

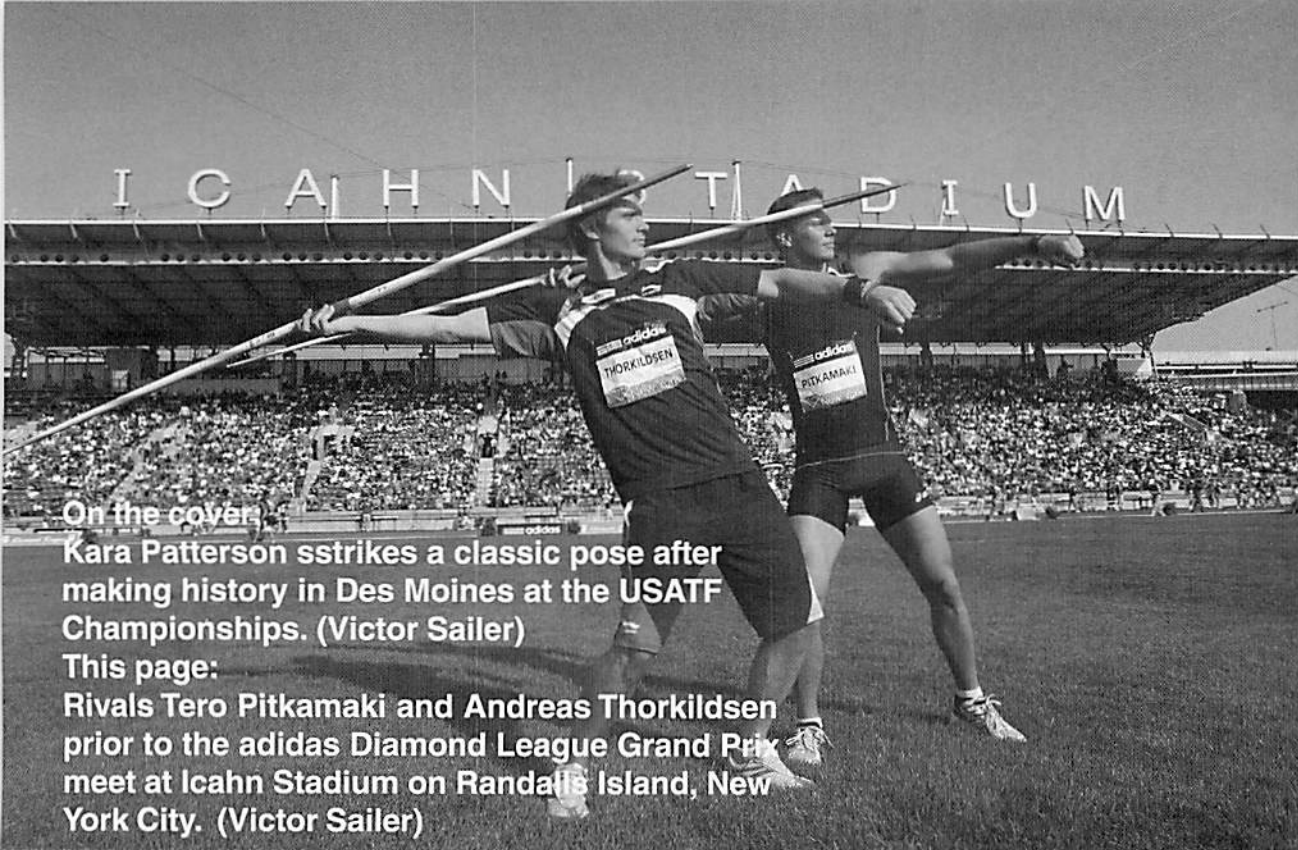
LONG & STRONG

AUGUST, 2010

LYNX



**KARA MAKES
SPEAR HISTORY
IN DES MOINES!**



On the cover:

Kara Patterson strikes a classic pose after making history in Des Moines at the USATF Championships. (Victor Sailer)

This page:

Rivals Tero Pitkamaki and Andreas Thorkildsen prior to the adidas Diamond League Grand Prix meet at Icahn Stadium on Randall's Island, New York City. (Victor Sailer)

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Letter From The Editor FOR THE LOVE OF THE GAME

"I'd play this game for free," is an increasingly rare proclamation heard from time to time from the mouths of professional athletes. Its most often uttered after contentious salary negotiations have been completed, but certainly never during.

Realistically, we know most would play for at least a decent living wage rather than, let's say laying tiles on a toasty roof in mid-July or manning a keyboard in some anonymous cubicle farm. But how many would play just for the love of the game on weekends or evenings or if it weren't their means to luxury vehicles and second homes? How many would run out grounders and dive for overthrown passes in the mud just because, well...they'd play the game for free?

A few certainly would assume, but many probably not without the creature comforts and financial incentives provided to them. How many former high school and college athletes hung up their cleats, skates and spikes after their last school-sponsored competition? Or after their first-born arrived?

We held our 10th annual Long & Strong Throwers Classic on Saturday, July 10. Southcentral Pennsylvania had been in the midst of maybe a three-week drought where rain wasn't much more than a memory. Temperatures had consistently topped 90 degrees and any patch of remaining green was turning a weak shade of brown by the minute.

In the nine prior years, we had only been rained on once, and I think that was the second year. Good weather, especially since we had moved the meet from June to July, was pretty much taken for granted. It was just a matter of making sure we had enough shelter and liquid for the contestants.

Given the build-up, I guess you know where this tale is going.

I awoke to dark skies at home the Saturday morning of our meet. As my father and I made our way down the turnpike at 7am toward Lancaster County, the skies got progressively darker and what began as a light sprinkle evolved into a steady rain. I took one or two phone calls inquiring about whether we were still holding the meet. The answer was a definitive, "Yes," assuming no thunder or lightning.

Once we reached the meet site, Cocalico Senior High School in Denver, PA, it was around 8am and the skies were an even shade of gray and the rain, though not heavy, showed no sign of abatement. The thought occurred to me that the crappy weather would impact our numbers, as

usually half of our competitors are same-day registrations.

We finished readying the facility as the 9am registration time drew near and the precipitation continued with absolutely no regard to our plans or intentions.

And it was about then I got a whole new appreciation for my fellow throwers.

One by one, cars rolled around the corner and into the parking lot. And they continued to arrive, to my amazement. And they came with implements in hand, ready to make the best of it.

And if they were going all in, so were we. The meet was on and we were going to make the best of it we could, and probably have a few good stories to tell. No sooner had the participants marched off to their respective event locations did the precipitation escalate to a pretty-much full-bore cats and dogs. But no one went anywhere. A few tried to fight the elements, but most abandoned all hope and adapted the best they could.

Periodically, the sky would lighten just a touch, teasing us all that something better was just beyond our sight. And then the horizon would darken again, almost laughing at the soaked mortals below. The rain did not let up until after 2pm when most of the events had been completed.

There are no images to record the day. Any use of electronic devices was at your own risk. I can attest to this as my BlackBerry didn't last much more than an hour before locking up, then succumbed altogether shortly after. Some of the results sheets were so soaked they had to literally be peeled apart.

The official rain gauge registered more than five inches of rain for the day, but there was no way to measure our participants love for our sport.

The truly played the game for free. **L&S**



Glenn Thompson

Hayward Field, University of Oregon, Eugene, Oregon, June 9-12, 2010

BATTLING THE ELEMENTS

GLENN A. THOMPSON



Any journey to Eugene, Oregon is a special for a track and field fan. The 2010 NCAA Division I Track & Field Championships were my third visit to the place that proudly proclaims itself TrackTown USA, and my first since the 2008 Olympic Trials. Flying across the country is never an enjoyable experience, at least if you're a commoner flying coach. I realize I've packed on a few extra pounds recently (probably a subconscious recession-related event), but I'd swear the seats are getting smaller. Yes, I am the nightmare walking down the aisle that has the seat next to you for the next six hours. I am the one seated in the aisle seat at the very back of the plane, in front of the bathroom, on the red-eye, sitting next to the mother with the a two-year-old boy and one-month-old girl. Yes, on the boarded flight that gets delayed for an hour. Yes, that is me!!!

My previous trips to Eugene had left me impressed with the vast natural beauty of central Oregon, and that would not be altered. But if the '08 Trials were a week-and-a-half extravaganza, the 2010 NAAs were a compacted, but retained the true flavor of track and field at its highest collegiate level. Gone was the spectator-driven vendor village that had been set up behind the main grandstand, complete with huge televisions and entertainment. Absent were the Tibetan protestors who peacefully objected to U.S. participation in Beijing.

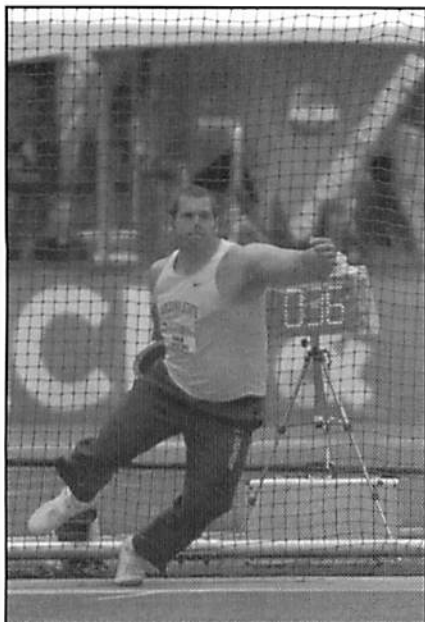
What was left were three afternoon and one morning session on consecutive days with tight schedules that kept the knowledgeable crowd almost constantly watching one event or another determine its national champion.

I spent the majority of my time on press row, laptop open and ready. I would invariably put my head down to type out thoughts or gather information when a roar would come up or the rhythmic clapping would reach a more

feverish pitch. It only took once or twice to know a beloved Duck of host Oregon had taken the run-way, circle or track. And those cheers rose not just for UO superstars such as Ashton Eaton, Andrew Wheating or Brianne Theisen.

Imagine yourself at a Sooner, Nittany Lion or Gator football game or at Cameron Indoor for a Duke hoops game. The state of Oregon gets track, and appreciates elite level athletics like no other community in the country. When contestants are coming down the straight-away three across and a Duck is in the mix, the hometown fans are firmly in the corner of their heroes. But perhaps the difference is the still warm and enthusiastic applause for the winner when they are not a Duck. A strong performance is just that, regardless of the singlet worn. That is the beauty of watching a meet at Hayward.

One difference between this trip and those previous was the weather. The Pacific Northwest is noted for the rain that sweeps in off the Pacific Ocean. Although that had not been my experience before, it certainly was this time. The weather for the first three days of the meet saw grey skies, low-lying clouds you could almost reach up and touch. Rain fell off and on, sometimes intermittently through the throwing events. Athletes were challenged to wring out championship level performances while struggling to keep their muscles warm and their implements dry. There can be little doubt that the weather did play a role in the first three days of the competition., at least two of which left me damp and miserable (despite being under an overhang protected from the rain, if not the wind) as I left the stadium. Temperatures hovered in the high fifties most of the time. As a frame of reference, Portland, a mere two hours to the north, was in the midst of record rainfall when I arrived and the temperature as of June 9 had yet to break 80 degrees.



Whiting



Finley

But against this backdrop there would be a series of inspired, if not always great, performances of the best collegiates in the best track town in the U.S. of A.

MEN'S DISCUS

The seedings for all the field events were mixed. While dropping separate day qualification rounds after the introduction of the regional qualifications condenses the action, unseeded flights meant top qualifiers in both the first and second flights. This meant first flight participants were at a distinct disadvantage no matter what,

especially in the inhospitable weather while waiting for the second flight to warm-up (approximately twenty minutes) and compete, then resume competing again. I would suggest seeding all those who advance through the regional qualifications by their best marks of the season, in reverse order. I think this would benefit both the competitors as a whole as well as improving the spectator experience.

This mixed flight effect was evidenced during the men's platter. Kansas frosh sensation Mason Finley, 2009 runner-up Ryan Whiting of Arizona State, and BYU's Leif Arrhenius were all in the first flight.

The first round was led by SE Louisiana's Adonson Shallow whose 55.61m led the way. Whiting managed a cautious 52.05m toss, and Finley deposited his first offering into the right side of the cage. Arrhenius fouled his first toss.

In the second round Whiting sailed an apparent leader out to the 57m range, but the red flag was raised. Finley's second effort woke up the crowd as it sailed out near the 60m line. But once again the red flag went up. Arrhenius also fouled (approx. 54m out the right sector line), leaving Shallow in the top spot.

Entering the third round, both Finley and Arrhenius were still seeking their first fair throws, and Whiting was in danger of having his day end if he didn't improve on his opener.

Whiting's 54.93m got him off the bubble (180-3) and moved him into second place. Finley hit a clutch 58.35m to take the lead when he was on the verge of elimination. Arrhenius' third effort went into the right side of the cage, and he promptly slammed his singlet into the bench and removed his shoes.

The second flight, also battling the elements, appeared to be deeper. USC's Aaron Dan started with a 54.01m toss, then was bettered by Lewis' 55.58m. Kentucky's Colin Boevers then tossed a 54.XXm. Florida States Michael Putnam improved to 55.22m in the second round and was followed by Dan's 56.14m, moving him to third overall. Lewis improved to 55.66m, but remained in fourth overall.

Texas Tech's Julian Wruck notched a 58.03m in the second round to move into the second position overall. Wruck was sporting a fire-red Mohawk that appeared to actually be on fire when viewed on the video screen at the west end of the stadium. In the third stanza, Dan tacked on a wobbly 182-11 toss to a consistent series. Lewis was at 55.61m. After another warm-up for finals, the last three rounds began, but uneventfully. The Lynx digital display boards were stuck, only displaying *MEN'S DISCUS* as heats of the 4x100m were being contested. It was just as well; there were no changes in the order, the leader still being Finley.

Then in the fifth round, things were shaken up in a big way. After watching Whiting's warm-ups and competition tosses, I had announced on press row after round 4 that he was done for the day. It's doubtful that anyone was hanging on my opinions, or even aware of me, and maybe that's a good thing because I couldn't have been more wrong.

Whiting, who had not played a significant role in the competition through the first four rounds, jumped from seventh into first with a 59.06m effort that carried just short of the 60m line. As his supporters yelled, the senior calmly raised his fist into the air.

Wruck fouled, and Finley lifted his fifth effort approximately 59 meters, but foot fouled.

With one effort left, Dieters moved to seventh at 181-2.

Whiting fouled a 58m toss, and then the rain resumed, putting the final throwers at a distinct disadvantage. Only Florida State's Putnam improved to sixth at 56.03m. Lewis 55.72m, Dan went 56.11, then Shallow slipped in the wet circle, reset, then fouled a poor throw.

Four weeks prior Whiting won the Pac-10 title with a throw of 193-1 on his final attempt.

"Regionals last year, Pac-10s this year, I've always done it on my (last) throw," Whiting said. "I know it's always in there. It's not really a mental thing; it just needs to work itself out."

"I knew right when I saw it leaving that it was either almost far enough or far enough," Whiting said.

Whiting had the opposite result at last year's NCAA meet when he led the discus at 196-2 entering the final round before Cal's Martin Maric threw 196-3 to take the title.

"I was just hoping not to lose by an inch again," Whiting said. "I'd prefer a meter."

"It is nice to finish second, but obviously I wish I would have gotten first," a philosophical Finley said. "I could have gotten first if I would have done my best, but I still have three more years to do that."

RESULTS

1, Ryan Whiting, Arizona State, 59.06m, (193-09). 2, Mason Finley, Kansas, 58.35m, (191-05). 3, Julian Wruck, Texas Tech, 58.03m, (190-05). 4, Adonson Shallow, Southeastern Louisiana, 56.60m, (185-08). 5, Aaron Dan, Southern California, 56.14m, (184-02). 6, Michael Putnam, Florida State, 56.03m, (183-10). 7, Jason Lewis, Arizona State, 55.72m, (182-10). 8, Jake Deiters, Southern Illinois, 55.23m, (181-02). 9, Colin Boevers, Kentucky, 54.88m, (180-01). 10, Greg Pilling, Central Michigan, 54.45m, (178-08). 11, Tyler Hitchler, Nebraska, 54.44m, (178-07). 12, Andres Rossini, Northern Arizona, 54.13m, (177-07). 13, Alex Rose, Central Michigan, 54.01m, (177-02). 14, Luke Bryant, Oklahoma, 53.61m, (175-11). 15, Brian Bishop, Kansas, 53.55m, (175-08). 16, Eric Werskey, Auburn, 52.93m, (173-08). 17, Bryan Powlen, Brown, 52.81m, (173-03). 18, Thomas Killen, TCU, 51.28m, (168-03). 19, Jared Thomas, South Florida, 51.27m, (168-02). 20, Austin Gamble, Duke, 50.06m, (164-03). 21, Derek Peterson, Rhode Island, 49.72m, (163-01). 22, Larry Jones, Louisiana Tech, 49.59m, (162-08). —, Leif Arrhenius, Brigham Young, FOUL. —, Matthew Gac, Buffalo-SUNY, FOUL.

WOMEN'S DISCUS

Following the men's platter on Wednesday, the women's competitors faced the same conditions and challenges, except the sun was a little lower in the sky and the tempera-

ture continued to drop and the breezes blew colder. And rain intermittently blowing in at not-so-steep angles challenged all who took part. As with the men, winning the event would require a combination of athletic skill and mental toughness, but perhaps in greater quantities.

Of the top six finishers from a year ago, only Jaclyn Espinoza (2009 bronze medalist) of Notre Dame returned, so the competition promised to be wide open. Also absent was uber-talented freshman Anna Jelmini of Arizona State, who was red-shirted. Jelmini had registered a 60.80m (199-6) effort in late May along with a 17.63m (57-10) shot.

Kentucky senior Ashley Muffet, LSU soph Somia Stokes and senior Espinoza brought 54m regional seeds into the first flight. Muffet took the early lead with a 52.39m toss. Southern Illinois' soph Jeneva McCall (50.26m) and Michigan junior Emily Pendleton (50.51m) were the two others over 50 meters.

McCall responded in the second round with a 52.93m effort to take the lead, but no one else broached 50 meters.

In the third round McCall took control of the flight, and the competition, with her day's best, a 54.98m blast.

The second flight had four 54m-plus seeds: Simone du Toit (soph, SMU), Beth Rohl (frosh, Michigan St.), Rachel Talbert (senior, Oral Roberts) and Tracey Rew (junior, NW-State LA). The second grouping opened stronger than the first, with Talbert (52.09m), Baylor frosh Skylar White (50.91m), Rohl (53.44m), Nebraska frosh Morgan Wilken (50.41m) all making serious bids to advance to finals.

Sooner Brittany Borman negated her first round foul with a 50.70m follow-up, but there would be no other improvements.

In the third stanza Borman improved to 52.88m, du Toit stepped up to take the lead in the flight and second overall behind McCall at 53.20m.

Ashley Muffet set the standard early tossing 171-11. Emily Pendleton was the first to break the 50m mark at 50.51m. Neubauer secured a place in finals with a 52.65m toss, as did D'Ana McCarty of Louisville (51.30m).

With the conditions growing more inhospitable as evening approached, the challenge to the finalists was to dig a little deeper to move up the podium. White (51.54m), Talbert (54.09m) and Borman (54.33m) responded with their best tosses of the day. McCall remained in the driver's seat, followed by Borman and Talbert.

The fifth round saw one major move as White improved to 54.08m to slide a single centimeter out of the bronze position. There were no other improvements.

The final stanza saw five fouls, including the fifth consecutive foul by Rohl after a promising 53.44m start. There were no improvements and McCall had won this installment of *Survivor*.

"I don't worry about the conditions," said McCall afterward. "Everyone has the same conditions and has to throw in the same ring. So it becomes about adjustments."

On her victory, McCall was philosophical. "I just wanted to throw to my potential and I'm upset that I didn't. I do this. I do this because I love the competition and I do it because I love it. Send this one to grandma."

RESULTS

1, Jeneva McCall, Southern Illinois, 54.98m, (180-04). 2, Brittany Borman, Oklahoma, 54.33m, (178-03). 3, Rachel Talbert, Oral Roberts, 54.09m, (177-05). 4, Skylar White, Baylor, 54.08m, (177-05). 5, Beth Rohl, Michigan State, 53.44m, (175-04). 6, Simone du Toit, Southern Methodist, 53.20m, (174-06). 7, Sara Neubauer, Air Force, 52.65m, (172-09). 8, Ashley Muffet, Kentucky, 52.39m, (171-10). 9, D'Ana McCarty, Louisville, 51.30m, (168-04). 10, Emily Pendleton, Michigan, 50.51m, (165-08). 11, Morgan Wilken, Nebraska, 50.41m, (165-05). 12, Erin Pendleton, Michigan, 50.29m, (165-00). 13, Brittnei Borrero, Kent State, 49.21m, (161-05). 14, Valerie Wert, Akron, 48.61m, (159-06). 15, Nicole Tzanakis, Minnesota, 47.43m, (155-07). 16, Samia Stokes, LSU, 47.24m, (155-00). 17, Ashley Howard, Winthrop, 46.28m, (151-10). 18, Jaclyn Espinoza, Notre Dame, 45.97m, (150-10). 19, Brittany Smith, Illinois State, 45.96m, (150-09). 20, Alyssa Hasslen, Arizona, 45.58m, (149-06). 21, Okwukwe Okolie, Texas, 45.06m, (147-10). 22, Sara Ackman, South Dakota State, 44.62m, (146-05). —, Allison Randall, Morgan State, FOUL. —, Trecey Rew, Northwestern State, FOUL.

