but realistically, very few 16-pound shots are over 16.05 pounds. Thus, the corresponding reduction in distance is only about 2 inches.



The next graph shows the reduction in distance thrown as the weight increases for the 4-kilogram shot. Again, it has been my experience that most 4-kilogram shots weigh in less than 4.02 kilograms, thus the impact minimal.



Conclusions:

I believe that most would agree that inexpensive cast iron shots exhibit poor weight control from the manufacturer. I occasionally see ones that are as much as 70 grams overweight. This is worth about a foot in distance for a 4-kilogram shot and could cost the competitor one, two or more places in a competition. *LSTJ*

No Barriers...How Good Will He Be?

By Lane C. Dowell

Will the University of California's (Berkeley) Ryan Young be America's next great javelin thrower? He is definitely one to watch!

At the Bears' first outdoor meet this season, the Hornet Invitational, the 6'5", 215 lb. true freshman from Poulsbo, Washington won the competition in questionable conditions with a mighty heave of **232' 10."**

Young's performance was the **7th all-time best throw for an American junior** (19 and under) and moved him past Breaux Greer on the junior leader board. Greer is the current American senior national record holder (87.68m...287' 8"). Young is currently ranked the fifth junior in the world.

Jerry Parrish, a long-time coach at Young's former high school, North Kitsap, believes that Ryan's potential is unlimited because of a very positive, respectful, and mature character. Parrish says, "He was an outstanding student, cared for and got along with everyone, and was always eager to help." The wily, sagacious old coach thinks that Young's strongest traits are that he leads by example and is totally void of cockiness. "He is just a very well-adjusted young man," says the coach.

Recently *LSTJ* spent a few moments talking with the Golden Bears freshman record-setter.

***LSTJ:** When, who helped, and how did you develop a passion for the javelin?*

RY: I first started throwing the javelin in a Junior Olympic meet.

I played baseball as a youngster, almost exclusively center field because of my arm strength. My mother encouraged me to try the javelin. Not knowing how to throw it, I was hesitant at first. I just decided to go out and throw it hard. I threw somewhere in the high 44 meter range and qualified for the 2001 Junior Olympics in Sacramento, which happens to be where I threw my current PR. I came into the meet ranked second but finished 14th in both the javelin and the discus.

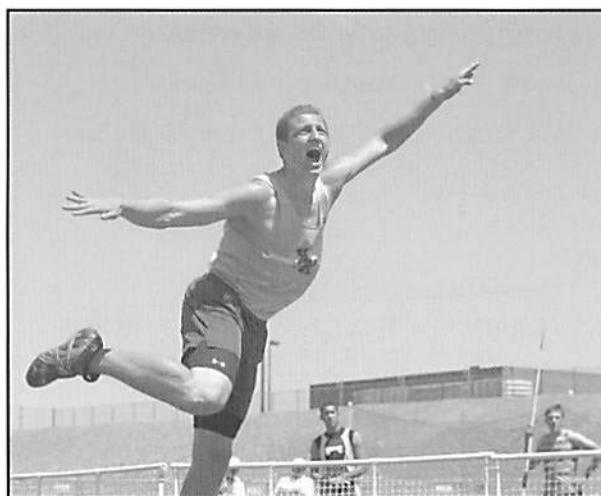
After I suffered my broken leg on January 4, 2003, I was out until a month into my sophomore season where I threw 167' 7" without a plant.

***LSTJ:** What was your high school weight, height, and winning throw each of the two years you won the Washington State 4A (largest schools) Javelin Championship?*

What was your PR going to Berkeley?

RY: In high school I was a solid 6'5", weighing right between 200-205lbs.

My junior year was my first state championship, in which I threw 185' 5" on my last throw in the preliminary round. At the state meet qualifier, I threw a Washington seasonal-best 203' 6". This was my PR until I got to the University of California.



Ryan Young

My senior season, I was a bit banged up from basketball season, but was much more consistent. I started out well throwing 195' 5" and at state I reset the Washington State Meet 4A Record, with a throw of 202' 9". The record throw was my first of the day. From the second I let the javelin go, I knew it was over.

I finished my prep career by winning the Brook's Washington-Oregon Meet of Champions with a throw of 202' 11".

***LSTJ:** Why did you choose the University of California at Berkeley?*

RY: There were a few things that influenced my decision to sign with California. I was pretty set on going to the University of Washington. But, after Coach Huffins and Coach Joyce visited my home, and their phone calls, I began leaning more toward neutral.

My final decision came down to the great educational opportunity and mentoring opportunity to learn from Paul Tienert, as well as, Coach Huffins. It was important for me to be coached by someone who had been and knew what it was like to compete at the next level. Coach Huffins was a

bronze medallist in the Sydney Olympics, and when I spoke with him, I just felt a confidence. That settled it!