WOMEN'S HAMMER

Conditions improved slightly on Thursday, however, your correspondent purchased an umbrella before heading to the track for the afternoon as it was raining not more than an hour before the competition began.

This competition would have a distinct Eastern European feel to it. The top returner was Virginia Tech's Dorotea Habazin, who had finished fourth in 2009. She hales from Zagreb, Croatia. To extend that theme, Habazin was the only top 12 finisher from 2009 in the competition, so there would be many opportunities for new All-Americans.

Another pre-meet favorite was soph Nikola Lomnicka of the University of Georgia via Slovakia, whose brother Marcel was the defending champ in the men's hammer the following day.

The first flight was headed by the women's discus champion from the prior evening, Jeneva McCall with a 64.12m

seed and Kansas' soph Alena Kreychyk, a Belarussian (62.93m).

The first round of the first flight saw Louisville senior Jere' Summers (60.10m), Akron junior Valerie Wert (60.40m) break 60 meters with McCall (59.48m) not far behind. In the third round Southern Illinois' Sasha Leeth got on the board with a 59.14m whirl. Stanford's Jaynie Goodbody improved to 58.61m to get in contention for an additional three throws.

The third round was uneventful as no one with a realistic shot at the finals improved.

Lomnicka and Habazin were joined in the second flight by Southern Illinois's Gwen Berry with a 62.05m seed.

Lomnicka (64.19m) and Habazin (63.23m) wasted no time separating themselves from the field with their openers. Berry secured an additional three throws with her 59.44m toss.

In the second round Lomnicka registered the first of two consecutive fouls, but Habazin could not improve on her opener in either frame. Southern Illinois junior Olga Ciura stepped forward in the third round with a 59.88m whirl to move into fourth overall. Teammate Berry also registered second and third round fouls, but had already secured a place in finals.

As the finals loomed, no challenger had arisen to put the heat on Lomnicka and Habazin. They would wage a two-woman battle for gold, and the rest of the finalists would be left to jockey for podium positions. Lomnicka notched her second 64m (64.04m) effort after two fouls, while Habazin and Summers fouled. McCall overtook Berry and Summers for third with her 60.80m toss.

In the fifth round Summers seized control of the bronze with a 62.54m effort that put a scare into Lomnicka and Habazin. Berry improved to 60.25m to move into fourth, while the two leaders could manage only 61m tosses.

While McCall did not improve in the sixth frame, Berry went 61.31m to take fourth. Summers fouled her last attempt to finish third, and then it was left to Habazin to take her last shot at the leader. Habazin whirled her last effort and it was clearly her best of the day. But the tale of the tape, or in this case electronic measurement, left her 14cm short. With gold assured, Lomnicka uncorked her best of effort of the day, a 65.57m beauty to put icing on her cake.

"I was relaxed," Lomnicka said. "I didn't want to go all-out on my first throw, just make sure I had a legal mark. When I threw 64 (specifically, 64.18 meters), it made me more confident. I was so happy that I won, either I would have a completely bad throw or a very good throw" she said. "I'm glad it was the other option."

"I don't know what to say about winning yet, but I am very excited," said Lomnicka, who also won an SEC title this year in the event. "I felt good about my throws all day and I am glad to have won a national championship for Georgia. It would be awesome if my brother and I could both win this year. He told me what it would be like at this meet before we got here, and his cheering for me in the crowd definitely helped me out a lot."

This also marks the first NCAA title in the hammer for the Lady Bulldogs since Jenny Dahlgren, who set the collegiate record in the event (239-4) and still owns the NCAA meet record, cruised to back-to-back titles in 2006 and 2007. Lomnicka's NCAA championship is the first for the Georgia women since Dahlgren's '07 win and their 11th outdoor title in program history.

RESULTS

1, Nikola Lomnicka, Georgia, 65.57m, (215-01). 2, Dorotea Habazin, Virginia Tech, 64.05m, (210-02). 3, Jere Summers, Louisville, 62.54m, (205-02). 4, Gwen Berry, Southern Illinois, 61.31m, (201-02). 5, Jeneva McCall, Southern Illinois, 60.80m, (199-06). 6, Valerie Wert, Akron, 60.40m, (198-02). 7, Olga Ciura, Southern Illinois, 59.88m, (196-05). 8, Sasha Leeth, Southern Illinois, 59.14m, (194-00). 9, Jaynie Goodbody, Stanford, 58.61m, (192-03). 10, D'Ana McCarty, Louisville, 58.35m, (191-05). 11, Lindsey Cook, Louisville, 57.43m, (188-05). 12, Kristi Koplin, Southern Utah, 56.82m, (186-05). 13, Gabby Midles, Idaho, 56.42m, (185-01). 14, Marissa Minderler, Southern California, 55.86m, (183-03). 15, Ashlee Lathrop, New Hampshire, 55.84m, (183-02). 16, Ozioma Okolie, Texas Tech, 55.10m, (180-09). 17, Kim Williams, LSU, 55.07m, (180-08). 18, Brynn Smith, Brown, 55.06m, (180-08). 19, Mallory Barnes, Dayton, 54.86m, (180-00). 20, Jade Hodson, Nebraska, 54.29m, (178-01). 21, Terran Alexander, Texas-El Paso, 53.96m, (177-00). 22, Suesanna Williams, Southern Mississippi, 52.91m, (173-07). —, Beth Rohl, Michigan State, FOUL. —, Alena Krechyk, Kansas, DNS.

MEN'S JAVELIN

The rains returned for much of the men's javelin. Exactly how that would impact the competition was anyone's guess.

Oregon senior Cyrus Hostettler was the leading collegian on the U.S. list and fellow teammate and senior Alex Wolff was fourth. In the hunt for the men's team title and with as many as 18 points possible, these two would play a major role in that pursuit.

The first flight was highlighted by three 70m seeds; Washington frosh Joe Zimmerman (71.71m), Brown junior (72.72m) and Illinois State frosh (70.45m).

Zimmerman led the first round with a 70.65m toss followed by BYU's Sean Richardson's 68.15m.

After a first-round foul, Kinsley moved into second place at 69.47m. Washington junior Kyle Nielsen grabbed the lead with a 71.57m launch while Texas A&M's Sam Humphreys improved to 69.37m which would be good enough to get him to finals. Sam Vidrine of McNeese State (sophomore) also improved, to 69.99m.

In the third round Kinsley asserted himself, stretching out to 73.11m and taking the lead. Humphreys also improved beyond 70 meters (70.32m).

Although there were two higher seeds (Georgia's Brian Moore —70.42m and Boise State's Pontus Thomee — 72.07m), the stars were clearly the hometown favorites, Hostettler and Wolff. Throughout the meet, the knowledgeable Oregon

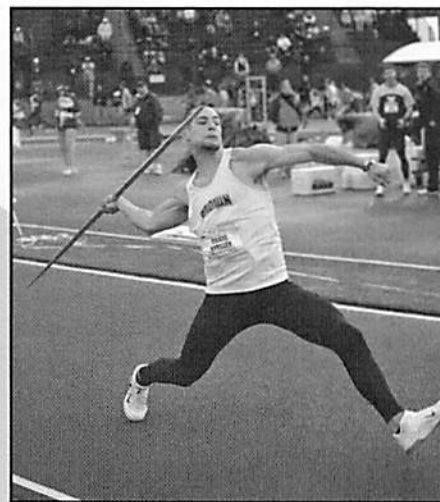
fans knew exactly where their athletes were and which ones were key components to title runs. The two seniors were such.

Mississippi senior Colin Moleton led the first round at 69.32m followed by Hostettler at 68.96m. Wolf could only manage a 67.29m effort.

The second round saw Thomee pass Hostettler with a 68.96m effort and also lose ground to Nebraska junior Adam Wolkins (69.09m). Hostettler fell to 65.46m and Wolff to 63.77m. Entering their third attempts, both

Ducks were in danger of missing finals and doing serious damage to Oregon's chances at the men's title.

Thomee extended to 72.74m, but Wolkins and Moleton did not improve. With their backs against the wall, Hostettler could only summon a 67.80m toss and Wolff a 64.53m. Hostettler would finish one slot out of finals in tenth and



Kinsley



Thomee

Wolff fourteenth. And so went any realistic hopes at a team title.

"It's really, really disappointing, obviously for Cyrus and I, but more importantly for the team," Wolff said afterward. "It just really hurts, but we're going to stick in there and cheer for our teammates now."

Hostetler, who finished fourth in the NCAA meet last year, said, "I was kind of thinking that rain might be good for us Oregon javelin throwers. That's kind of our weather to throw in. But it was just really tough in that second flight. We all had a tough time. It's probably the most disappointing meet of my career, especially coming in ranked first, wanting to score that big 10 points for the team and coming out and not even making finals. It's a hard way to leave Oregon."

As the finals got under way, the field struggled to find their form. None of the finalists improved on their prelim throws with their fourth round efforts.

The fifth round was much more eventful. Zimmerman extended out to 71.19m, but was still shy of Nielsen who held third at 71.57m. Then Thomee struck a 73.60m which took the lead from Kinsley.

Temporarily.

Kinsley then stepped onto the runway to finish the round and responded in a manner that left no doubt. Kinsley's fifth round launch carried all the way out to 76.29m and the competition was effectively over.

In the only improvement of the sixth round, Nielsen nailed a 73.60m to match Thomee's fifth stanza throw. Nielsen could have used another centimeter as Thomee trumped him on a better second throw for the silver.

With his win, Kinsley became the first NCAA outdoor champion in the javelin at Brown University and capped an undefeated campaign. After finishing third one year ago, Kinsley registered a huge PR of almost 9 feet.

"Any of the top guys have a chance on any given day," said Kinsley afterward. "It's all about consistency, especially in the field events. I'm relieved and happy. It was really a culmination of a lot of hard work from the team and the coaches."

"The series was a little erratic but I was really focused on the approach," continued Kinsley. "A great place for it all to come together."

RESULTS

1, Craig Kinsley, Brown, 76.29m, (250-03). 2, Pontus Thomee, Boise State, 73.60m, (241-06). 3, Kyle Nielsen, Washington, 73.60m, (241-06). 4, Joe Zimmerman, Washington, 71.19m, (233-07). 5, Sam Humphreys, Texas A&M, 70.32m, (230-08). 6, Sam Vidrine, McNeese State, 69.99m, (229-07). 7, Adam Wolkins, Nebraska, 69.64m, (228-06). 8, Colin Moleton, Mississippi, 69.32m, (227-05). 9, Blaine Baker, Brigham Young, 69.21m, (227-01). 10, Cyrus Hostetler, Oregon, 68.69m, (225-04). 11, Sean Richardson, Brigham Young, 68.15m, (223-07). 12, Tim Glover, Illinois State, 67.54m, (221-07). 13, Brian Moore, Georgia, 67.45m, (221-03). 14, Alex Wolff, Oregon, 67.29m, (220-09). 15, Kyle Kent, Louisiana-Monroe, 66.41m, (217-10). 16, Matthew McConaughy, East Carolina, 64.29m, (210-11). 17, Chris Reno, Brigham Young, 63.88m, (209-07). 18, Andy Fahringer, Virginia, 63.80m, (209-04). 19, Brian Zimmerman, Cincinnati, 63.52m, (208-05). 20, Ben Chretien, McNeese State, 63.15m, (207-02). 21, Matt Byers, Iowa, 61.77m, (202-08). 22, Jeremy Pennino, Rutgers, 57.92m, (190-00). —, Elliott Galeone, Liberty, FOUL. —, Matt Maloney, Tennessee, FOUL.

MEN'S HAMMER

The men's hammer looked to be a rematch between the 2009 champion, Marcel Lominicky of Virginia Tech and LSU's Walter Henning. Lominicky had bested Henning a little more than a meter a year ago.

But upon further examination, there was one 70 meter seed (71.35m from Regionals) in the field, and that was Lominicky's teammate Alexander Ziegler, a freshman from Germany. The next closest seed was Memphis senior Steffen Nerdal (68.23M), a Norwegian import. The 2010 final, as did many before them, would have a European feel.

The first flight had three Virginia Tech throwers, with senior Matej Muza joining Lominicky and Ziegler. Ziegler stamped his imprint on the competition in the first round with a 71.27m opener. Timothy Morse (senior, Radford) produced a 64.80m effort, but the round appeared to be affected by nerves as six of the 12 competitors notched fouls.

In the second round Ziegler backed up his opener with a 71.23m toss and was joined on the board by Lominicky's 70.42m whirl. Morse remained in third.

Ziegler extended to 72.38m in the third stanza, Lominicky did not improve (69.69m) and Oregon's Jordan Stray improved to 64.73m to slip into third.

The second flight was headed by Henning and Nerdal. Henning started slowly with a 66.58m opener while Nerdal posted an even 68 meters. USC's Trey Henderson launched a 66.30m toss, the first in a very consistent series.

In the second frame Henning stepped up to 70.20m for third place overall, while Nerdal improved to 69.86m and Henderson advanced to 66.89m.

In the third frame Henning inserted himself into silver medal position behind Ziegler with a 71.80m effort. Nerdal fouled, Henderson did not improve, but UTEP's Dimitrios Fylladitakis improved to 66.77m to secure fourth in the flight.

The first round of prelims was uneventful as none of the top six improved, and in the fifth round there was no movement as well, other than Lomnický extending to 70.97m, but still short of Henning for silver.

The final two throws of the competition would make up for the prior two rounds in terms of drama. There was no movement for places three through six, and then Henning stepped in to the cage for the penultimate throw of the competition. The Long Island native whirled his way to a long last attempt that seemed like it took an eternity to measure. Henning paced nervously off the right sector line and then came the posting on the Lynx board and resulting celebration: 72.79m and a come-from-behind win only one Ziegler attempt away.

Ziegler entered the ring needing to mentally regroup to recapture the gold that had awaited him only a couple minutes earlier. Ziegler spun his way to yet another long throw that looked to be a potential winner. With the hammer being contested outside the venue, all the spectators were located along the sector lines, most on the right hand side, with no depth perception or view of the lines on the field. This was true, momentary suspense, once again while waiting on the Lynx display.

It was Ziegler's best of the day, 72.43m, but still a mere 15 inches short of Henning.

"It's kind of hard to tell where it lands when you're out at those kind of distances," Henning said. "You can't really tell if it's 68 or 80 meters. You really have no idea how far it is until it shows up on the board. I kind of thought it was somewhere around the 71-meter range but I didn't think it was that far. I was very happy where it was. I think I showed that when it came up on the board."

Henning became the first collegiate athlete to complete the NCAA title sweep of the weight throw and the hammer throw in the same season since Virginia Tech's Spyridon Jullien accomplished the feat in 2006.

"I got fourth Indoor and second Outdoor last year, and that is the only thing I kept saying to myself during the day, today." "Do you really want to get second again?" I didn't," Henning said. "My goal coming in was to be the NCAA champion. I did what I had to do today to reach that goal. I'm very happy."

RESULTS

1, Walter Henning, LSU, 72.79m, (238-10). 2, Alexander Ziegler, Virginia Tech, 72.43m, (237-07). 3, Marcel Lomnický, Virginia Tech, 70.97m, (232-10). 4, Steffen Nerdal, Memphis, 69.86m, (229-02). 5, Trey Henderson, Southern California, 66.89m, (219-05). 6, Dimitrios Fylladitakis, Texas-El Paso, 66.77m, (219-01). 7, Brad Millar, DePaul, 64.99m, (213-03). 8, Timothy Morse, Radford, 64.80m, (212-07). 9, Jordan Stray, Oregon, 64.73m, (212-04). 10, KP Singh, Oklahoma, 64.10m, (210-04). 11, Matej Muza, Virginia Tech, 64.05m, (210-02). 12, Michael Lauro, LSU, 63.84m, (209-05). 13, J.C. Lambert, Southern Illinois, 63.29m, (207-08). 14, Branislav Danis, Georgia, 63.23m, (207-05). 15, Mike Zajac, South Carolina, 62.96m, (206-07). 16, Jason Lewis, Arizona State, 62.91m, (206-05). 17, Hans Eriksson, Texas-El Paso, 62.69m, (205-08). 18, Zack Midles, Washington, 62.47m, (204-11). 19, Beau Whitney, Idaho, 61.37m, (201-04). 20, Oliver Whaley, Brigham Young, 59.33m, (194-08). 21, Matthew Gac, Buffalo-SUNY, 59.31m, (194-07). 22, James Rogan, Idaho, 59.12m, (193-11). —, Zach Berg, Clemson, FOUL. —, Adonson Shallow, Southeastern Louisiana, FOUL.

WOMEN'S SHOT PUT

In many throwing fans' minds, the University of Florida's Miriam Kevkhishvili probably bubbles up at some point after fellow senior Ryan Whiting of Arizona State. Both have owned the shot put in recent years. But Kevkhishvili can stand in her own spotlight and command the stage.

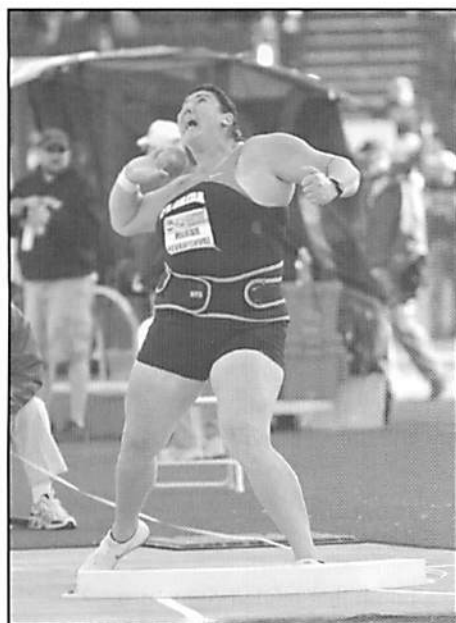
She entered the competition as the clear and unquestioned favorite, coming on the heels of four consecutive championships. Gone were her top three antagonists from 2009. In their place were two qualifiers who had posted 17 meter marks from Regionals: Indiana junior Faith Sherrill (17.20m) and Oklahoma redshirt freshman Karen Shump.

The first flight was highlighted by Sherrill, SMU's Simone du Toit (16.71m) and Arizona frosh Julie Labonte (16.49m). Labonte led the first round with her 16.59m effort, followed by discus winner Jeneva McCall at 16.44m and Sherrill (16.18m). Both McCall (16.49m) and Sherrill (16.49m) improved slightly in the second frame. There were no improvements amongst the top three in the third round and they would be the only first flight contestants to advance to finals.

Any drama over the eventual winner was ended the moment Kevkhishvili's first toss landed in the pit and she walked out of the circle. Her 17.57m toss was good enough for the win as were all of her five measured throws. The battle was on for silver.

Shump started slowly at 15.74m and Buffalo-SUNY's Kristy Woods hit a 16.20m toss and Florida's Keely Medeiros threw 16.29m.

Kevkhishvili did not improve in the second frame, but Shump got in the running with a 16.15m follow-up, then



Kevkhishvili



Shump

Woods jumped into silver medal position at 16.77m toss.

The third round saw Kevkhishvili extend to 18.11m while Shump seized control of second with a big 17.14m toss.

She became just the second athlete in

NCAA history to claim five women's shot put national championships (indoors and outdoors combined). She captured the 2010 NCAA outdoor championship on Friday with a toss of 18.11m/59-5, tying for the women's school record with five NCAA Championships (any event).

"I am happy to win my fifth NCAA title," Kevkhishvili said. "I wasn't really happy with my throw, but I'm glad I was able to score 10 points and help my team today."

Kevkhishvili is just the second woman in NCAA history to claim both the NCAA indoor and outdoor women's shot put titles in back-to-back seasons, joining Regina Cavanaugh of Rice who accomplished the feat in 1985 and 1986. Kevkhishvili concludes her senior campaign by going a perfect 13-for-13 against all competitors and she did not lose a competition to a collegiate competitor (indoors or outdoors) in her final two seasons.

RESULTS

1, Mariam Kevkhishvili, Florida, 18.11m, (59-05). 2, Karen Shump, Oklahoma, 17.14m, (56-03). 3, Kristy Woods, Buffalo-SUNY, 16.77m, (55-00.25). 4, Julie Labonte, Arizona, 16.59m, (54-05.25). 5, Jeneva McCall, Southern Illinois, 16.54m, (54-03.25). 6, Faith Sherrill, Indiana, 16.49m, (54-01.25). 7, Ashley Muffet, Kentucky, 16.32m, (53-06.50). 8, Brittany Cox, Middle Tennessee State, 16.27m, (53-04.50). 9, Trecey Rew, Northwestern State, 16.19m, (53-01.50). 9, Keely Medeiros, Florida, 16.19m, (53-01.50). 11, Aja Evans, Illinois, 16.14m, (52-11.50). 12, Kayla Smith, Santa Barbara, 16.10m, (52-10). 13, Rosario Sanchez, Fresno State, 16.09m, (52-09.50). 14, Jordyn Brown, Texas, 16.02m, (52-06.75). 15, Sara Neubauer, Air Force, 15.93m, (52-03.25). 16, Kandace Arnold, Eastern Illinois, 15.84m, (51-11.75). 17, Lawanda Henry, North Carolina State, 15.80m, (51-10). 18, Simone du Toit, Southern Methodist, 15.66m, (51-04.50). 19, Mykael Bothum, Idaho, 15.65m, (51-04.25). 20, Tia Brooks, Oklahoma, 15.58m, (51-01.50). 21, Danielle Grunloh, Brown, 15.51m, (50-10.75). 22, Wilamena Hopkins, Alabama, 15.39m, (50-06). 23, Fidela James, Florida, 14.89m, (48-10.25). 24, Danielle Curry, Youngstown State, 13.93m, (45-08.50).

MEN'S SHOT PUT

As with the women's shot, the men's competition featured a senior, who was a four-time champion who had not been seriously challenged during the indoor and outdoor campaigns. That senior was Arizona State's redshirt senior Ryan Whiting. But unlike the women's shot, Whiting brought a platter title from the same meet, a number three ranking on the world list and a serious pursuit of John Godina's 22.00m collegiate record. Whiting entered the meet having put together an amazing string of 21-meter competitions, repeatedly threatening the record, but never quite getting there. The championships would be his last chance to write his name in the record books.

Whiting was joined by a host of talented young underclassmen vying for silver and the vacuum to be created by Whiting's pending graduation. Among them were Florida junior Kemal Mesic (second at 2010 indoors), the Penn State sophomore duo of Joe Kovacs (third at 2010 indoors) and Blake Eaton, and super frosh Mason Finley (Kansas) and Hayden Baillio (Texas).

Mesic took control of the first flight on his initial effort of 8.44m. The next best mark came from Jacob Thormaehlen of Texas at 17.80m, while Kovacs could muster only a 17.44m toss.

The second round saw Whiting's teammate Jason Lewis, competing in his third event of the weekend (hammer, discus also) get on the board after an opening foul with an 18.12m toss to slide into second. Mesic did not improve and Kovacs fouled. Mesic backed up his opener with an 18.31m toss.

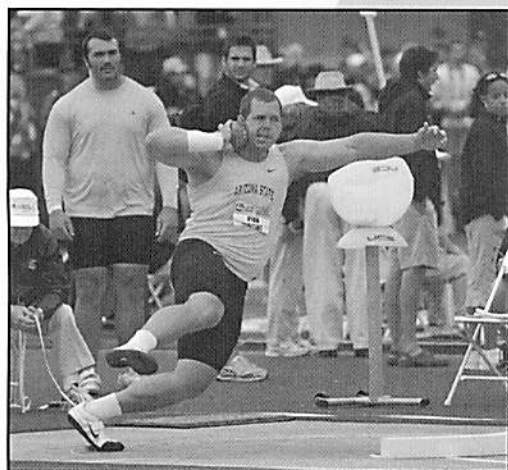
Mesic fouled his third round attempt and Lewis improved to 18.29m in an effort to secure three more throws. Kovacs only improved to 17.45m and his day looked to be complete.

Flight two featured Whiting, Finley and Eaton along with a third Arizona Stater, redshirt frosh Jordan Clarke. Whiting took care of business on his first attempt with a safe 19.31m toss. Finley opened at 18.02m and Eaton was not far behind at 18.06m.

In the second round Whiting began his assault on the record and took sole possession of the pit beyond the 20m line. His effort landed at 21.75m and the competition was definitely chasing silver. Eaton erupted with a huge PR of 19.57m to jump into second place while Finley mustered an 18.40m and Baillio jumped into the chase with an 18.78m toss. Clarke got on the board with an 18.13m toss.

Whiting extended slightly to 21.78m in the third round, while Finley started to find his groove and improved to 19.29m. Clarke improved to 18.34m.

The fourth round saw Mesic improve to 18.60m, but Lewis improved to 18.77m. And then things got a little strange. Finley hit what was his longest throw of the day.



Whiting



Finley

The dispute would be over just how far the throw was. The throw was officially recorded as 20.68m, a huge PR for the freshman, but his throw had landed

short of the 20m line. Whiting was the only competitor to break the 20m line. The likelihood was the mark was actually 19.68m, with the centimeters accurate and the meters misread. 19.68m would have still rested the silver medal from Eaton, but the error was regrettable on such a stage.

Whiting did not improve in the fourth round.

The fifth round was uneventful with the exception of Mesic extending to 19.42m and fourth place.

In the final round Clarke improved to 19.21m and fifth place, but there were no other improvements prior to Whiting entering for his final attempt. The public address announcer promptly drew the crowd's attention to the circle, informing them of what the senior needed to do to make history.

Whiting unleashed a bomb that landed right on the 22-meter line. A measurement was made, but not announced as the officials went to a fiberglass tape which got the crowd really excited.

Unfortunately on this day there would be no ultimate release of joy for Whiting. A new PR of 72-1 left him just three centimeters short of Godina's record. Perhaps a PR had never been less satisfying.

RESULTS

1, Ryan Whiting, Arizona State, 21.97m, (72-01). 2, Mason Finley, Kansas, 20.68m, (67-10.25). 3, Blake Eaton, Penn State, 19.57m, (64-02.50). 4, Kemal Mesic, Florida, 19.42m, (63-08.75). 5, Jordan Clarke, Arizona State, 19.21m, (63-00.25). 6, Hayden Baillio, Texas, 18.78m, (61-07.50). 7, Jason Lewis, Arizona State, 18.77m, (61-07). 8, Matt DeChant, Ohio State, 18.54m, (60-10). 9, Eric Werskey, Auburn, 18.50m, (60-08.50). 10, Leif Arrhenius, Brigham Young, 18.23m, (59-09.75). 11, Adonson Shallow, Southeastern Louisiana, 18.19m, (59-08.25). 12, Jacob Thormaehlen, Texas, 17.94m, (58-10.25). 13, Steve Marcelle, Georgia Tech, 17.85m, (58-06.75). 14, Igor Misljenovic, Virginia Tech, 17.64m, (57-10.50). 15, Javier Villarreal, Northern Arizona, 17.61m, (57-09.50). 16, Bill Hardcastle, Purdue, 17.52m, (57-05.75). 17, Michael Putman, Florida State, 17.48m, (57-04.25). 18, Joe Kovacs, Penn State, 17.45m, (57-03). 19, Trey Jordan, Nebraska, 17.44m, (57-02.75). 20, Ryan Lamparek, Iowa, 17.42m, (57-02). 21, Eugenio Mannucci, Idaho, 17.31m, (56-09.50). 22, Tim Nedow, DePaul, 17.28m, (56-08.50). 23, Israel Machovec, Georgia, 16.96m, (55-07.75). —, Denes Veres, Notre Dame, FOUL.

WOMEN'S JAVELIN

The two luminaries of the ladies spear over the last two years, Purdue's Kara Patterson and Oregon's own Rachel Yurkovich, had graduated. Yurkovich was the 2008 and 2009 champion while Patterson had gone on to capture the

USATF titles in those years including an Olympic Trials title.

In their stead were the 2009 third and fourth place finishers, Anna Wessman (sophomore, UTEP) and Eveien Dekkers (senior, Florida) vying for the top of the podium.

Penn State junior Karlee McQuillen led the first round of the first flight 51.60m launch. It was the only opener over 50 meters. Maggie Mullen sat in second at 49.04m, while Oklahoma's Brittany Borman (SO) opened at 47.97m.

In the second round Borman improved to 51.23 and McQuillen followed up with a 51.33m to stay in first.

None of the top three improved in the third round, and Montana State junior Emily Tyrell (48.38m) and Washington State soph Courtney Kirkwood (48.24m) slid into fourth and fifth place respectively, but slots in the final were anything but guaranteed.

Dekkers and Wessman were both slotted into the second flight and the depth of the group was evident from the start. Dekkers led the competition with her 52.13m opener. She was followed by Washington State junior Marissa Tschida who launched a 51.79m effort and Wessman's 50.62m throw. It would be Wessman's only fair effort of the competition.

In the second round Dekkers extended to 54.49m while Tschida moved into second (51.79m).

Neither Dekkers nor Tschida improved in the third round.

When the finals got underway, there was one major improvement: Borman sailed all the way out to 53 meters even to take control of the silver medal.

There were four fouls and two non-improvements in an uneventful fifth round.

The sixth round brought about more movement with McQuillen improving to third with a 52.17 effort, and Borman coming just a centimeter short of her 53m best, but nowhere close enough to challenge Dekkers.

With the gold assured, Dekkers took the runway and let go of a long arcing heave that rested well beyond anything offered during the competition: 58.99 meters away, a school record and number seven all-time collegiate performer.

"It just kept going, all of my throws felt good today," said the native of Etten-Leur, Netherlands afterward.

"I was thinking 57 all year but it never really happened. At the meets I've been so amped up but today I was relaxed and I'm just glad to do it today. I'm really excited."



Dekkers

Dekkers had made her own history a year ago at this same meet. Dekkers shattered her own personal-record throw of 53.16m/174-5, recorded at last season's NCAA Outdoor Championships, and broke Emily Carlsten's

school record of 56.99m/186-11, recorded during the 2000 season.

RESULTS

1, Evelien Dekkers, Florida, 58.99m, (193-06). 2, Brittany Borman, Oklahoma, 53.00m, (173-11). 3, Karlee McQuillen, Penn State, 52.17m, (171-02). 4, Marissa Tschida, Washington State, 51.79m, (169-11). 5, Anna Wessman, Texas-El Paso, 50.62m, (166-01). 6, Hillary Pustka, Texas A&M, 49.91m, (163-09). 7, Amy Backel, Oklahoma, 49.67m, (162-11). 8, Maggie Mullen, Ohio State, 49.50m, (162-05). 9, Ana Ruzevic, Tulane, 49.50m, (162-05). 10, Emily Tyrell, Montana State, 48.38m, (158-09). 11, Courtney Kirkwood, Washington State, 48.24m, (158-03). 12, Randi Hicks, Long Beach State, 48.05m, (157-08). 13, Leslie Bourgeois, Nicholls State, 47.63m, (156-03). 14, Meghan Briggs, Virginia, 47.42m, (155-07). 15, Cassie Merkley, Idaho State, 47.17m, (154-09). 16, Emma Crowcroft, Connecticut, 46.49m, (152-06). 17, Alex Shaw, Long Beach State, 46.30m, (151-11). 18, Tara Karin, Virginia, 46.09m, (151-02). 19, Emalie Humphreys, Texas A&M, 45.55m, (149-05). 20, Meghan Austin, Alabama, 45.38m, (148-11). 21, Casey Wagner, South Florida, 45.11m, (148-00). 22, Alanna Kovacs, DePaul, 44.88m, (147-03). 23, Elise Knutzen, Notre Dame, 41.01m, (134-06). 24, Victoria Imbesi, Cornell, 39.89m, (130-10).

L&S

NCAA DII Champs, Johnson C. Smith University, Charlotte, NC

THUNDER IN THE QUEEN CITY

BY KURT DUNKEL, SHIPPENSBURG UNIVERSITY (PA)

This was the second time in 4 years that the city of Charlotte, North Carolina played host to the NCAA Division II National Championships. Again, Johnson C. Smith University played host, and again track and field fans were treated to some incredible action in the field and on the track. And once again, the meet weekend coincided with NASCAR's Coca Cola 500 and the grand opening of the NASCAR Hall of Fame.

Johnson C. Smith were wonderful hosts, but could do nothing about the thunderstorms which forced meet officials to cancel most of the Friday evening events and move the finals to Saturday. However, on a positive note, fans of track and field got to witness an action-packed Saturday - as it was one final after another throughout the late afternoon and evening.

In the field, there were indeed some outstanding performances at the meet; however, there did not appear to be a single star as we have seen in years past. The theme seemed to be very tightly contested and extremely exciting competitions.

WOMEN'S HAMMER

The women's hammer competition was held Thursday in very hot conditions. The form chart would lead one to believe that Amanda Madden and Liz Murphy would battle for the title and that is indeed what happened. Murphy, the number two seed, was dominant and consistent however. Four of her six throws would have won the competition, but it was her first throw of final that was the best. In fact, it would take a gutsy last throw by Murphy to secure the silver - as she moved from 5th to 2nd on her final effort. With that effort, she edged out Northwest Missouri's Kate Walter by 1 inch. Walter was dynamic and powerful, but struggled too with consistency and tempo for much of the competition.

RESULTS

1 Amanda Madden, SR Northern State, 58.70m, 192-07; 2 Liz Murphy, FR Grand Valley St., 55.38m, 181-08; 3 Kate Walter, JR NW Missouri, 55.34m, 181-07; 4 Kristin Cameron, SO Northwood, 54.96m, 180-04; 5 Bidemi Balogun, SO American Int'l, 54.09m, 177-05; 6 Anna Leutheuser, SR Hillsdale, 54.06m, 177-04; 7 Emilie Mieseler, SR Missouri Southern, 53.04m, 174-00; 8 Jessica Sloss, SR Abilene Christian, 52.92m, 173-07;

MEN'S HAMMER

The men's competition was also Thursday and held in identically hot conditions - and before the thunderstorms on Friday. Before the competition, the smart money was on

Drew Frizzell, who was the defending champion. Frizzell was the top seed and had been dominant the year before with his 66.89 effort. However, it was clear to see on paper that this could be a hotly-contested competition. This would hold true as the top three finishers battled from beginning to end. When the (literal) dust settled, it would be another Ashland hammer thrower to stand at the top of the podium. Ashland's Ryan Loughney set a PR with his first throw of finals and it would be this throw that would hold up for the win. Frizzell struggled with timing and it did not seem as though the big throw was about to occur. He held third place entering the final round; however, his improvement (64.02) in round six was not good enough to earn silver. Instead, it was Stomps, the senior from Hillsdale, who would earn second. Stomps and Frizzell are no strangers as it was Stomps that just nudged Frizzell for gold in the weight throw at the 2010 indoor championships. But it would ultimately be Loughney who proved better with the lighter ball.

RESULTS

1 Ryan Loughney, SO Ashland, 66.60m, 218-06; 2 Jason Stomps, SR Hillsdale, 65.66m, 215-05; 3 Drew Frizzell, JR Central Missouri, 64.02m, 210-00; 4 Aaron Falk, SR Hillsdale, 61.42m, 201-06; 5 Mike Jeffery, JR Ashland, 60.80m, 199-06; 6 Brian Allen, SR Pittsburg St., 59.82m, 196-03; 7 Paul Wagner, SR East Stroudsburg, 59.63m, 195-08; 8 Tyler Fischer, SR Central Washington, 58.88m, 193-02;

WOMEN'S SHOT PUT

Umass Lowell's Jacqui Barrett had a phenomenal 2010 outdoor season. The senior added 3 feet to her personal best and had been consistent at this distance. She was the class of the field and was never significantly challenged. Barrett seemed unphased by the weather delays which postponed the competition until Saturday. Her second round effort of 15.45 would earn her the win. In doing so she would avenge Kelly Ash's NCAA indoor victory and also break the Umass Lowell school record in the shot by $\frac{1}{4}$ of an inch. Not bad for a shot putter who threw 37' in high school. Ashland's Ash was solid, but this was Barrett's day. The sophomore from Ashland looks to have more NCAA titles to come.



Jacqui Barrett

RESULTS

1 Jacqui Barrett, SR Umass Lowell, 15.45m 50-08.25; 2 Kelly Ash., SO Ashland, 15.22m 49-11.25; 3 Kayla Muyskens, SO Central Missouri, 14.85m 48-08.75; 4 Samantha Murphy, SR Nebraska-Kearney, 14.52m 47-07.75; 5 Larissa Richards, SO Pittsburg St., 14.48m 47-06.25; 6 Alexis DeJean, JR St. Joseph's (Ind.), 14.39m 47-02.50; 7 Nicole Green, SO Missouri Southern, 14.36m 47-01.50; 8 Rebecca Stier, JR Winona State, 14.26m 46-09.50;

MEN'S SHOT PUT

The men's shot was the most highly-anticipated throwing event, which is not uncommon. Fans of the steel ball would witness a great completion, which was unfortunately marred by a 24-hour rain delay. The lights were on and the rain had just begun to fall - creating a slight amount of slickness in the circle - when Nebraska-Kearney's Dan Tobey unleashed a massive yell and an equally massive throw. His 19.08 effort was a big PR and a school record for UNK, which has had a strong shot-put tradition under Coach Andy Meyer. It wasn't long after Tobey's big throw that the meet was cancelled and postponed 24 hours. It was unfortunate, but would not truly matter because Tobey was the class of the field and would win by 1 meter. The eighth seed, Matt Armstrong of Grand Valley State, would pick a great time to set a personal best. His second round 18.05 came as the rain began to fall. This throw would hold up for the silver. Ashland's Kurt Roberts, a seasoned and decorated putter himself, would struggle - only reaching 17.96. However, he was clearly one of the elite throwers in D-II and could still earn bronze with an off day.

RESULTS

1 Dane Tobey, JR Nebraska-Kearney, 19.08m, 62-07.25; 2 Matt Armstrong, SO Grand Valley St., 18.05m, 59-02.75; 3 Kurt Roberts, JR Ashland, 17.96m, 58-11.25; 4 Drew Frizzell, JR Central Missouri, 17.93m, 58-10.00; 5 DJ Duke, FR Ashland., 17.91m, 58-09.25; 6 Cody Hunt, SO Chadron State, 17.86m, 58-07.25; 7 Ben McKim., SR NW Missouri, 17.39m, 57-00.75; 8 Kaleb Thompson, SO St. Joseph's (Ind.), 17.34m, 56-10.75;

WOMEN'S JAVELIN

Abilene Christian's Linda Brivule has a knack for not being at her best at the NCAA Championships. However, the Latvian is so talented that she can still win NCAA titles when she does not have her "A Game." A year ago, Brivule won the javelin with a modest 49.65. The NCAA Division II record holder (56.24) and



Linda Brivule

ACU school record holder would win the 2010 title with another modest effort - this time only reaching 50.62.

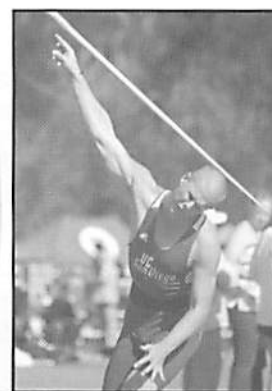
Those who expected an exciting battle between Brivule and Clarion's Kim Hanslovan (a Penn State transfer with a PR of 54.35) would be disappointed. Hanslovan would need a third round 44.03 just to reach finals. Her fifth round throw of 48.84 would not be enough to catch Brivule.

RESULTS

1 Linda Brivule, SR Abilene Christian, 50.62m, 166-01; 2 Kim Hanslovan, JR Clarion, 48.84m, 160-03; 3 Melinda Bastian, SR Benedict, 47.58m, 156-01; 4 Brittany Aanstad, JR Seattle Pacific, 44.40m, 145-08; 5 Carolanne Powers, FR Western Oregon, 44.11m, 144-09; 6 Amanda Schumaker, FR Western Oregon, 44.01m, 144-05; 7 Lauren Brown, JR Winona State, 43.69m, 143-04; 8 Amber Kloster, FR Pittsburg St., 43.56m, 142-11;

MEN'S JAVELIN

Last year's champ, Felipe Ortiz, did not compete at this year's championship. Ortiz was also 2nd on the 2010 list, so his absence certainly took away from the quality and depth of the competition. As often happens, there were some big throwers who would struggle to replicate their regular season form. Most notably, top seed Tyler Drake (70.16) failed to make the final after three very shaky throws in prelims. UC San Diego's Nick Howe (seeded at 67.20) also struggled with his first two throws and was in jeopardy of missing finals. It was obvious that the sophomore was athletic, talented, and excellent thrower. Clearly, if he executed the positions, he would get a big result. Howe would use round three in order to improve his mark and solidify a place in the final. On his fifth throw he would finally connect. The throw would land at 68.59, and it was clear to most spectators that this would be the winning throw. Pittsburg State's Mike Beeler would use his strong arm to earn second and Orlando would use his speed and aggressiveness to muscle out a 65.83 on his final effort. Javelin fans may see some big future throws from Orlando as he learns to strike the javelin cleaner.



Nick Howe

RESULTS

1 Nick Howe, SO UC San Diego, 68.59m, 225-00; 2 Mike Beeler, JR Pittsburg St., 66.86m, 219-04; 3 Raymond Orlando, JR Angelo State, 65.83m, 216-00; 4 Jack Iouse, SO Kutztown., 64.12m, 210-04; 5 Alex Harrison, JR Western Washington, 61.20m, 200-09; 6 Seth Galloway, JR Indianapolis, 61.10m, 200-05; 7 Jacob McDonald, SO Angelo State, 60.59m, 198-09; 8 Josh Hostetler, JR Shippensburg, 60.19m, 197-06;

WOMEN'S DISCUS

Winona State entered the competition with three competitors in the top 9. They would finish with three All-Americans. Unfortunately, Mary Theisen, the top seed, would only earn ninth. Only a freshman, the athletic Theisen appears to have more NCAA Championships to come. Shanai Guider and Rebecca Stier would earn 4th and 5th respectively – continuing Coach Mike Turgeon's tradition of quality throwers. The start of the show, however, was ACU's Paige Newby who picked a great time to get a big PR. She was the class of the field and consistent in the 48 meter range. She entered the fifth round only 13 centimeters ahead of San Francisco State's Luisa Musika. Her fifth round throw of 49.37 would be her best and would seal the win.