LSTJ: *What were your throwing expectations when you went to UCal?*

RY: When I arrived at Cal, my expectations were what they have always been, to throw the best I can every time I set foot on the track. From a numerical standpoint I wanted to throw around 220, and as Coach Huffins would put it, be a "student of the event."

LSTJ: *Now that you have blown away your initial expectations for throwing the javelin in your first year with the Bears, will you share with us your goals and plans for the future?*

RY: Goal setting is an important part of athletic success, so at the beginning of the year, Coach Huffins has every one of his athletes sit down with him and come up with goals for the season, for both the program and individually.

If you had told me at the beginning of the school year that I would have thrown 232' 10" this season, I'd have probably chuckled. Having thrown 70.98 meters, my goal is to become more consistent at that mark and secondly, like always, don't put a barrier on how far I can throw for the year.

In the future, I would love to win the Junior World Championship this summer in Beijing, and some day, the Olympics. As for a time frame for those goals, I'm not going to put a barrier on it. When it happens, it happens. I believe that God has a plan for my life; it is all in His hands.

LSTJ: *Have you made technique changes that have enabled you to make the leap forward from your high school PR? If so, what style alterations have your coaches been helping you make?*

RY: From a technique standpoint my form would appear to be relatively unchanged, especially to someone who is unfamiliar with the event. However, in my eyes, I've made several small changes, which give me more speed, and power.

LSTJ: *List for us a couple of things, technique-wise and strength-wise, that you are really practicing and feel will help boost that PR mark.*

RY: Technique-wise, a big thing for me has been to get off my right foot quickly just before the plant, so it will look like left, quick right and then hard plant.

I've been training to stay behind my left side while blocking on big throws. When I don't stay behind my left

side and sort of titter on right to left, my throw suffers significantly with the whole throw falling apart.

We are working on really focusing on throwing through the point of the javelin, something I struggled with at times in high school.

Also, I am focusing on not kicking my foot up after the release which tends to be a problem when I struggle, because I don't put the momentum through the javelin.

Strength-wise, I am much stronger, mainly in the shoulders. Back and knee injuries have kept me from close to 50% of the weight program. However, while doing a partial weight lifting program, I have been able to spend an hour a day on core strength partly to rehab my back.

LSTJ: *Will you describe a typical off-season workout in the weight room and on your technique?*

RY: To tell you the truth, I have never worked on javelin in the off-season before this year, nor had a solid weight program to follow. But this season we conditioned a lot, 3 days a week, as well as, lifted 3 days a week. Coach Huffins runs us on four-week cycles, the same set of workouts for four-weeks followed by an off week. We don't pick up the javelins until just before winter break.

LSTJ: *How about a typical in-season workout week?*

RY: An in-season workout isn't very long, but it is intense. We work on approaches, use med-balls and throw usually in the middle of the week followed by an off day. We lift two days a week to maintain strength.

LSTJ: *Describe the feeling of a perfect/great throw.*

RY: It is difficult to describe the feeling of a good throw. The easiest way to describe it is just before the release you feel strong, poised, and relaxed. When you let go, it's like releasing pressure from every part of your body, specifically back, shoulder and abdominals.

LSTJ: *While you were in high school, you told me that you would like to learn the hammer. Does Coach Huffins have you working on any other event or are you solely zeroed in on the javelin this season?*

RY: I do remember telling you I was interested in the hammer, and still am. It looks rather intriguing. However, given the injuries I've had thus far, Coach Huffins has me solely throwing javelin. He has mentioned to me a few times about trying an indoor event, possibly the weight throw, but Coach Huffins did little more than mention it. No further talks about that have taken place.

LSTJ: *Was the change in life-style from Poulsbo, Wash-*

ington and North Kitsap High to the Bay Area and the University of California difficult? What are your academic plans?

RY: The transition from Poulsbo to Berkeley was nothing short of culture shock. I took my visit here and all, but one's recruiting is typically much different from the life you'll live over the next 4 or 5 years.

Poulsbo is a quiet city. Everything pretty much shuts down by 10 pm. Berkeley is, well, crazy sometimes. It's a college town; shops and food places are open until one or two in the morning.

My academic plans as of right now are to major in Integrative or Molecular-cell Biology. Although I'm finding economics interesting, my goal is to graduate, head to med-school, possibly at the UW and then to become a pediatrician.