RESULTS

1 Paige Newby, JR Abilene Christian, 49.37m, 162-00; 2 Luisa Musika, SO San Francisco St., 48.75m, 159-11; 3 Larissa Richards, SO Pittsburg St., 48.02m, 157-06; 4 Shanai Guider, FR Winona State, 47.40m, 155-06; 5 Rebecca Stier, JR Winona State, 46.93m, 154-00; 6 Tara Cooper, JR Ashland, 46.34m, 152-00; 7 Sam Lockhart, FR Grand Valley St., 45.34m, 148-09; 8 Mary Theisen, FR Winona State, 44.82m, 147-00;

MEN'S DISCUS

Dane Tobey would be unable to match the quality and intensity he had in the shot-put. Although he came in as

the top seed (56.96) he did not earn All-America honors. Throws fans were treated to yet another NCAA Discus Championship marked by underachieving performances – as 10 throwers entered the competition with seasonal bests farther than what would eventually win the competition. The silver lining would prove to be the fact that this final would be just about as tightly-contested as any in history. Only 64 centimeters separated first place from fifth place. Nearly all of the excitement in the competition would occur in prelims – as only West Texas A&M's Servell Dandridge would improve in finals. The eventual champion Derrick Vicars – the transfer from The University of Cincinnati – would use his third round throw of 52.77 to edge out the big Missouri Southern Frosh James Coleman. With the youth at the top of the list, it would appear that there will be exciting championships in years to come. If this is paired with long throws, we will be in for a treat.

RESULTS

1 Derrick Vicars, SO Findlay, 52.77m, 173-01; 2 James Coleman, FR Missouri Southern, 52.54m, 172-04; 3 Servell Dandridge, FR West Texas A&M, 52.36m, 171-09; 4 Adam Kershaw, JR St. Cloud St., 52.34m, 171-09; 5 Tyler Fleet, SO Abilene Christian, 52.13m, 171-00; 6 Blaine Maag, SR Ashland, 51.71m, 169-08; 7 Drew Frizzell, JR Central Missouri, 51.43m, 168-09; 8 Wade Goode, JR Angelo State, 50.98m, 167-03;

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NCAA DIII Champs, Baldwin-Wallace University, Berea, OH

UPSETS AND DOMINANCE

BY FRANK SQUIBB, WIDENER UNIVERSITY

The 2010 NCAA III Outdoor National Championships at Baldwin-Wallace College were a mixed bag of upsets and dominance. Things opened on Thursday with four events and very hot weather. The women's hammer and men's javelin started things off with both top seeds locking up victories early.

WOMEN'S HAMMER

Wisconsin-Oshkosh continued their four-year dominance of the event with three ladies in the top four including junior Holly Ozanich's first place toss. Holly used her 3rd throw of trials to erase a first round foul by getting off a 57.40m (188'4") throw. The new stadium record was three feet short of her season best, but was good enough to edge out third-ranked Christa Youngern (56.99m - 186'11") from California Lutheran by 17 inches. Wisconsin - Oshkosh teammates Susie Trzebiatowski (55.79m - 183'0") and 2009 National Champion Ellie Sitek (54.02m - 177'3") placed third and fourth, respectively, with both using their sixth round throws to set their best marks of the day. With six of the top 7 ladies unable to match their season best mark, Claire Ray (53.63m - 175'11") from the University of Chicago, used a 6 foot improvement to her season best to claim fifth. 2009 defending Shot Put National Champion Alyssa Pirinelli was sixth at 52.85m (173'4").

Results

1 Holly Ozanich, Jr, Wisconsin - Oshkosh, 188-4 (57.40m) Stadium record; 2 Christa Youngern, Sr, California Lutheran, 186-11 (56.99m); 3 Susie Trzebiatowski, Sr, Wisconsin - Oshkosh, 183-0 (55.79m); 4 Ellie Sitek, Sr, Wisconsin - Oshkosh, 177-3 (54.02m); 5 Claire Ray, Sr, University of Chicago, 175-11 (53.63m); 6 Alyssa Pirinelli, Sr, St. Lawrence, 173-4 (52.85m); 7 Amanda Brichacek, Jr, Nebraska Wesleyan, 171-8 (52.33m); 8 Rochaunda Harris, Jr, Greenville College, 171-7 (52.30m);

MEN'S JAVELIN

While the women's hammer was underway, the men's javelin throwers were struggling. Defending champion

Brock Solveson (SR) from Concordia (Wisconsin) took a break from the decathlon to win his second javelin title. Brock let

go a solid 66.99m (219'9") on his second throw to lock up the win. Rowan University seniors Sean Biehn (62.31m - 204'5") and Sean Corey (62.20m - 204'1") placed second and third. Be it the weather or the result of a long season, the distances did not reflect the intensity of the event with the top 3 finishers well off their season bests. Biehn, ranked fourth coming in, needed to use his first throw of finals to jump over his Rowan teammate to claim second, but very little else exciting happened in finals. The excitement in the event came from Solveson throwing around the decathlon, only 3 feet separating second from eighth and several lower seeds placing high. Number nine seed Lars Tenglin (Jr) from North Park University hit a throw of 62.20m (204'1"), a one foot season best to place fourth. Number 13 seed Michael Pankowski (So) of Marietta College also threw a one foot season best with a 62.13m (203'10") for fifth and number 15 seed Vlad Sobes (Jr) Mass Inst. Technology placing sixth with a 62.12m (203'10") throw.

Results

1 Brock Solveson, Sr, Concordia (Wisconsin), 219-9 (66.99m); 2 Sean Biehn, Sr, Rowan University, 204-5 (62.31m); 3 Sean Corey, Sr, Rowan University, 204-1 (62.20m); 4 Lars Tenglin, Jr, North Park University, 204-1 (62.20m); 5 Michael Pankowski, So, Marietta College, 203-10 (62.13m); 6 Vlad Sobes, Jr, Mass Inst Technology, 203-10 (62.12m); 7 Dan Higgins, Sr, Monmouth College (IL), 203-7 (62.05m); 8 Alexander Hymel, Jr, Whitworth University, 201-5 (61.40m);

WOMEN'S JAVELIN

Later on Thursday the competition heated back up when the women javelin throwers took the runway. The women's event was a complete reversal from the men's javelin with all of the top 3 finishers setting season bests. This was a total shake-up of the rankings and a finish to remember.

Number five seed Kyley Crotty (Sr) of the University of St. Thomas, opened up big on her first throw of the second flight with a 45.72m (150'0") and was sitting in first for the

next 5 rounds. Number 3 seed Amanda Trieloff (So) of Carroll University (WI) who had jumped from seventh place after trials to fourth on her fifth throw dug even deeper on her sixth and final throw to unleash a season best of 45.82m (150'4") to claim the win



Wisconsin-Oshkosh Titan Trio of Ozanich, Sitek and Gerner.

by 4 inches! Kelly Crotty (Jr) of Occidental College used a big season best and strong series to claim 3rd with a fifth round best of 44.78m (146'11"). Kelly Lovett (Jr) Carleton College was fourth at 44.19m (144'11"). Number 1 seed Jill Shaner (Fr) from Richard Stockton placed fifth at 44.01m (144'4") in a respectable showing for a freshman in her first NCAA Championships.

Results

1 Amanda Triefoff, So, Carroll University (WI), 150-4 (45.82m); 2 Kiley Crotty, Sr, Univ of St. Thomas, 150-0 (45.72m); 3 Kelly Young, Jr, Occidental College, 146-11 (44.78m); 4 Kelly Lovett, Jr, Carleton College, 144-11 (44.19m); 5 Jill Shaner, Fr, Richard Stockton, 144-4 (44.01m); 6 Elisha Jones, Jr, Waynesburg University, 143-1 (43.61m); 7 Mackenzie Smith, Jr, Univ of Redlands, 142-9 (43.51m); 8 Lauren Butler, So, Allegheny College, 134-4 (40.95m);

MEN'S HAMMER

Over in the men's hammer, number one seed Eric Flores (Jr) of California Lutheran was busy setting a NCAA DIII Championship record. After opening up with a safety throw of 61.12m, Flores secured the win with a 64.91m second round throw. But, it was his fifth-round throw that brought the crowd to their feet. He launched his NCAA Championship meet record throw of 66.35m (217'8"). Taylor Beriant (Jr) Claremont was second with his toss of 62.22m (204'1") in the second round. Bryan Kolacz 60.12m (197'3") was third after trials but found himself in sixth place when he stepped in the ring for his final throw. That's when the number 7 seed let fly a 7 foot season best throw to reclaim third place. Flores's throw was 3 feet under his season best. The top three and five of the top seven finishers all being juniors should make for a great event next spring!

Results

1 Eric Flores, Jr, California Lutheran, 217-8 (66.35m), NCAA Championships record, Stadium record; 2 Taylor Beriant, Jr, Claremont MuddScripps, 204-1 (62.22m); 3 Bryan Kolacz, Jr, Keene State College, 197-3 (60.12m); 4 Sean Larson, Sr, Wisconsin - Stout, 194-6 (59.28m); 5 Rich McNeil, Sr, Bates College, 193-7 (59.00m); 6 Kevin Phipps, Jr, Baldwin-Wallace, 193-5 (58.95m); 7 Josh Brennan, Jr, Carthage College, 187-1 (57.03m); 8 Erik Whiting, Sr, Rensselaer Poly Inst, 186-3 (56.77m);

MEN'S SHOT PUT

Friday was for the shot putters alone. Number 1 seed Brandon Furgett (Sr) of Salisbury University found himself in third place after a very solid series (16.67m, 16.83m, 16.96m) and fourth when set up for his last throw. On his sixth throw the big athletic spinner hit it right and blasted out a new DIII season best mark of 17.91m (58'9 ¼") to take the win by more than half a meter and nearly a full meter over his next best throw!

Kyle Scofield (Sr) from Wisconsin - Stevens Point tied his

season best in trials to claim second place. Andy Novak (So) from Wisconsin - La Crosse had a rough day with four fouls but gutted out a fourth round throw of 17.19m (56'4 ¾") for 3rd. Derall King (Jr) of Hamline University was fourth at 16.84m (55'3"). Number 16 seed Pete Delzer, just a freshman from Wisconsin-Oshkosh, was fifth at 16.53 (54'2 ¾").

Results

1 Brandon Furgett, Sr, Salisbury University, 58-9 1/4 (17.91m), DIII Season's Best; 2 Kyle Scofield, Sr, Wisconsin - Stevens Pt, 57-0 3/4 (17.39m); 3 Andy Novak, So, Wisconsin - La Crosse, 56-4 3/4 (17.19m); 4 Derall King, Jr, Hamline University, 55-3 (16.84m); 5 Pete Delzer, Fr, Wisconsin - Oshkosh, 54-2 3/4 (16.53m); 6 Michael Nahl, Sr, Whitworth University, 53-8 1/4 (16.36m); 7 Greg Patrick, Sr, Baldwin-Wallace, 53-7 1/2 (16.34m); 8 Bill Warren, Sr, Wisconsin - La Crosse, 53-7 (16.33m);

WOMEN'S SHOT PUT

The women took center stage in the shot ring at 5pm on Friday. It is very rare when the top 8 seeds finish in the top. And that's what happened, albeit out of order.

Like Furgett in the men's shot, 2009 NCAA DIII runner up and 2010 NCAA Champion Alyssa Pirinelli (Sr) of St. Lawrence found herself needing to do some work after trials. Alyssa was sitting in third after trials and like Furgett she saved her best for last. On her last throw of her senior year, Alyssa let go a new stadium record and matched her own DIII season best mark of 14.50m (47'7") to win the 2010 outdoor title. Another freshman making a name for herself with a 14.38m (47'2 ½") throw was number 6 seed Jecel Gerner from Wisconsin - Oshkosh. The throw, a season best by 1½ feet, earned her second place. Third place went to Vatiel Elizabeth Dunca (Sr) of Bates College, 14.31m (46'11 ½").

Results

1 Alyssa Pirinelli, Sr, St. Lawrence, 47-7 (14.50m), Ties DIII Season's Best, Stadium record; 2 Jecel Gerner, Fr, Wisconsin - Oshkosh, 47-2 1/4 (14.38m); 3 Vatiel Elizabeth Dunca, Sr, Bates College, 46-11 1/2 (14.31m); 4 Holly Ozanich, Jr, Wisconsin - Oshkosh, 46-8 1/4 (14.23m); 5 Morgan Darrow, Jr, Buena Vista Univ, 46-6 3/4 (14.19m); 6 Ellie Sitek, Sr, Wisconsin - Oshkosh, 45-10 (13.97m); 7 Sarah Anciaux, Jr, Coe College, 45-8 (13.92m); 8 Claire Ray, Sr, University of Chicago, 45-0 1/4 (13.72m)

WOMEN'S DISCUS

Saturday marked the final day of the 2010 NCAA DIII Championships and the discus made it an eventful day.

If it is rare when the top eight seeds all finish in the top eight places, it is even more uncommon when the top three seeds finish 1-2-3. That's what happened in the women's discus.

Senior Ellie Sitek (Wisconsin – Oshkosh) was in second place for all of two rounds before taking the lead on her third throw and locking up the win by ten feet on the first throw of finals. Ellie's mark of 50.62m (166'1") also bettered her own DIII Season best mark.

Brittany Frederick (So) Wisconsin - Oshkosh, used her first round throw of 47.56m (156'0") to take home second place. In a great final round the third, fourth, fifth, sixth place finishers all let fly their best efforts on their last try. Third place finisher Sarah Reasoner (Jr) from Calvin College ended her day with a throw of 46.37m (152'1"). This effort bettered her second best throw by 4.45 meters (14'5")!

Results

1 Ellie Sitek, Sr, Wisconsin - Oshkosh, 166-1 (50.62m) DIII Season's Best, Stadium record; 2 Brittany Frederick, So, Wisconsin Eau Claire, 156-0 (47.56m); 3 Sarah Reasoner, Jr, Calvin College, 152-1 (46.37m); 4 Kelly Allen, Fr, Tufts University, 143-0 (43.59m); 5 Brittany Sherron, So, Millikin University, 141-4 (43.08m); 6 Becky Culp, Fr, Hamline University, 140-3 (42.74m); 7 Leigha Oberle, Jr, Calvin College, 138-1 (42.09m); 8 Christa Youngern, Sr, California Lutheran, 137-0 (41.77m);

MEN'S DISCUS

The Men's Discus is always exciting for its unpredictability.

Only one athlete was able to improve upon his season's best and that was senior Sean Larson from Wisconsin - Stout whose throw of 53.30m (174'10") bettered his season best by 2 feet. Larson's big first round throw was good enough to win the gold for the number 6 seed. Judd Lutz (Sr) from Mount Union College needed his fifth round throw to find his form. His mark of 52.60m (172'7") moved him from fifth to a second place finish. Phil Christenson (So) of Augustana (Illinois) was not able to better his first round effort of 52.01m (170'7"), but that was good enough for third place.

Results

1 Sean Larson, Sr, Wisconsin - Stout, 174-10 (53.30m); 2 Judd Lutz, Sr, Mount Union College, 172-7 (52.60m); 3 Phil Christensen, So, Augustana (Illinois), 170-7 (52.01m); 4 Shaun Davis, Sr, Wisconsin - Whitewater, 169-5 (51.64m); 5 Lewis Prior, So, Wisconsin - Oshkosh, 168-10 (51.47m); 6 Kevin Phipps, Jr, Baldwin-Wallace, 168-0 (51.22m); 7 Sean Denard, So, Mount Union College, 166-10 (50.85m); 8 Mitch Supan, Fr, Baldwin-Wallace, 163-5 (49.82m);

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Drake Stadium, Drake University, Des Moines, IA, June 24-27, 2010

PATTERSON STEALS THE SHOW

BY TOM CRAWFORD

The 2010 USA Track & Field Championships ventured out from Eugene, Oregon, the place that calls itself Track Town to Drake University in Des Moines, Iowa, the self-proclaimed Track Central. The success of the meet on several different levels is open for debate. For example, attendance for Sunday's final day 7,437. The stadium seats 14,557. Hayward Field had an official attendance of 10,643 a year ago.

Of course simply comparing numbers between the two years is not a pure exercise in fannies and seats. Drake's edition was held in a non-world championships year, and some prime talent stayed home. The best U.S. sprinter, Tyson Gay, skipped the meet, as did Carmelita Jeter, Chris Solinsky, and others competed in their secondary events.

The long-term health of the sport will depend on establishing more Track Towns across the country where America's best talent goes head-to-head and the track and field public comes out to see them. Until that happens, American track and field will remain the virtually exclusive domain on Hayward Field (as special as it is) with periodic loaners in off-years to the rest of the country.

MEN'S DISCUS

The discus was a very exciting and competitive event. There was a 20mph tailwind which greatly reduced the distances. After the three preliminary rounds, Casey Malone was leading with a throw of 62.57m, which he hit on his third throw. He led the event the entire way as he was the second thrower in the order and his opening throw of 62.36m was good enough to win.

The battle for second and third place was a good one as Jason Young edged Jarred Rome by 10 centimeters. Rome took second place with a 60.55m on his fifth throw, but Young got it back in the same round with a 61.15m. Rome then came back a bit short on his final throw with a 61.03m.

It took 12 years for two-time Olympian



Malone

Casey Malone to win his first U.S. title in the men's discus, and now he has won two consecutive championships. After the meet Malone expressed that he expected a headwind but was happy to leave with the victory. It was his first time throwing at Drake and he really enjoyed the venue with the fans so close to the competition, the enthusiastic crowd really made the event fun.

Results

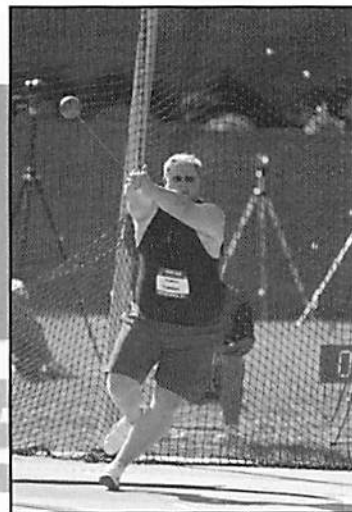
1 Casey Malone, unattached, 62.57m, 205-03; 2 Jason Young, Nike, 61.15m, 200-07; 3 Jarred Rome, Nike, 61.03m, 200-03; 4 Russ Winger, Asics, 58.55m, 192-01; 5 Jason Lewis, Arizona State, 58.52m, 192-00; 6 Ian Waltz, Nike, 58.25m, 191-01; 7 Adam Kuehl, unattached, 57.87m, 189-10; 8 Mason Finley, Kansas, 57.41m, 188-04; 9 Dan Hytinen, unattached, 57.37m, 188-03; 10 Lance Brooks, unattached, 56.87m, 186-07; 11 William Conwell, Club Northwest, 56.57m, 185-07; 12 Aaron Dan, USC, 55.50m, 182-01; 13 James Dennis, unattached, 55.26m, 181-03; 14 Jonathan Bowman, unattached, 54.45m, 178-08; 15 Andrew Ulrick, unattached, 53.76m, 176-04; 16 Jared Schuurmans, unattached, 53.47m, 175-05; 17 Nick Jones, unattached, 52.99m, 173-10; 18 Chase Madison, unattached, 52.24m, 171-05;

MEN'S HAMMER

In the men's hammer Jake Freeman, led the event the entire way. After the first round, he led Kibwe Johnson 73.33m to 72.52m. Freeman then threw his winning throw of 76.51m in the second round immediately after Johnson's second place throw of 75.94m.

Johnson made a valiant effort in the finals with a throw of 76.31m but finished the day with a strong second place. Andrew Loftin's second round throw of 75.51m held up for third place while pre-meet favorite A.J. Kruger had a rough outing finishing 4th on his fifth throw of 73.90m. Kruger had a better effort on his final throw but was called for a stepping out of the ring on his final throw.

Freeman said about his winning throw, which



Freeman

was just a foot off his PR: "You know what, I just hit the first turn and second turn exactly right and held on three and let it go - and it flew."

Regarding Johnson's big throw right before his winning throw, Freeman said, "He threw a lifetime best today and that got me going right before I walked in the circle and said 'Here I come.'"

"It's good. I've been right behind him [Krueger] the last five years, so it feels damn good," continued Freeman. "You know, he's still ahead of me to go to the World Cup and the Continental Cup. So, I've got a couple meets to go a little further and we'll see who does it. But it's definitely given me some confidence."

Results

1 Jake Freeman, NYAC, 76.51m, 251-00; 2 Kibwe Johnson, NYAC, 76.31m, 250-04; 3 Andrew Loftin, unattached, 75.42m, 247-05; 4 A.G. Kruger, Nike, 73.90m, 242-05; 5 Garland Porter, unattached, 71.79m, 235-06; 6 Cory Martin, Nike, 71.63m, 235-00; 7 Walter Henning, LSU, 71.56m, 234-09; 8 Chris Cralle, unattached, 71.09m, 233-03; 9 Eric Flores, California Lutheran, 70.44m, 231-01; 10 Chris Rohr, unattached, 70.04m, 229-09; 11 Michael Mai, US Army, 69.46m, 227-11; 12 Nick Welihozkiy, unattached, 67.74m, 222-03; 13 Lucais

MacKay, Shore AC, 67.58m, 221-09; 14 David Paul, unattached, 67.43m, 221-03; 15 Andy Fryman, unattached, 67.35m, 220-11; 17 Kevin Becker, Shore AC, 63.61m, 208-08; 18 John Freeman, Georgia, 63.16m, 207-03; — Chris Bryce, unattached, FOUL



Patterson

WOMEN'S JAVELIN

24-year-old Purdue graduate Kara Patterson stole the show, dominating the competition and breaking the American Record with a 66.67m launch. Her throw broke the American record by more than eight feet and put her fourth on the world list. It was her second consecutive U.S. women's javelin throw title and her record-breaking effort came on her final attempt. The record was previously owned by Kim Kreiner (64.19m/210-7, set by in 2007).

Earlier in the competition, Patterson twice hurled the spear to the third-farthest distance in U.S. history, beginning with her third-round throw of 62.61m/205-5, followed by her toss in the fifth-round of 62.80m/206-0.

Patterson's impressive performance made her the 13th best performer all-time.

Two-time NCAA Outdoor champion and 2009 World Outdoor Championships finalist Rachel Yurkovich was the distant runner-up to Patterson with a best of 56.31m/184-9. 2009 USA Champs fourth-place finisher Alicia deShasier took third with a toss of 55.53m/182-2.

"I'm really happy. It's my best series ever," said Patterson afterward. "Four throws over 200 feet is pretty exciting and this whole season has been a lot about consistency because I'm really focused on always being able to throw that A standard and know that I can make a final at World Championships and Olympics. So I'm very happy with how I did today."

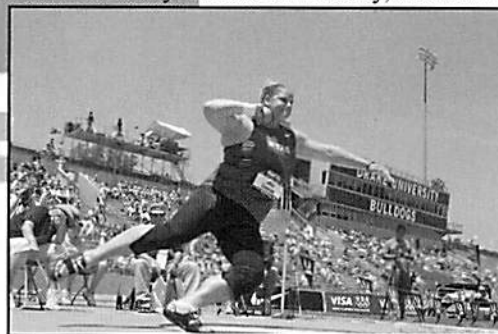
"As javelin throwers you always have to be conscious that a head wind means you have to keep the tip down a little and throw straight into it," continued Patterson. "For the women's javelin, that can really help you. I mean Hayward always has a little head wind and last year for USA's, it was kind of the same thing. It was a screaming head wind and if you hit it just right, then it kind of takes it and lifts it up. I was told the wind died down a little bit as I started my approach on my sixth throw, so maybe that helped me out. I'm not really sure."

Results

1 Kara Patterson, Asics, 66.67m, 218-09; 2 Rachel Yurkovich, Nike, 56.31m, 184-09; 3 Alicia DeShasier, unattached, 55.53m, 182-02; 4 Kimberley Hamilton, unattached, 54.68m, 179-05; 5 Kayla Wilkinson-Colgrove, unattached, 54.45m, 178-08; 6 Amy Bachel, Oklahoma, 53.08m, 174-02; 7 Brittany Borman, Oklahoma, 51.85m, 170-01; 8 Karlee McQuillen, Penn State, 49.87m, 163-07; 9 Randi Hicks, unattached, 48.02m, 157-06; 10 Meghan Briggs, Virginia, 47.37m, 155-05; 11 Leslie Bourgeois, unattached, 46.63m, 153-00; 12 Stephanie Zollman, Central Park TC, 46.12m, 151-04; 13 Emily Tyrrell, Montana St-Bozeman, 45.76m, 150-01; 14 Ali Pistora, Kansas State, 45.52m, 149-04; 15 Allison Updike, unattached, 41.38m, 135-09; — Emily Pearson, unattached, DNS

WOMEN'S SHOT PUT

Jillian Camarena was clearly the best on this day, with two throws over 19 meters. She led the event the entire way, with her next closest competitor



Camarena

being Michelle Carter who did not have a throw over 18.46m. Camarena's winning throw came in the fourth round, as Sarah Brooks took third with her throw of 18.23m.

Camarena said after the competition that she really enjoyed throwing in Drake stadium and the fan support was fantastic. She also mentioned that she liked the 90-degree temperatures, which made it easier for her to warm up and stay warm throughout the competition.

"Training's been going really well," said Camarena afterward. "I've been really consistent this outdoor season and just having bigger marks, so I'm excited about that and throwing two over 19 [meters] today. And I just think really good things are to come in the next few weeks."

Results

1 Jillian Camarena, NYAC, 19.13m, 62-09.25; 2 Michelle Carter, Nike, 18.46m, 60-06.75; 3 Sarah Stevens, unattached, 18.23m, 59-09.75; 4 Tia Brooks, Oklahoma, 17.37m, 57-00.00; 5 Adriane Blewitt, Second Sole, 17.00m, 55-09.25; 6 Chandra Brewer, unattached, 16.85m, 55-03.50; 7 Aja Evans, Illinois at, 16.70m, 54-09.50; 8 Abby Ruston, unattached, 16.59m, 54-05.25; 9 Kristy Woods, New York at Buffalo, 16.58m, 54-04.75; 10 Faith Sherrill, Indiana, 16.56m, 54-04.00; 11 Karen Shump, Oklahoma, 16.56m, 54-04.00; 12 Rachel Jansen, unattached, 16.45m, 53-11.75; 13 Ana Jelmini, Arizona State, 16.09m, 52-09.50; 14 Trecey Rew, Northwestern St, 15.92m, 52-02.75; 15 Ashley Muffet, Kentucky, 15.82m, 51-11.00; — Kristin Heaston, Nike, DNS; — Liz Wanless, NYAC, DNS

WOMEN'S HAMMER

In the women's hammer Amber Campbell came in as a three-time USA Outdoors runner-up ('05, '08, '09) and four-time USA Indoor champion ('07-'10). Campbell won with a throw of 71.52m followed closely by Jessica Cosby at 71.24m. Britney Henry finished third with 69.57m with the rest of the field far behind.



Campbell

"It felt amazing," said Campbell. "It was my first outdoor championship win so I was really excited about it. It was a great crowd today, great weather - can't beat it. So I'm really happy about it."

"You know, that was kind of the plan to go ahead and jump out early and try and build from there," continued Campbell. "So I was really consistent, but I

think I was actually thinking about it too much today. So after a while, it actually became mechanical, which is why I didn't see the throws that I was expecting. But I can't be disappointed with it. So I'm happy."

Campbell created "simple" technical improvements like "keeping your arms long, keeping your body straight. But what I was feeling and what I was doing never connected in my head. So even when I would see it on video, I would be like 'No, I thought I was so straight up,' and I was halfway bent over. So it was a lot of little things that make a really big difference."

Results

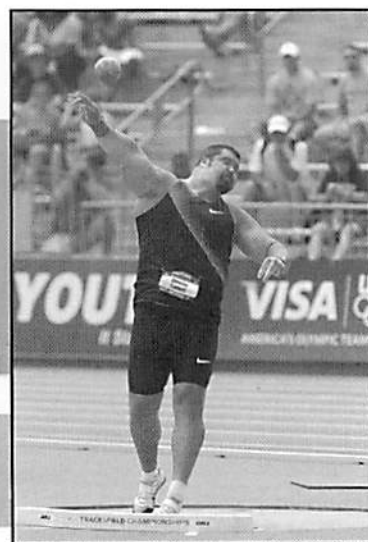
1 Amber Campbell, Mjolnir Thro, 71.52m, 234-08; 2 Jessica Cosby, Nike, 71.24m, 233-09; 3 Britney Henry, unattached, 69.57m, 228-03; 4 Stevi Large, unattached, 66.61m, 218-06; 5 Kelly Godsey, unattached, 63.51m, 208-04; 6 Kristin Smith, Kentucky, 63.41m, 208-00; 7 Jeneva McCall, Southern Ill, 63.06m, 206-11; 8 Amanda Bingson, Nevada-Las Vegas, 63.03m, 206-09; 9 Shelby Ashe, Throw 1 Deep, 61.77m, 202-08; 10 Loree Smith, NYAC, 61.62m, 202-02; 11 Caressa Sims, unattached, 61.04m, 200-03; 12 Loren Groves, unattached, 60.58m, 198-09; 13 Kristal Yush, NYAC, 59.98m, 196-09; 14 Amy Haapanen, unattached, 59.91m, 196-07; 15 Erin Gilreath, NYAC, 52.96m, 173-09; — Elisha Hunt, unattached, FOUL

MEN'S SHOT PUT

On Sunday the highlight of the throws was definitely, the shot put. Champion Christian Cantwell showed little mercy on a very talented field in winning the Visa Men's Shot Put with a best throw of 21.65m/71-0.5. Cantwell, who also owns U.S. Outdoor titles from 2005 and 2009, posted five of the six top throws in the event and three of those tosses were better than the second-place throw of 21.33m/69-11.75 by 2007 World Outdoor champion Reese Hoffa. Hoffa was trailing Adam Nelson until his final throw when he moved into second place.

Nelson was not able to respond with his final throw.

"Maybe I was too comfortable," said Cantwell of his wire-to-wire victory. "I don't know; it was pretty ugly. I guess anything to win a national championship in the shot put in the US, you should be happy, but I promised to come back and do something good here,



Cantwell

but it feel like a let down a little bit. It was fun, I guess. I mean, it was good, it's always fun to come back here, see all the familiar faces all the time, but I was ready to do something better."

Regarding the coming summer schedule, the victor said, "We have the rest of the Diamond League. Four more to go, then hopefully my mark will be good enough to make the World Cup. Just compete as much as I can, try to win the rest of the season, try to keep doing as well as I have been and go from there."

Results

1 Christian Cantwell, Nike, 21.65m, 71-00.50; 2 Reese Hoffa, NYAC, 21.33m, 69-11.75; 3 Adam Nelson, Nike, 20.84m, 68-04.50; 4 Cory Martin, Nike, 20.62m, 67-08.00; 5 Ryan Whiting, Arizona State, 20.61m, 67-07.50; 6 Russ Winger, Asics, 20.27m, 66-06.00; 7 Noah Bryant, unattached, 20.21m, 66-03.75; 8 Mason Finley, Kansas, 19.74m, 64-09.25; 9 Justin Clickett, Steel City TC, 19.23m, 63-01.25; 10 Kevin Bookout, unattached, 19.21m, 63-00.25; 11 Tyler Blatchley, unattached, 18.38m, 60-03.75; 12 Nate Hunter, Northeastern, 18.27m, 59-11.25; 13 Lucas Pinkelman, unattached, 17.61m, 57-09.50; 14 Dane Tobey, Nebraska-Kearney, 17.37m, 57-00.00; 15 Kurtis Roberts, unattached, 17.27m, 56-08.00; 16 Blake Eaton, Penn State, 15.83m, 51-11.25; — Joseph Kovacs, Penn State, FOUL; — Dan Taylor, Nike, , FOUL;

WOMEN'S DISCUS

Two-time Olympic Trials fourth-place finisher Becky Breisch captured her second U.S. women's discus title and first since 2005 with her fourth-round toss of 63.34m/207-9.

Gia Lewis-Smallwood, who finished sixth at last year's championships, was the runner-up with a best throw of 62.18m/204-0, with reigning Olympic gold medalist Stephanie Brown Trafton finishing third with a throw of 59.98m/196-9.

After the meet, she commented, "I wasn't consistent. I had a hard start getting out. Jarred Rome was helping me. He was coaching me. Unfortunately, my coach was in the stadium with the pole vault and shot put. He [Rome] definitely got me going and through it. My third and fourth throws were my good ones - including the 63-meter throw. So that was great."

Results

1 Becky Breisch, Nike, 63.34m, 207-10; 2 Gia Lewis-Smallwood, unattached, 62.18m, 204-00; 3 Stephanie Brown Trafton, Nike, 59.98m, 196-09; 4 Aretha Thurmond, Nike, 59.57m, 195-05; 5 Ana Jelmini, Arizona State, 58.47m, 191-10; 6 Jeneva McCall, Southern Ill, 58.44m, 191-09; 7 Summer Pierson, unattached, 58.06m, 190-06; 8 Emily Pendleton, Michigan, 52.82m, 173-03; 9 Kimberley Gleeson, unattached, 50.37m, 165-03; 10 Brittany Borman, Oklahoma, 50.20m, 164-08; 11 Ashley Muffet, Kentucky, 49.50m, 162-

05; 12 Trecey Rew, Northwestern St, 49.37m, 162-00; 13 Erin Pendleton, Michigan, 49.24m, 161-06; 14 Alex Collatz, unattached, 46.90m, 153-10; 15 Jere Summers, unattached, 46.33m, 152-00; — Tiphonie Baker, Troy State, FOUL;

MEN'S JAVELIN

2009 USA Outdoor Championships third-place finisher and World Outdoor Championships finalist Sean Furey won his first national javelin throw title with his clutch final throw of 79.86m/262-0.

Furey started and finished strong, uncorking the second best throw of the day (261-10) on his first throw and the best (262-0) on his last. That was just off his personal best of 263-11 he set in 2008.

2008 Olympian Mike Hazle finished as the runner-up for the fourth year in a row with his best toss of 78.91m/258-10 and NCAA champ Craig Kinsley of Brown University placed third after his final round throw of 78.10m/256-3. 2009 national champion and NCAA winner Chris Hill finished fourth with his best of 76.44m/250-9.

"There were a lot of people with big PRs," said the victor afterward. "It was an interesting competition. My best throw was my last throw. My first throw was only six centimeters in difference. I came out and put a mark out there. I was technically trying to force it out there for a bit, I couldn't quite seal the deal. Everyone was in a tight bunch the whole time. It was very good competition."

Results

1 Sean Furey, unattached, 79.86m, 262-00; 2 Mike Hazle, Nike, 78.91m, 258-11; 3 Craig Kinsley, Brown, 78.10m, 256-03; 4 Chris Hill, unattached, 76.44m, 250-09; 5 Alex Wolff, Oregon, 73.93m, 242-07; 6 John Hetzendorf, unattached, 72.27m, 237-01; 7 Brian Moore, Georgia, 71.29m, 233-11; 8 Trent Mazanec, Wichita State, 71.20m, 233-07; 9 Cyrus Hostetter, Oregon, 70.23m, 230-05; 10 Corey White, unattached, 70.09m, 229-11; 11 Barry Krammes, Shore AC, 69.00m, 226-04; 12 Matthew Byers, unattached, 67.51m, 221-06; 13 Tom Engwall, unattached, 67.42m, 221-02; 14 Nick Lyons, Baylor, 66.46m, 218-00; 15 Bobby Smith, Monmouth TC, 66.39m, 217-10; 16 Cooper Thompson, USC, 65.20m, 213-11; 17 Aris Borjas, unattached, 62.64m, 205-06; — Chris Helwick, unattached, DNS;

L&S

adidas Grand Prix - New York City, Icahn Stadium, June 12, 2010

COMING TO AMERICA

BY DAN MCQUAID

Since 1886, the Statue of Liberty has beckoned the world to "Give me your tired, your poor, your huddled masses yearning to breathe free," and the world has complied. Unfortunately for those of us who love the throws, the world has been much stingier about sending its best tossers to compete on our shores. This summer though, the IAAF has taken pity on us huddled masses of throws fans yearning to see Olympic medalists, and through the creation of the Diamond League has found a way to entice the world's best throwers to compete on U.S. soil.

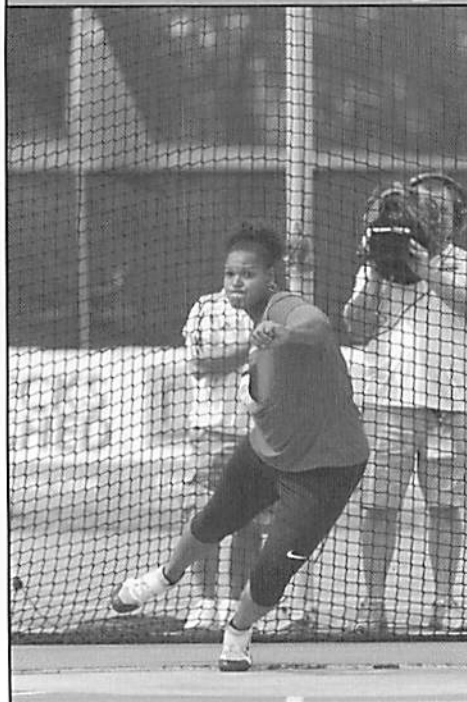
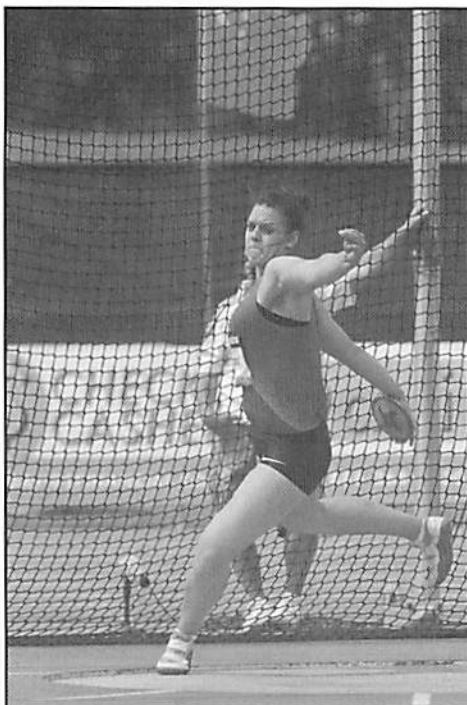
Brand spanking new this summer, the Diamond league represents an expansion of the old Golden League format. Fourteen Diamond League competitions are scheduled for this year, in venues as far afield as Eugene and Shanghai. Each meeting offers \$450,000 in prize money and the chance for competitors in thirty-two different events (fifteen of which are featured in a given meeting) to accumulate points toward winning a "diamond trophy" and \$40,000.

The Adidas NYC Grand Prix Meet, held June 12th on Randall's Island a few miles up the East River from Lady Liberty, was the first U.S. meet to receive Diamond League status. The meet organizers chose to host the women's discus and shot-put, along with the men's javelin, and based on the number of Olympic and World Championship medalists who showed up to compete, diamonds should now be considered a throwing fan's best friend.

Women's Discus

The first throwing event contested on this partly sunny and fully humid afternoon was the women's discus. The field consisted of six top Americans, most prominently defending Olympic champion Stephanie Brown-Trafton, who set the meet record last year with a toss

of 63.97m. Two prominent foreign throwers came to join the diamond hunt: Helsinki bronze-medalist Vera Pospisilova-Checklova, representing the Czech Republic, and nineteen-year-old Croatian sensation Sandra Perkovic, the 2009 European Junior champion who blasted a 66.85m PR early this spring.



Perkovic (top) and Thurmond

A young thrower of great promise, Perkovic helped enliven a competition that otherwise appeared to suffer from the heavy air and lack of a helping wind. Her aggressive style brings to mind some past Eastern European discus greats such as Vladimir Dubrovshchik and Vasily Kaptyukh who eschewed the standard slow-to-fast rhythm in favor of a "start fast then really haul ass" approach. The focus of Perkovic's technique seems to be generating a lot of speed out of the back with an aggressive swing kick, catching the disc waaaaay high in the power position and then knocking the crap out of it with a fixed-feet finish and a ferocious yell. After whanging one of her warm-up throws loudly off the right side of the cage, she adjusted her stance at the back of the ring, placing her right foot a bit to the left of the center line and let rip a first-round 61.96m which gave her the early lead over Aretha Thurmond's 60.99m and Checklova's 60.71m. Brown-Trafton, who looked very uncomfortable during warm-ups, opened with 55.67m.

An uneventful second round saw only Checklova reach the 60-meter line (60.12m), and an even less eventful third round (no 60-meter efforts) was spiced up only by a 59.70m toss from former University of Illinois thrower Gia Lewis (who earlier this season posted a 62.75M PR) and a long, loud Perkovic foul in the 66-meter range.

The throwers were re-ordered after round three with the top six advancing. That left the young Anna Jelmini (in spite of a very respectable third round 58.67m) and the veteran Brown-Trafton (who did not improve on her first round effort) out of the mix. I had a nice chat with Stephanie after the competition, and was struck by her humility and thoughtfulness. She was in a difficult place mentally, and it may be that she has not yet adjusted to the increased expectations created by her Olympic victory. She said that she was throwing great last season but then felt like “a light bulb switched off at the World Championships.” She finished 12th in Berlin, and took the setback hard. “I felt like I let my family down,” she told me. “Like I let my country down.” This season, she was admitted to the Project 30 program set up by USATF to funnel financial support to potential 2012 medalists, but the burden of trying to justify that support has weighed heavily on her. “It’s almost like I need to forget about being Olympic Champion,” she commented. “I know the only reason I’m getting into the Diamond League meets is because of my title, not my marks...but I want to get back to that place where I wasn’t thinking about that or about the money. I have to find a way to succeed in this new chapter. I have to find a way to get back to my comfort zone, or to find a new comfort zone.”