Young's current coach, Chris Huffins, was lured to "little Norway" by reports of a pretty fair country javelin thrower who just happens to be a complete athlete. The mentor of the Golden Bears feels that Young has great natural ability, the demeanor to unleash it, and that his youthful thrower has the frame to easily hold another 10-15 pounds of muscle. "He'll do whatever is necessary to reach the next level. Whether it is

watching film or... you name it," says Huffins.

When asked how good the teenager can be, the coach replied, "We want him to advance slowly but are pursuing All-American status this season."

When discussing his potential, we think that Ryan would be the first to say that we'll see what the future holds. We'll just go out each time and give it our best shot. No barriers! *LSTJ*

NCAA Division II continued from pg. 13

to come. Flight two did not disappoint. Katie McMeel of Central Washington launched her first throw 160'4" (48.86m) to move into the overall lead.

The finals were full of excitement. All but two of the nine throwers changed positions in the finals. Briana Hinga of UC San Diego made the first jump with her first throw in the finals of 159'1" (48.48m), moving her from fourth to second. Katie Wilson of St. Cloud State made the next jump with her heave of 155'6" (47.41m) to move into fourth place. It looked as though McMeel's opening throw of 160'4" was going to hold up until the second to last thrower in the finals stepped onto the runway. Holly Noller, of Southern Illinois - Edwardsville, rocketed her spear to 160'4" (48.88m) and a national championship. She bettered McMeel's opening round toss by just 2 centimeters (48.88m to 48.86m). This was a great competition as the top three places all would have won last year's event and six ladies bettered the 150' mark.

---Brian Spickler

LSTJ

RESULTS

Men's Discus - 1 Steven Edwards, Sr, Central Missouri St, 55.42m, 181-10. 2 Leo Chavez, Sr, Cal St Bakersfield, 54.55m, 179-00. 3 Cameron Neel, Jr, Central Washington, 53.47m, 175-05. 4 Dane Tobey, Fr, Nebraska-Kearney, 52.31m, 171-07. **Men's Shot** - 1 Lance Pfeiffer, Jr, Nebraska-

Kearney, 18.44m, 60-06.00. 2 Bryan Vickers, So, Ashland, 18.27m, 59-11.25. 3 Joe Remitz, So, Bemidji State, 17.87m, 58-07.50. 4 Ryan Davis, Jr, Cal St Bakersfield, 17.67m, 57-11.75. **Men's Javelin** - 1 Andrew Vogelsberg, Jr, Emporia State, 74.75m, 245-03. 2 Mark Liebl, Sr, South Dakota, 67.39m, 221-01. 3 Phil Freimuth, Sr, Southern Ill-Edw, 66.78m, 219-01. 4 Michael Estes, Jr, Wheeling Jesuit, 66.11m, 216-11. **Men's Hammer** - 1 Nick Umholtz, Jr, Cal St Bakersfield, 61.69m, 202-05. 2 Dan Tolsma, Sr, South Dakota, 60.96m, 200-00. 3 Dan Raithel, So, Central Missouri St, 60.17m, 197-05. 4 Robert Klenk, So, Ashland, 59.89m, 196-06. **Women's Javelin** - 1 Holly Noller, Sr, Southern Ill-Edw, 48.88m, 160-04. 2 Katie McMeel, So, Central Washington, 48.86m, 160-04. 3 Briana Hinga, Sr, UC San Diego, 48.48m, 159-01. 4 Katie Wilson, Sr, St Cloud State, 47.41m, 155-06. **Women's Discus** - 1 Cecilia Barnes, Sr, Cal St Bakersfield, 55.98m, 183-08. 2 Culley Dawson, So, Angelo State, 47.98m, 157-05. 3 Becky Haug, Jr, Central Missouri St, 47.35m, 155-04. 4 Kendra Lilly, Jr, TX A&M Kingsvll, 47.12m, 154-07. **Women's Shot** - 1 Amber Tiedeman, Sr, Nebraska-Kearney, 15.05m, 49-04.50. 2 Enjoli Edwards, Sr, Mass - Lowell, 14.83m, 48-08. 3 Jacqueline Wells, Sr, Chadron State, 14.69m, 48-02.50. 4 Cecilia Barnes, Sr, Cal St Bakersfield, 14.63m, 48-00.

Women's Hammer - 1 Cecilia Barnes, Sr, Cal St Bakersfield, 58.99m, 193-06. 2 Morgan Acre, So, Grand Valley State, 56.00m, 183-09. 3 Emily King, Jr, Winona St, 55.32m, 181-06. 4 Alison Maurer, Sr, Kutztown, 54.90m, 180-01.

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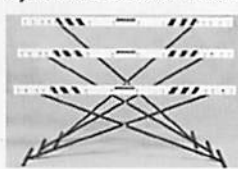
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