That sense of uneasiness has intruded on her efforts to find a technical groove. When asked which aspect of her technique she was focusing on improving, she replied, “There are so many things! That’s why I’m a mess right now.” After reflecting for a moment she said that what she most needed to do was to hit a wider power position with more upper body wrap, and that she’d been taking a lot of non-reverse throws as a way of finding that position. Unfortunately, she doesn’t feel as if she accelerates the discus well from a non-reverse finish, so it is not likely to provide the long-term answer. “If I can find a way to hit that power position, block, and use my reverse to accelerate the discus, it’s going to go far.”

It will be an interesting summer for Brown-Trafton as she attempts to recapture her Beijing form. In spite of her struggles, though, she remained optimistic. “All these challenges...it’s like yoga. It’s flexing me in ways I never wanted to go, but in the end it’s going to be really good for me.”

The final three rounds of the discus competition brought no fireworks, although Thurmond solidified her hold on second place with a 61.19m effort and Perkovic reached 61.59m in round six. Her 61.96m held up for the win and put her first among women discus throwers in the race for the diamond trophy.

RESULTS

1 PERKOVIC, Sandra, CRO, 61.96; 2 THURMOND, Aretha D., USA, 61.19; 3 POSPIŠILOVÁ-CECHLOVÁ, Vera, CZE, 60.71; 4 LEWIS, Gia, USA, 59.70; 5 BREISCH, Becky, USA,

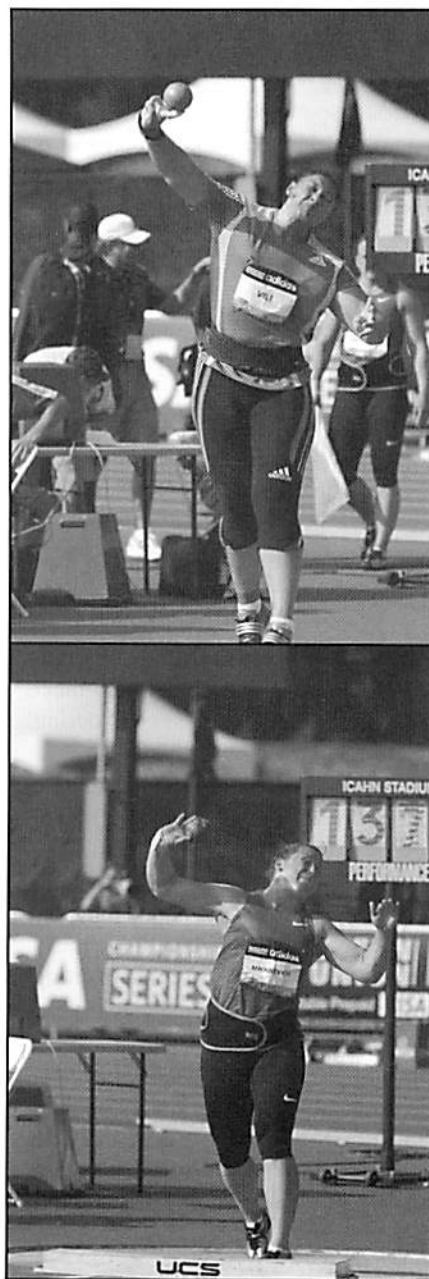
59.55; 6 PIERSON, Summer, USA, 58.75; 7 JELMINI, Anna, USA, 58.67; 8 BROWN-TRAFTON, Stephanie USA 55.67;

Women’s Shot

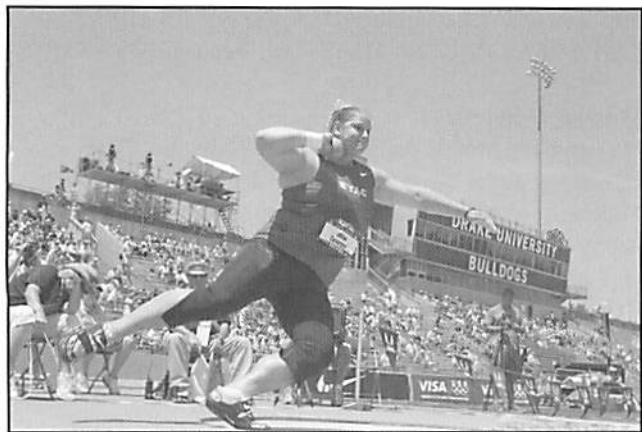
Do you have trouble making choices? Me, too. Team Edward or Team Jacob? I *still* can’t decide! Same with the glide and rotational shot. I love them both, so I was one happy dude watching this competition. Heading the glide contingent were Natalya Khoroneko-Mikhnevich, the Beijing silver-medalist from Belarus, and New Zealander Valerie Vili, the current Olympic Champion. Also on the start list was 2009 European Indoor champion, Petra Lammert of Germany who is probably best known for using a glide variation in which she reaches with her right leg out of the back then steps into a wide, short-long style power position. It would have been fun to see that, too, but

during warm-ups it became evident that she had switched back to a standard short-long glide. I asked her about the switch after the competition, and she told me that she had suffered a serious elbow injury falling over the toe board in practice. As she rather charmingly put it, “the radius kaput was outside.” She is still recovering from the resulting surgery, and said that a standard glide puts less stress on her elbow.

Rounding out the field were four Americans: the fine rotational throwers Sarah Stevens and Jill Camarena, and gliders Kristen Heaston and Michelle Carter



Vili (top) and Mikhnevich



Camarena

whose meet record of 18.43m was about to go kaput as well with Mikhnevich, Lammert, and Vili all carrying PRs of over 20 meters. The final thrower in the mix was Cleopatra Borel-Brown from Trinidad.

It was Camarena who first dispatched the record with a round one 18.99m, her spin technique looking very sharp. Her reign as record-holder lasted approximately two minutes though, as Mikhnevich managed a 19.51m opener. Mikhnevich held the lead and the record until the end of round two when Vili took custody of both by hitting 19.93m.

The Belarussian took a run at Vili with a third round season best toss of 19.80m, but that is as close as anyone would get. Vili, if not exactly in top form, showed great consistency with her final three throws of 19.81m, 19.88m, and 19.82m. Camarena's 18.99m held up for third.

After my previous conversation with Brown-Trafton, I was interested to get a sense of how Vili was holding up under the pressure of the high expectations created by her recent run of dominance. She is not only the defending Olympic and World champion, but recently put together a 28-meet undefeated streak, a remarkable achievement considering the high level of competition offered by the likes of Mikhnevich and her Belarussian counterpart Nadezhda Ostapchuk. During the pre-meet press conference, and also when interviewed after the competition, Vili exuded confidence and went out of her way to say that she welcomed competition. "I'm always quite happy and proud to be in a situation where I get challenged and give the crowd a good competition to watch. It is not that exciting when you go out and win automatically; whereas, if you've got someone chasing you like today with Natalya, it's good." She acknowledged feeling some pressure as the defending Olympic champion but added, "The Olympic Games were two years ago. This year we look upon 2010 and there's new people coming through. And you've just got to face the competition that's here now. Get on and do what you have to do."

There are, however, indications that, like Brown-Trafton, Vili has found life at the top to be a bit complicated. Shortly after Ostapchuk ended Vili's streak by defeating her at the Indoor World Championships in March, Vili fired her coach of eleven years and began training with former French national coach Didier Poppe. An article I read mentioned that Vili was making some technical changes under her new coach, and I asked her if a desire to modify her technique was the motivation behind the coaching switch. "I really don't want to talk about that," she replied. "I've already moved past that." Clearly this was an emotional issue, and I did not want to pry, but I was left wondering if the pressure of staying on top really was getting to her. If not, why would her first loss in two-and-a-half years lead her to fire her coach? She said that she was excited about refining her technique under the guidance of Poppe, and that she felt as if she had a lot of room for improvement, but did not go into specifics, saying only that "Change is always good, you know?"

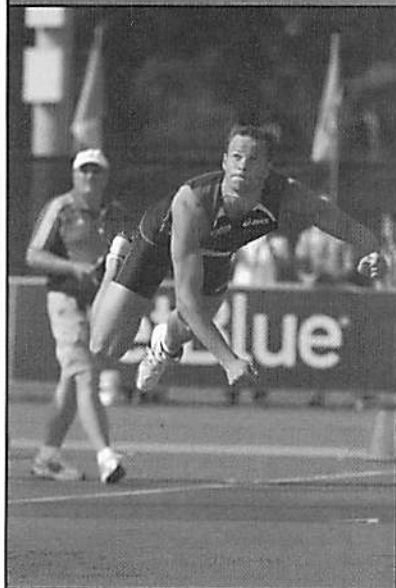
In any case, it was really fun to see her throw. She is extremely athletic for her size and does a fantastic job with the short-long glide, staying down and wrapped during her glide and then driving right-to-left through a very wide base. She sometimes appeared to hesitate slightly upon landing in her power position, but that may be the result of her focusing on some technical matter that she's working on with her new coach. She's only twenty-five years old, and if any current thrower has a prayer of getting near Natalia Lisovskaya's 22.63m world record, it would seem to be Vili. She laughed when I told her I thought she could make a run at the record some day and reminded me that "no one has thrown twenty-two meters in a long time." She's a formidable athlete though, and after watching her pound out throw after throw of nearly 20 meters, I think she'll be the next to cross that 22-meter barrier.

RESULTS

1 VILI, Valerie NZL 19.93; 2 KHORONEKO-MIKHNEVICH, Natalya BLR 19.80; 3 CAMARENA, Jillian USA 18.99; 4 LAMMERT, Petra GER 18.36; 5 BOREL-BROWN, Cleopatra TRI 17.88; 6 CARTER, Michelle USA 17.83; 7 STEVENS, Sarah USA 17.81; 8 HEASTON, Kristin USA 15.75;

Men's Javelin

One glance at the start list for the men's javelin made it pretty clear that another meet record was in grave danger. All five foreign entrants came in with PRs anywhere from eight to twelve meters beyond the 79.16m thrown by Brian Chaput in 2005, including three (Andreas Thorkildson, Tero Pitkamaki, and Vadims Vasilevskis) who have thrown over 90 meters. Petr Frydrych, a twenty-two-year-old from the Czech Republic was the first to break it, with a round one toss of 84.45m. Andreas Thorkildson, the 2004 and 2008 Olympic champion, took it from Frydrych with a throw of 87.02 in round two. Frydrych responded with an 85.04m toss in round three, and that duo remained in first and



Thorkildsen (top) and Pitkamaki.

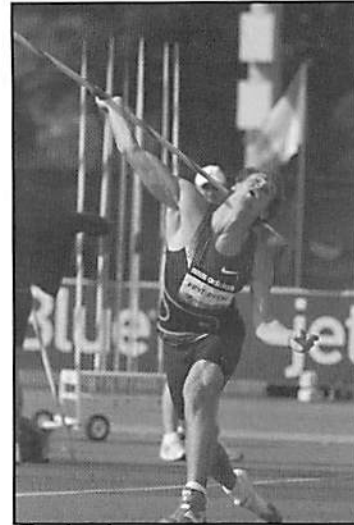
second the entire way. Pitkamaki of Finland, Thorkildsen's friend and rival, finished third at 82.57m.

In talking to Thorkildsen after the competition, it became clear that when God was handing out brains, looks, and talent twenty-eight years ago, Andreas somehow managed to get to the front of each of those lines. Like most guys, I would normally kind of hate him for that, but he was so polite and laid-back that I could not help but like him.

When asked about his rivalry with Pitkamaki (they have dueled 54 times during their careers with Thorkildsen holding a 28-26 edge) he replied,

"We get along well. When Tero won his world title (in Helsinki) I was happy for him. When I win I hope he's happy for me." He attributes his ability to avoid shoulder

and elbow problems to gymnastics exercises that he includes in his training regimen and to keeping his practice throws to a minimum. "I believe in being fresh for every time I go out. I know that a lot of people throw a lot more than me, but so much of the technique is split-second technique ... if I start throwing bad after fifteen or twenty throws and I don't feel like it's getting better, I shut it down."



Frydrych

His favorite lift is the bench press (195k PR) although he's pretty good at power cleans as well (155k PR from the hang), and his attitude towards handling pressure is something that I'll bet every coach wishes they could bottle and distribute to their athletes. "People at home expect me to win and I do what I can to win," he explained. "But, you've got to know that you've got good days on the track and you've got bad days on the track. I don't think anyone is going to hate me if I don't throw well for one day. At the end of the day, it's still entertainment."

RESULTS

1 THORKILDSEN, Andreas NOR 87.02; 2 FRYDRYCH, Petr CZE 85.04; 3 PITKÄMÄKI, Tero FIN 82.57; 4 RUUSKANEN, Antti FIN 81.34; 5 VASILEVSKIS, Vadims LAT 77.48; 6 HILL, Chris USA 73.48; 7 WHITE, Corey USA 66.01; 8 SMITH, Bobby USA 65.02;

I can't think of a better word to describe the experience of watching these remarkable throwers on a warm summer's day on Randall's Island. Here's to the IAAF, and to diamonds, my new BFFs! *L&S*

The author, Dan McQuaid, got some face time at the meet with, from left to right, Stephanie Brown-Trafton, Petra Lammert and Valerie Vili.



Kara Patterson

MAKING A NAME FOR HERSELF

BY GLENN THOMPSON

Kara Patterson's American Record effort in the javelin at USATFs was ground-breaking in a literal sense since her spear flew to a distance of 218-9, more than 8' feet farther than the old mark established by Kim Kreiner in 2007. That was quite a reward in and of itself.

It was a rich reward in the form of a sweet \$25K bonus from her shoe company, Asics.

But Patterson's strike also represents new respect for American women's javelin throwing on the international circuit.

While it was almost 20 feet far off the 2-year-old world record of 72.28 meters (237 feet, 1 inch) by Barbora Spotakova of the Czech Republic, it was only a little over two meters short of the best mark in the world so far this year, 68.89 meters by Maria Abakumova of Russia.

And it put Patterson into the events inner circle as a competitor in the newly-established Diamond League series. Lest you expect that the 'new' kid on the block would just be happy to be invited to the party, she's finished second (63.11m at Gateshead, England) and first (65.90m) at her first two stops on the tour, with both placings ahead of Spotakova.

Patterson took some time out of her busy schedule at her summer training base in Cologne, Germany to talk to Long & Strong.

Long & Strong: Did your training prior to USATF's lead you to believe something big was in the offing? If yes, how so?

Kara Patterson: My training prior to USAs was simply a continuation of what Ty [Sevin, USATF coach at the Chula Vista, California Olympic Training Center who oversees athletes in discus, shot put, javelin, pole vault, and other events] and I had been

working on all year! I actually was forced to take some time off in the weeks leading up to USAs because of a few unexpected minor injuries. As a result of those aches, my intensity in throwing practices was way down from where it had been, which allowed me to feel my positions well and really focus on how to think about them. I guess I did believe that something big was going to happen, but I've been feeling that way since we started changing technical things in practice, so I really didn't know how to put a timeline on it. I felt great on the day of competition at USAs, and I think that was my first real warning that something special could happen; I knew how to hit good positions and I felt physically ready to do that well.

L & S: How has your life changed since you graduated and 'officially' left the Purdue team?

KP: Leaving Purdue was difficult for me; I was excited about the future, but I had developed an amazing support system there over 5 years; it means so much to me that I still hear from members of the Purdue Athletic Department, along with my teammates and friends. I got to go back to West Lafayette for Track and Field's alumni weekend in

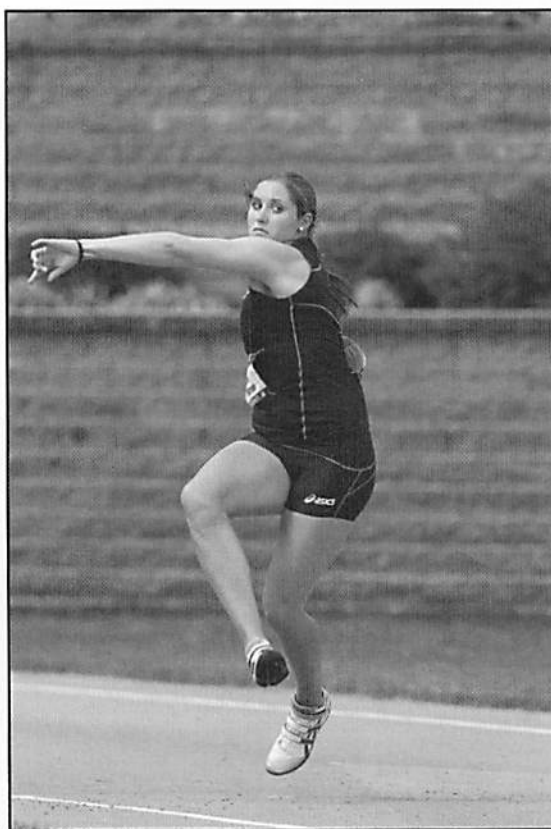
April of this year, and I was so happy to reminisce with everyone! I miss Coach Zuyderwyk, but we keep in touch, and it's really great that I can still talk to him about life and training.

The biggest thing I didn't expect about moving to Chula Vista to live at the Olympic Training Center is that I would still have a team. The athletes that train at the center are awesome people and hard workers, and it's so amazing to go to USAs and see everyone that I train with on a daily basis excelling.

In many ways, my life is much easier than it was when I lived at Purdue! I live on-site at the training center, which means that there's not a lot that I have to worry about day to day except training. The training center is an absolutely amazing opportunity to focus completely on getting better at javelin. I

was slightly worried that so much training and focus would

Victor Sailer



Patterson made history in Des Moines.

overwhelm me, but having Russ on-site also is so much fun; we go to dinner at our favorite seafood restaurants or to SeaWorld or to the tide pools in LaJolla Cove on the weekends instead of remaining on the training center's campus all the time.

In terms of training, there are a lot more hours in the day now than there were at Purdue, and it's awesome to use that time to focus not only on the new workout regimen I have, but also on the little details of staying strong and healthy throughout training and competition seasons. Whether that means doing more specific strength exercises or simply getting treatment and massage, I am able to use the resources available to take care of my body, and I never knew what a difference that could make. I'm also not hunched over books and studying any more, and that helps my back out a lot ☺.

L & S: Tell me about your record-setting trip down the runway at USATFs. Did you know you had struck a big one right away?

KP: I was SO happy with my series that day, and each throw felt a little better than the last. I think I drew extra energy from the crowd, executed the same basic steps that I had in previous attempts, and just did a few small technical things a little better at the front of my best throw! Each attempt at USAs felt like it was

on a little bit of an autopilot, because I had been working so hard on cementing those technical aspects, just at lower intensities in practice. My work with Ty in practice really carried over to competition well. Ty was in the crowd at USAs, and it really helped me to be able to talk to him about what I should do better after each throw. By my sixth one, I kind of felt like I didn't have a choice but to throw really far, since I felt so good that day; like I would have been wasting a big opportunity if I didn't really try to get after one! I'm not very good at predicting how far throws will go once I release them. I knew I had done a good technical job and had good acceleration and patience, and I knew I had PR'ed, but I didn't know quite how far it would be!

L & S: How has your athletic /personal life changed since 'the throw'?

KP: My athletic life has changed a little bit because of the meets that I can compete in now. I came into this season ready and willing to go to absolutely every meet I could possibly get into, because I knew that there weren't a lot to choose from in the first place. I struggled a little bit with circumstances that were beyond my control and didn't compete for about a month prior to USAs, but that seems to have worked out for the best. Since throwing 66m, I have been invited to more Diamond League events, and I'm honored to be competing against the best in the world. Something I've tried to be really careful about since USAs is not getting complacent with my technique. After a big PR, sometimes I can trick myself into thinking, "I've got the technique down now; this should be simple," when really, javelin is always a work in progress and I need to be absolutely sure that I know what I'm doing in practice before I can make competitions successful.

Victor Sailer



Patterson on the circuit at the Gateshead Diamond League event.

I've done my best not to think of my PR/ American Record at USAs as "the throw." I want to continue to have a

successful season at other meets, and if I'm constantly focused on one attempt that already happened, it's hard to keep moving forward. I can learn from it and look at video to remind myself of how I applied technique in a competition setting, but I want to be adaptable, and no two competition situations are exactly the same.

As a track and field athlete, my personal life and athletic life get confused sometimes, because I have outstanding friends from the track and field world. Talk of competitions, training and travel makes its way into almost every conversation we have, even if we're out to sushi, or hanging out at the beach on a weekend off. It's an incredible thing to have friends that understand completely where you're coming from on track and field topics, and I value the relationships that I have with my training partners very much. Since USAs, my personal life remains

the same, with the addition of even MORE awesome support from my friends and family. I didn't think that I could feel more cheered-on than I did before this season, because I have amazing friends, former teammates, family members, and a ridiculously cool boyfriend that have always been there to encourage me. All of those people have made their supportive voices heard even more since I've seen some success recently, and I am SO grateful for them.

L & S: So how's Europe? When did you get there? Where are you based?

KP: Europe is good ☺. I arrived in Gateshead, Great Britain on July 8th, and traveled from that competition to Cologne (Köln), Germany, where I am based. My return ticket from Europe back to San Diego isn't until September 6th! Gateshead was a fun meet, and I felt good about the results, seeing as it was my first competition in Europe for the year, and by FAR my best one overseas to date! Cologne has been a bit hectic, as it takes time to get accustomed to a new way of life. Now that I've been in Europe for about 10 days though, my body and mind are finally adjusting to the new time zone; I've rented an apartment that I really like in a nice area; I've kind of figured out where the grocery stores are; and I've managed to get a few loads of laundry done, despite the German directions. A few friends from the training center are based

here as well (and Russ will arrive soon), so it's really fun to meet up for dinner and training. I've always been a little bit of a homebody, and this is my first summer staying abroad the entire time, so I know that I'll be ready to go back to the states when the time comes. I'm doing my best to soak up all the experiences that I'm getting here, though! Training has gone fairly well, and I'm really looking forward to competing in Monaco on the 22nd.

L & S: How long did it take you to feel like you belonged amongst the world's best? It's been a long time since an American woman has consistently shown well in international caliber competitions.

KP: I don't know that I'm there yet (feeling like I belong). I know myself well enough to say that I really need to prove my capabilities to myself before I'm totally comfortable in any competition situation. I know what I'm capable of, and I have confidence in myself, but I still have a ways to go before I'll truly consider that I belong amongst the world's best. I also know that every year is different in every event, and without looking too far ahead (since this season is still going strong), I'm conscious that I'll need to set firm goals for next year to keep improving and not settle for less than the very best I can do. I feel that it takes more than one season of success to truly belong with the elite. Not accepting that I'm a firm part of the best of the best yet is kind of a personal motivation to get there. *L&S*

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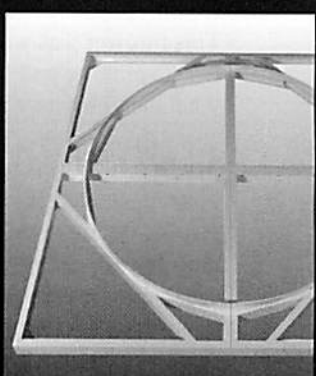
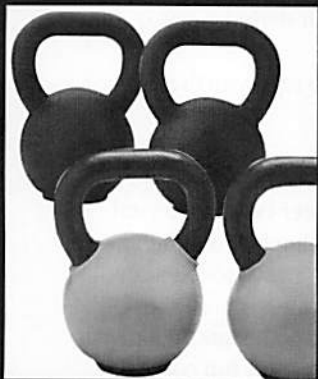
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The Face of Perseverance and Mental Toughness

BRITNEY HENRY

BY LANE C. DOWELL

Britney Henry, who began her fascination with the ball and wire while attending Lewis and Clark High School in Spokane, Washington, is our state's first to medal at the USATF National (open) Championships.

Having coached football and FIELD and track for a number of years, it has been a privilege to encounter a number of rock-hard, very passionate-for-cause, mentally tough athletes, who didn't know the meaning of quit. Among them were three that played professionally. Tony Boddie was a Super Bowl Captain for his Denver Broncos; Kevin Sargent made a career as a left tackle for the Bengals; and Mike O'Brien, a hard-nosed defensive back, who shared time with the Seahawks and the Oakland Invaders of the old USFL until he was forced to hang-up his helmet after his eighth concussion.

Another was a member of an outstanding high school javelin crew, who went on to coach his love of the spear, Lance Wright, who just fielded his 36th Washington State high school champion.

None of these young men have a leg-up on the young lady pictured at the top of the page, whom we have had the pleasure to know since her teen years. I once told her that if all our football players had her desire to excel that we would have been perennial state champions.

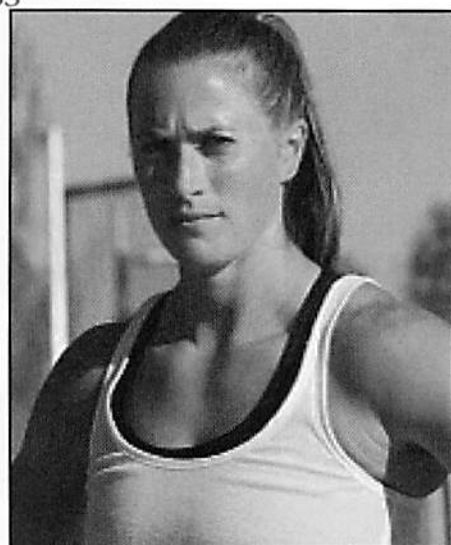
It is my pleasure to tell Britney Henry's story. As our Q&A with her unwinds, the reader will note that we have sprinkled comments from some of Britney's coaches, who have been very instrumental in her development from novice to USATF national medalist to...???

Long and Strong: *How old were you and why did you become a hammer thrower?*

Britney Henry: The first time I saw the hammer being thrown was at a track camp. I was 15 years old. I remember standing on the long jump runway of Spokane Falls Community College and looking over at the hammer ring. This thrower was whirling a ball and chain around her head, spinning and letting it go. I asked one of the coaches what that thrower was doing. I asked him if I could try it.

My first try, I was hooked. The coach from the community college put me in contact with hammer coach Arnie Tyler. **Arnie told me that if I stuck with it, I could earn a scholarship to college one day.** With that realization, I began to see myself having a career in the hammer throw.

L&S: *Tell us about your early coaching and why you stuck with the event when your first coach was called back to military duty?*



Britney Henry

BH: Arnie was a great coach. He learned to throw the hammer from my present coach, American Record Holder and 1996 Olympic Silver Medalist, Lance Deal. He taught me good, solid hammer techniques while I was in high school. He said that if I was ranked in the top 5 in the U.S, I would be invited to go and learn from the best at the Olympic Training Center. I don't know why, but that really stuck with me.

I was lucky enough to have a very supportive high school (Lewis and Clark in Spokane, WA). After track practice, I was allowed to throw the hammer on the football field. Mr. Yearout let me do this, as long as I filled-in all the holes. My senior year, I broke the state high school record in the hammer and put myself into the top 5 in the country, earning that spot in the Junior Elite Camp. That camp is where my dream of being an Olympian started.

Every day I train to be the best and to represent the USA well on the world stage.

Arnie Tyler Jr., Britney's first hammer coach, is a vital member of our U.S. Military now serving his fourth tour in Iraq. In introduction of his son's comments concerning Britney, Arnie Tyler Sr., who coaches high school age hammer throwers in the Yakima area of our state, had this to say, "Arnie had 10 hammer throwers receive full college rides, Brit was the best!"

My apologies for the delay. Been getting another unit out of the door to the sand box (Iraq), and I left with them. We arrived last night to 125 degrees and a lot of brown...

Brit has always been a tremendous spirit. She came to me as a hurdler from Lewis and Clark H.S. in Spokane and wanted to try the hammer. Nothing real far, maybe 50' **day one, but she was hooked,** like many of us have been before

her. Amazing what dedication can do; add a little fearless throwing, a few mistakes that can hurt in the hammer, a little frustration when it doesn't go far enough, and a **LOT of technique. You don't have to be big, just better.** She is proof this is true. Brit stayed the course her senior year through my mobilization in 2001 after the World Trade Center and other attacks. I could not be there but would touch bases periodically. **Her dedication never waned.** Boy did that pay-off.

Her 167"+ competition throw as a high school athlete was a consistent throw in practice where she had a lot of throws farther. **Britney was ALWAYS giving it her ALL.** I figured she would learn the control piece later. Just keep throwing to 180' and be satisfied you gave it your all at the end of the day. Easier said than done some days after three fouls (infrequent), but **she could ALWAYS say she gave it everything she had.**

As a competitor, Brit is top-notch! Her competition was herself, early on. **She wanted to throw better this meet than the last, better this day than yesterday.** She hated to lose and was very determined to get better.

Brit is an outstanding young athlete, and an even better person. I may regret I could not be more direct help her senior year, but I would never regret the opportunity she gave me, to work with a fine young athlete and wonderful person on the way to bigger things than the grass field, snow and rain of the northwest winters and springs.

L&S: *Do you feel that starting to throw the hammer during your prep years helped your development? Why?*

BH: Being exposed to the hammer during my high school days is a major reason why I am, where I am right now. I got hooked on this event at an early age and was lucky enough to get a small taste of success. By breaking the state record and being able to attend the Junior Elite camp, I felt that I had a future in the event.

Participating in sports, in general, at an early age fills your tool belt with all the extra that you need in life. Concentration, patience, prioritizing and commitment are all tools that you will need in life. Learning them at an early age puts you that much more ahead.

L&S: *Discuss a key contribution or two that each of your coaches made in your development to become one of America's elite. How meaningful has it been to have worked with two American record holders?*

BH: Each coach has molded me into the thrower that I am today.

Ramona definitely added weight to my body. Going into my

freshman year of college, I was 140lbs. She added a few pounds, so I had some weight to counter the ball. She made sure I was going down the right road. She made me realize that being an athlete doesn't stop when you leave the track. You have to make the right choices all the time or your chance of being the best will fade into a never-ending abyss. She is always there for me whenever I need advice, or to be picked on.

Kent taught me how to compete. Going from a small school in Louisiana to LSU was a huge jump for me in many ways. Bigger school, bigger team and better competition. I had to learn quickly how to compete, and compete when it counts. At LSU, I was competing against the best girls in the



country. Being part of a national championship team, you don't really want to embarrass yourself in front of your teammates. I will always remember 2004 Regionals at LSU. On my 5th throw, I threw the Olympic "B" standard, putting me into the 2004 Olympic trials. I was more excited than I have ever been in my life! Not only was I going to the Olympic trials, but I felt that I finally proved that I belonged on the LSU Track and Field Team!

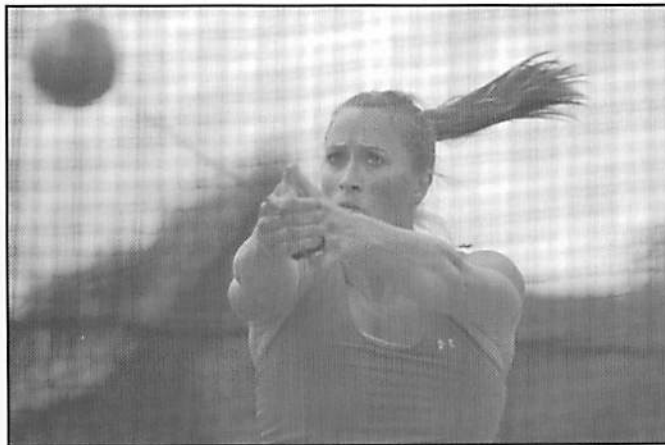
Last but certainly not the least; Coach Lance Deal has played a huge role in my development. Ramona and Kent provided me a great base, but Lance molded me into what, and where, I am as a thrower today. He has broken me down and built me back up. He has helped me get over being an emotional wreck at meets. Well, almost. I still get teary-eyed every now and then. He has also showed me how it is to be an athlete. I look at his career and see what I want my career to be.

Being coached by two American record holders surely doesn't hurt my cause. It is great, because they always have great advice about training, or traveling, or just meets in general. Being able to see the dedication each one of

them has to their event, helps me realize what it might take to be in their position one day. They know how to balance life and athletics, giving each one as much time it needs.

Ramona Pagel is currently the USATF Women's Shot Put/Javelin Development Coordinator and a three-time Olympian in the shot put. She coached Britney out of high school at Southeastern Louisiana University.

I think we were the only conference in the country that did not have hammer, and we were going to start the event! At the Junior Elite Camp, Kent (former UCLA shot putter) and I discovered Britney. She was a very enthusiastic, talented athlete that I thought would fit well with the program I was trying to build. I offered her a full-ride, which she accepted, but the day before she got to SE Louisiana, we found out that we still would not have hammer in our conference. We honored her scholarship, and she finished 3rd at Junior Nationals.



Britney brought more to the program than just her hammer talent; she brought her enthusiasm and her dreams. One day she was crying after practice, I asked her what was wrong, and she said that the other athletes were making fun of her, because she said she was going to make the Olympic Team and she meant it! **It turned out that the team was motivated by her goals.** They started to see that they could be more than they had thought and started to work harder. We were the highest scoring throws team in conference that year and the next! Britney out grew what we could do for her at SELU, and we were still not sure we would have hammer so she transferred to LSU the next season, Kent took over coaching her.

Britney is a great person and a hard worker. I think you will see her in London!

***L&S:** Most hammer aficionados say that the hammer is the most unique and difficult field event to master. Describe your competitive attitude and how it has helped you persevere to become a national medalist?*

BH: The hammer is the **most technically challenging event** I've ever attempted. I believe the hammer is the most technical of all field events because you fight your body's natural responses all the time. Your body wants to do one

thing, but you make it do another. Not only once, but four times. The technique changes as you progress, too. You are always having your body adapt to a new feeling or position. This is why I love the hammer throw.

I am a bit of a perfectionist. I am always trying to get the perfect position. I will think about it 40 different ways until one sticks. Being a perfectionist has helped me in more ways than one; mainly it keeps my mind occupied while I am competing. When I go into a meet, I am not only thinking about throwing the furthest throw, but I am thinking about what positions I have to get into to throw

that distance. Most of the time, I have a note card with me that has 1, 2 or 3 cues written on it. At the beginning of the year I had 3 cues to learn; now I have 1. This keeps me focused on the task at hand and keeps my mind from wondering to what the other hammer throwers are doing.

***L&S:** Have you mastered the event? If so, what have you done since*

Eugene '08 to move you onto the national medal stand?

BH: I will never master this event. What I do to make the hammer go far is not technically perfect. Each person has their own little quirk that makes the implement fly. Some throwers get caught up in someone else's technique and forget what they first did to launch the hammer great distances. What I try to do is get as close as I can to what I want my throw to look and feel like.

Lance Deal, American Men's Hammer Record Holder and a Silver Medalist at the 1996 Atlanta Olympic Games. Coach Deal has been Britney's coach at the University of Oregon.

Britney continues to grow in her development as an elite hammer thrower. It did not start with me nor did it start in the last two years. Along with all the things listed in question #3, she has been able to find a way to stay in the sport. This has allowed her to mature in all ways that are necessary to throw at an elite level. She has benefitted from her time at the Olympic Training Center in Chula Vista and her exposure to other high level athletes, as well as excellent coaches such as Dan Pfaff and Ty Sevin. Being near family is good for Britney and the presence of her grandmother and other family and friends has given her a good foundation on which to stand.

Only she can know what her next goals truly are. I think they are lofty and rightly so. I know it sounds trite, but she can be as good as she wants to be.

Britney has the most important qualities that it takes to throw far. She wants to throw far for the sake of throwing far. In other words, she is not in it for fame or a "shoe contract." Although those things would be nice and certainly some financial support would help her quest, she is in it for the joy and challenge of throwing and being the best.

Britney is the most determined person I know. I have seen hurdles thrown into her path that have stopped other throwers from pursuing their goals, and she blows through them like they didn't even exist.

Finally, she is very talented physically and as she has said, she likes to go fast.

L&S: Describe your feelings/emotions as you were called to the 2010 USATF National Championship medal stand at historic Drake University Stadium.

BH: No medal stand; just walked on the frying pan of a track to the media room to get my medal. I do have to say that third was not what I was looking for that day. But in all respects, if it was a team-making year, I made the team. It was my best finish ever at the national championships. That put a smile on my face.

L&S: How did you feel about your placing in this year's Prefontaine Classic, which included some fine international competition?

BH: I was a little upset after the meet. Like I said before, going into a meet, I am mainly thinking about what I have to do to throw far; whatever is on my note card. This meet, just like Nationals, I was close, but not hitting exactly what I wanted to feel in my positions. I do have to say that placing fifth was my best finish ever at the Prefontaine, and throwing with the top girls in the world is always fun.

L&S: At most international meets, it is rare to see an American on the hammer medal stand. What must American throwers do to reach competitive distances and how long will it take for the USA to gain more of an international presence?

BH: The answer is pretty simple: throw farther. There is no special way to do this, except get really good at what you do best. I believe the USA has to understand that it takes a few years to hone your craft. The girls I compete against internationally have been throwing since they were young, and they have the resources to be full-time athletes. We can get to the medal stand, and we will; we just

need a few more years. There have only been three Olympics with the women's hammer throw, and it is about the USA's turn for a medal.

L&S: In comparison to other venues at which you have competed, what does it mean to throw at home, in legendary Hayward Field on the campus of the University of Oregon?

BH: Each time I come back to Hayward, it becomes a little more special to me. When I think about the hours that I put in that ring, and the people that I have supporting me, not only in school but in the community, it makes me so thankful that I ended up at the University of Oregon. There is so much history, and so much support for the sport of Track and Field. I can't think of a better place to compete than Hayward Field.

L&S: How much better do you think you can be? What must you improve technically? Are you where you want to be when considering conditioning/strength?

BH: I can be a ton better. When I look at film, I sometimes wonder how I even get it out of the cage. This is where my perfectionism really shows. I get this picture in my head, and if I don't look like that, then I am a little pissed.

Technically, I just have to work at making the positions cleaner and crisper. In my eyes, I am only at the tip of the iceberg when it comes to some positions; other positions I am great at, and I have to think about very little. I feel that I am in a great place right now. My body feels great. I have been progressing nicely through the year. I can't ask for too much more.

L&S: What does the future hold for Britney Henry? What are your throwing and non-throwing goals?

BH: I would like to think that I have my future all planned out, but just when I think I have it all figured out, something always pops up. My hammer goal is to throw as far as my body can handle. Of course, all the records are on my mind, and making all the teams is, too. I will not be satisfied until I throw that perfect throw and get it to go as far as it can.

Non-throwing goals are just like everyone else's. I want to live my life the best way I know how. I look forward to the day that I am a wife and mother. Until then, I have plenty of family and friends to keep me occupied and new little cousins to keep me busy.

L&S: Will you tell us three things about Britney Henry that may not be known to the general public?

BH: I was born in Anchorage, Alaska. I only lived in Alaska for two years and then moved to San Diego. I did

get to go back to Alaska a few years ago and love it. I can't wait to return.

I am an only child. I guess my parents thought I was perfect enough.

Besides going to the Olympics, number one on my bucket list is to fly in an F-16. I watched *Top Gun* way too much when I was a kid, and I love to go fast!

L&S: Can you tell us about your website?

BH: The website (thebritneyhenryproject.blogspot.com) is about me and my dream. The Britney Henry Project is a group of design professionals that volunteer their time to be my "media team." The Britney Henry Project web site is a home for my "media team" to share their vision in support of my dream. Their accolades range from Emmy award-winning writer, platinum record selling musician, award-winning photographer, illustrator featured in *Rolling Stone* magazine, film maker specializing in DSLR video and a web guru. They are the ones supporting me from outside the cage and I am the animal inside the cage. My blog, *Olympian in Progress*, is about my journey to the Olympics from my point of view. I talk about my training, meets, family, friends, somewhat limited social life and day-to-day happening.

My "media team" is amazing. I truly appreciate all the time they have given me and all of their support. The more people that believe me, it makes it that much easier to believe in myself.

When dissecting the character of many elite athletes, one will discover copious amounts of perseverance and mental toughness.

As Coach Deal said, "...she blows right through any hurdle set in her path."

This student of the ball and wire will accept nothing less than the perfection necessary to achieve an Olympic Gold, a record, and the elusive perfect throw which will land her in Hammer Heaven.

She is among the few our sporting society labels the ultimate winner, who diligently pays the price demanded by lofty goals. If there are those of you out there who still have not heard of Britney Henry, take note, you will!

L&S

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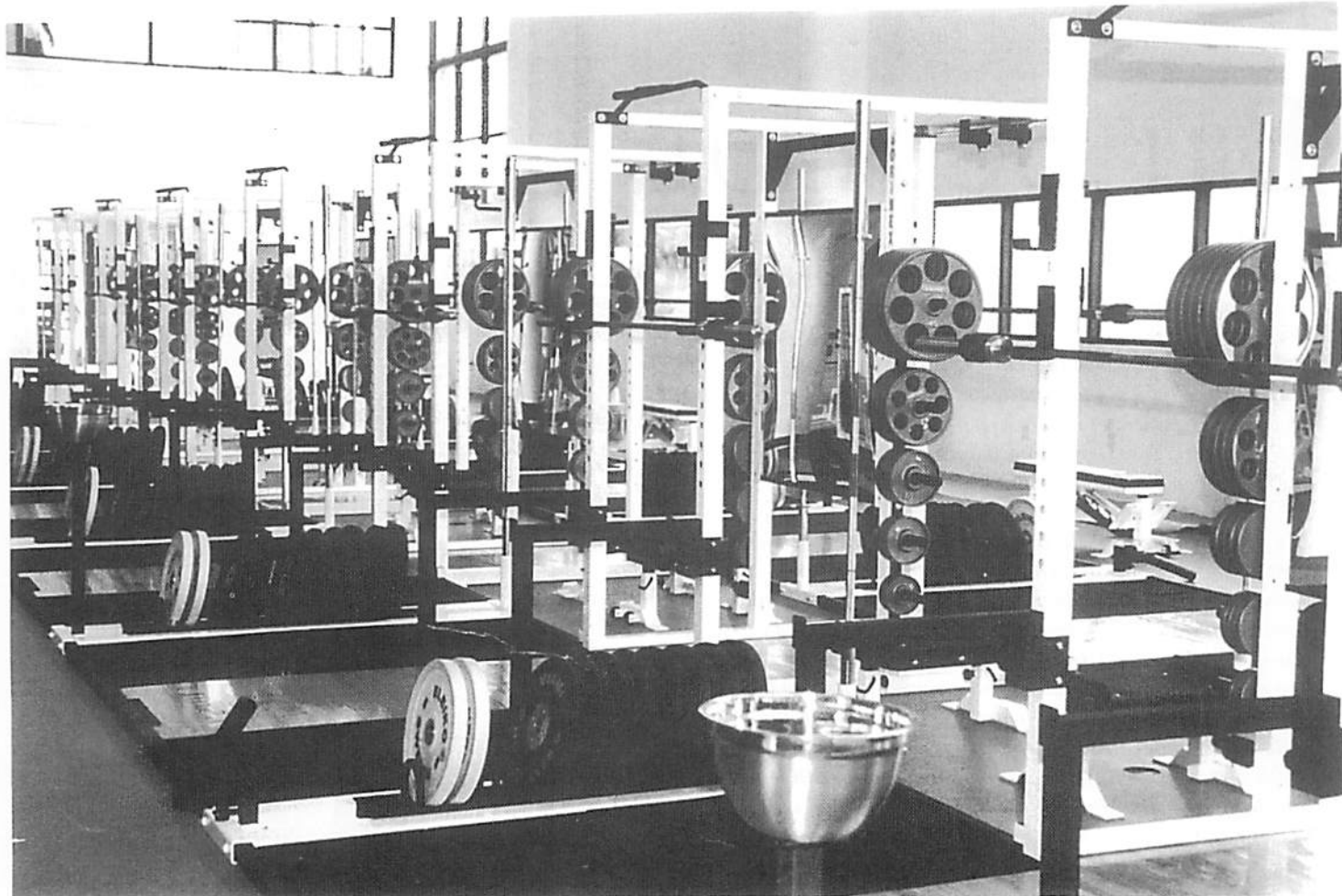
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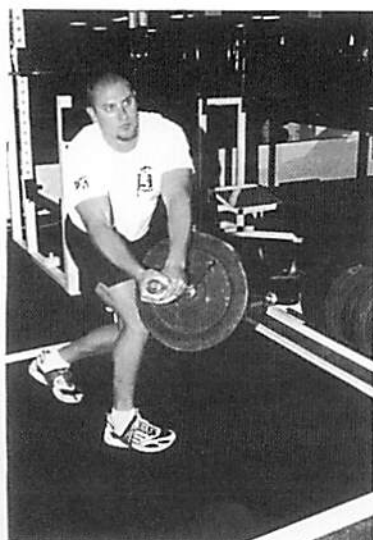
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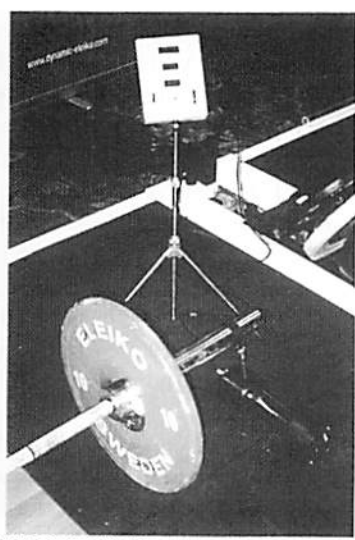
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America's Last Olympic Javelin Medalist

BILL SCHMIDT

By JEFF GORSKI, KLUB KEIHAS

By now I think the regular readers of Long & Strong know I'm a bit of a nut about the javelin. Well, maybe even certifiable. It's the closest thing to my heart other than my family and friends. Having grown up in the 1960's and 70's, I got to experience field and track on TV as a regular fixture of network sport scheduling. Big meets held in the U.S. were broadcast 2-3 times a month during the spring and summer.

My first exposure to Bill Schmidt was from a TV broadcast of the 1972 Munich Olympics, perhaps the best javelin competition in Olympic history. Less than ½ inch separated Klaus Wolfermann's winning throw from Janis Lusić defending his Olympic title, and less than 7 feet was the range from Bill Schmidt's bronze medal effort to the 7th place throw of Miklos Nemeth (who would win the gold 4 years later in Montreal with a world record). Bill's throw was a huge result for American javelin throwing- the first Olympic medal since 1952 and only the 5th ever for the U.S. in the men's javelin. No one since Bill has mined any color medal. That's 40 years going into the London Games.

I "met" Bill at the 1974 Florida Relays. I was a freshman at North Carolina and pulled a hamstring on my plant leg throwing in the qualifying round of the college division (they made us throw the qualifying round on a sandy grass field.... ouch!) rendered me a spectator. When the invitational event started and Bill came out in his U.S.A. gear, I couldn't snap enough photos with my little 110 camera; 3 or 4 rolls of film were used. But I didn't speak to him- he had his "game face" on as he warmed up for the meet and I was, quite frankly, scared to death of him. He threw a bit over 267 ft, the longest throw I had ever seen up to that time and I was amazed.

Fast-forward almost 30 years to a javelin event I held in Boston in 2002. With some money from USATF, some private funding and a seriously maxed-out credit card, I had assembled some real javelin history; the immortal Janis Lusić, 2-time Olympic medalist Kate Schmidt (no relation), Tom Petranoff, Roald Bradstock- all former world-record setters, as well as Duncan Atwood and Bill Schmidt. We had a round table discussion one evening that I'm still kicking myself for not running a video camera during. The information and stories that were related! Thankfully, I have a helluva memory and I can revisit that night easily.

I got to spend a bit of time with Bill those days and found him to be the polar opposite of the athlete whom I was intimidated by in Gainesville those many years prior. Since then, Bill and I have worked several camps and clinics together, and the U.S. javelin community is better

for his return to the event. Bill says in the following interview that he loves teaching and truer words were never spoken; watching him interact with athletes is wonderful and productive! Bill is truly a Renaissance type of man - with interests and knowledge in a wide range of areas- don't play Scrabble with him unless you have a Thesaurus for a memory. I look forward to many more

"Denny Crane" moments with him at events we work together, and I trust you'll enjoy his insight and comments that he shares with us here.

Long & Strong:
Given your back-ground

growing up in Canonsburg, PA, what other sports did you participate in besides throwing the javelin? Were you a Steelers or Pirates fan?

Bill Schmidt: I was actually born in the coal-mining town of Southview, PA. The town was built by the company; we had a company store and the company paid you in company script. There were maybe 60 families. We lived in real poverty. We had an outhouse and a two-room school. Grades 1-4 in one room and 5-8 in the other room. Total number of students: 50 kids. We moved to Canonsburg (population 12,000) when I was 5.

I was a Pirates fan first because baseball was my first love, and they won the 1960 World Series against the Yankees with a memorable home run by Bill Mazeroski.

The Steelers weren't very good when I was in high school. They started winning in the 70's when they drafted Mean Joe Greene. He also went to North Texas and we knew



Bill Schmidt showing classic form.

each other although he was a year ahead of me. He was a shot putter. Never competed again in track after his freshman year. We all know where his football career took him.

I'm a HUGE Steelers fan!

L&S: *Growing up in a mining town wasn't easy. Was that the fire that propelled you to sports and business?*

BS: Growing up in the area and era was challenging. In a family of 7 kids, none had graduated from high school. One brother dropped out in 8th grade, another 9th grade and another 11th grade. My sister quit in 10th grade. My mother had a 6th grade education.

We had two choices: work in the mill or work in the mines. College wasn't realistic. I decided I wanted something different. Although my dad had been a miner and working there or the steel mines were hard and honorable work and careers, I wanted something else. So I was fired up to work hard and break that cycle and improve my life.

After high school I went to work as a laborer in a manufacturing company that built horse trailers. I realized that if I wanted something else or different in life, it would start with furthering my education.

How did you end up at North Texas, since you were from western Pennsylvania?

Bill Schmidt: I had one scholarship offer from the University of Florida. They later found someone else who threw further and withdrew the offer. I didn't compete in the state meet and was 4th in the WPIAL (western PA regional) meet with a distance of 201'. Penn State ignored me, too. All I wanted was the opportunity to prove myself. No one from Penn State or Florida ever beat me.

My high school track coach worked hard in contacting a variety of schools to see if they'd be interested in me. He mentioned North Texas was interested, but I'd have to walk on as an athlete. So I was excited and enrolled at NTSU.

Long & Strong: *You improved 76 feet in college including a 34-foot jump your sophomore year. Were you under coached in high school or was the improvement due to training and maturity?*

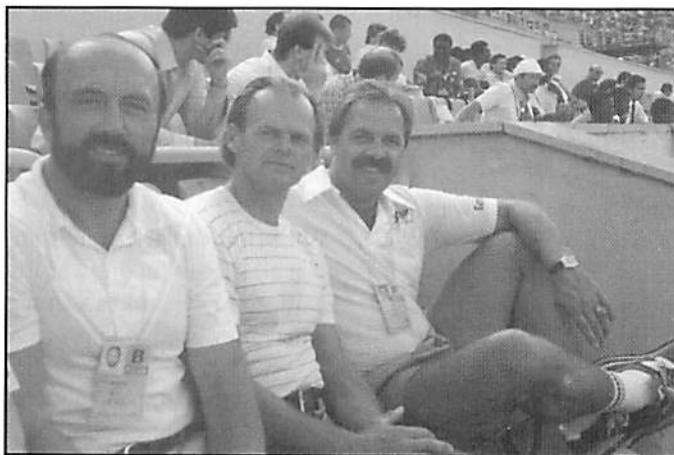
Bill Schmidt: I never had a javelin coach in high school or college. In high school I had a good arm and literally ran up to the foul line, stopped and then threw. No idea whatsoever about crossovers, steps or run up.

My sophomore year I was able to watch a lot of loop films and studied them daily. I can still remember the day I had the breakthrough. I got off my left foot (penultimate step) got a little air and the javelin took off. I then kept duplicating that feel and position. Weight training also helped. I didn't use free weights. I worked out on a Universal weight machine. I developed great explosion and overall body strength.

Long & Strong: *Why do you think you are the last American to medal in the Olympics in the javelin throw in the last 6 decades?*

Bill Schmidt: The Olympics are the ultimate test of being ready and prepared at a given time against the best in the world. Qualifying rounds are pressured-packed. The finals, well it's impossible to describe.

As for why other American throwers haven't, I can't say. I can't get into their heads and know what was going on when they competed.



From left to right: Klaus Wolfermann; West Germany (1972 Oly champ & WR of 308' 8" in 1973), Janis Lusis; USSR/Latvia (1968 Oly champ, 1972 Oly silver & WR's of 301' 9" in 1968 & 309' 7" in 1972) and Bill Schmidt.

I can share my 1976 US Olympic Trials experience as an example. I had the longest throw in the prelims (282 feet). The next day's finals, after warming up, we were told the javelin would be delayed 30 minutes. Then they came back and said 30 minutes later, it will be another 30 minutes. The high jumpers shared the runway with their run ups. I had warmed up and was ready when it was initially scheduled. My season, although short, didn't let

me respond to the delay.

Although I had the 4th best throw in the world, I finished 5th and didn't make the team. Miklos Nemeth, who finished 8th in Munich and behind me, won in Montreal. He was the first thrower in the finals and set a world and Olympic record on his first throw. The competition was over. I felt that I could have won a medal in Montreal.

You were an elite athlete during the Cold War. What was your relationship with other athletes in the Eastern Bloc? What propaganda were you familiar with?

Bill Schmidt: My first international competition was in the World University Games in 1970. I'll never forget the first time I saw a Soviet athlete. The first feeling that surfaced was *hate*. Because of what we learned in school, papers, etc., subconsciously we were programmed to hate the Russians. The space race evoked a lot of fear and mistrust. I later befriended a Soviet water polo player and found that we had little difference in personality, wants, desires and family background.

One of the biggest track meets outside of the Olympic Games was the U.S.A. versus the Soviet Union. I was fortunate to compete in one of those meets in 1978 in Berkley at the University of California. The times were special as was the setting. The national interest and support was unbelievable.

In the other international competitions it was like the free world against the Soviets and the East Germans. We felt that they were juiced and we weren't competing on a level playing field.

Long & Strong: How did you make the transition from teaching school to business? How did that happen?

Bill Schmidt: Teaching school afforded me the opportunity to have the summers off and go to Europe to compete. After winning the 1978 U.S. Championships, I traveled to Taiwan and Japan. There I conducted javelin-throwing clinics. One of the athletes I coached made it to the Los Angeles Olympic in 1984.

The schedule overlapped into the school year. I wasn't making a lot of money teaching, but they were going to deduct pay for being unable to start the in-service day schedule. That propelled me to get out of teaching. I loved teaching.

I started a business with some friends in the weight equipment industry. Later I left that and got a job with the 1982 World's Fair in Knoxville. That launched my career as the industry of sports marketing was coming into its own.

Long & Strong: Can you beat Michael Jordan in golf?

Bill Schmidt: I didn't play with MJ a lot. There were several occasions when we did play. We played in several events or outings. One was with the CEO of the Quaker Oats Company as my partner and against MJ and his pilot. We won.

On another occasion our CEO bought a foursome, where you and a friend could play against MJ and Fred Couples. Fred Couples and I played as partners against MJ and the CEO. We lost.

I was fortunate to be able to play Augusta National Golf Club numerous times. In fact I have one hole-in-one in my lifetime and that was at Augusta on hole number five. I

also took MJ as a guest. We played from the tips. I shot a 79 and MJ shot 80. I won.

Long & Strong: You have a twin brother. Was he an athlete?

Bill Schmidt: Yes, I have an identical twin brother, Bob. We were always competing at everything we participated in. Bob's best sport was wrestling. He was captain of his college wrestling team at Clarion State in Pennsylvania. His best javelin throw in high school was 165 feet.

I have friends in business as well as the sports community that never knew that I have a twin brother.

Long & Strong: You recently became active in doing clinics. How has that been?

Bill Schmidt: I never had a throwing coach in high school or college. In looking at the opportunity as well as responsibility to communicate training as well as throwing techniques, I felt that I could influence other javelin throwers in their pursuit for productive careers. I also believe that I have credibility in having been there in that I competed at the highest level.

I also coached in college at the University of Tennessee and I understand what athletes need as well as timing, training and mental preparation.

Long & Strong: What are the most important elements that you feel that a javelin thrower needs to be successful?

Bill Schmidt: There are some basic technique elements that all successful throwers master. I believe that you first work from the athlete's strengths and develop their areas where they need to improve.

You first have to plant a picture in the mind of the thrower in what constitutes good technique and body positions that enable you to throw far. Build around that picture and develop strength and quickness in those positions with a variety of training elements. Sure, get stronger, but increase flexibility. Develop explosion and accelerate into the throw. In addition one should target the specific areas of weakness. Mental toughness training is extremely important. Practice in all conditions. Learn from your defeats, and then dismiss them.

Long & Strong: What is your impression of the current javelin elite throwers? How would you compare with today's elite throwers?

Bill Schmidt: Although I wasn't known as a speed merchant down the runway, I felt my technique was strong. My best asset was my mental toughness and preparation.

I visited with Klaus Wolfermann, the gold medalist from the Munich Olympics in 1972, last year. He felt that the current elite throwers lack technique and they have great arms.

I've visited some throwers techniques recently, and I wouldn't necessarily agree with him. They still hit great throwing positions as well as having canons for arms.

I feel that I would still be competitive with the elite today.

Long & Strong: *You were recently considered for the CEO position at USATF in 2008. What do you think of the current status of track and field in the U.S. and what would you have done to elevate the sport and develop an appeal to the mainstream sports fans?*

Bill Schmidt: Given my business background in sports, some people felt that I had the experience necessary to grow and advance the sport. I've developed a large network of corporate as well as media relationships. I helped build Gatorade into a \$2 billion dollar brand before I left to be CEO at Oakley. In addition I competed as well as coached. I could develop a strategy and a plan to raise revenue streams and exposure.

Most sports governing bodies, they are administered by former athletes with little or no business acumen. In the case of track and field, everyone has their own agenda and does what benefits their own interests. U.S. track and field does nothing to promote or grow the sport. For years I heard "track is only big every four years." (Olympic years)

The blood of growing any sport is generating funding and revenue. I've never seen a strategy or plan from USATF. They were also bogged down with organizational structural limitations. There were too many board members, and agents control the athletes.

I applaud Doug Logan, the current CEO, for streamlining the organization. He however has failed miserably in growing sponsorships and other revenue streams.

The college system has been limiting scholarships in track and field for years, and there needs to be a dialogue with the NCAA to increase grants and opportunities. Everyone complains about a poor showing of our athletes in our Olympic sports but our farm system, i.e.- the college programs, have been repeatedly cut.

To showcase the sport, I'd bring back the U.S.A. against other national teams in an abbreviated schedule of events. Develop media-made events that fit television timetables. The greatest track events are competitions that are currently outside of the US. I'd also rotate the site of the Olympic Trials. Eugene, Oregon may be the "track and field

capital of the U.S.," but that also has limited the exposure to other geographical and media centers in the U.S.

I guess you can tell I'm passionate about it.

Long & Strong: *You did an around the world cruise last year. What places did you specifically enjoy? What was the most unusual or unique place? What was your favorite place? Do you have any good stories?*

Bill Schmidt: Last January in 2009, I set out on a world cruise. It included 6 continents, 34 countries and was over 34,000 miles. It lasted 109 days and there were a variety of cultures and points of interest.

I was on the cruise ship the Royal Princess. It was a smaller ship so it enabled us to visit some really tough places where larger vessels could not dock. We had 700 passengers and 424 of us made the entire cruise. Others would board and disembark every 28-30 days. There were four (4) segments to the cruise.

Favorite historical places:

Easter Island, Great Wall of China, The Taj Mahal, The Pyramids, The Cairo Museum of Antiquities, Jerusalem, Bethlehem, Istanbul, Athens, Venice, Barcelona and Rome.

Most unique places:

The Panama Canal, Rabaul, New Guinea (active volcano eruption); Suez Canal; Shanghai; Hong Kong; Singapore; Kuala Lumpur; and Dubai.

Most picturesque places:

Tahiti; Auckland, New Zealand; Sydney Australia; Hong Kong at night; Venice; and Rome.

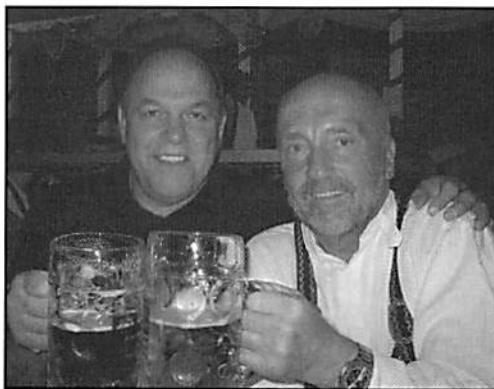
Favorite story:

While on a tour in the Blue Mountains of Australia an Aborigine tribesman demonstrated how to throw a spear with the use

of a handle-type apparatus. It was like a sling. He was throwing it at a hay bale about 150 feet away. He later asked if anyone wanted to try it. I volunteered.

I put the sling in my hand, cradled the spear and let it fly. I overthrew the bale of hay by about 100 feet and threw it into the woods.

He turned to me in a deadpan face and said, "What tribe are you from?" We all laughed. *L&S*



Klaus Wolfermann and Bill Schmidt at Oktoberfest in 2007.

How To Maximize Your Training LESS IS MORE

BY PAT CORBETT

First let us examine the title of this article: *Less is More*. By *Less* I do not mean to train less than your competition or with less intensity. The *Less* means simply to train better rather than harder and many times this means to lower the weight or percentage and just do it better.

There are many ways to maximize your training and the search for these by coaches and athletes has been a difficult task. In the current climate of mass media and the frenzy to get bigger, faster and stronger in a short time, this search has been made even more difficult by the multitudes of training programs, self-proclaimed gurus, personal trainers, body builders, power lifters and strength coaches with their own brand of training. While all of these entities have their place in the world of making the body better and more efficient, which is better to maximize training?

In the U.S., a training culture has been created where the focus for each training session is to train harder and with more intensity. There is certainly a time and place for training hard and with intensity, but this style of training is not viable on a consistent basis.

*By training hard and with intensity I am speaking of the practices of:

- A. Training to failure
- B. Working three different types of training and three different energy systems all at once; examples: 10 power snatches – pull ups to failure – 400 meter run... or 10 kettle bell swings – 10 push presses – rowing at a high intensity for 20-30 seconds
- C. High volume training week after week
- D. High volume training at a high percentage
- E. Progressive overload with no backing off
- F. High intensity training 5-6 days per/week
- G. Maxing out without sufficient recovery or too often

Within these styles of training can be heard these comments and coaching cues: "One more rep!", "We can't end on that rep", "We gotta get after it", "You're sore? That means you are getting in shape," "Every day we have to work harder," and the list goes on.

Certainly, the coaches and athletes who reside inside this culture of training are well-meaning, but we have forgotten the main purpose for training and the reason we train athletes outside their sport. The guiding principles for training have always been to help the athlete perform better. And to further these principles are the following:

Purposes for training

- 1) Improve performance
- 2) Increase work capacity
- 3) Improve and correct technique
- 4) Help decrease the occurrence of injury and facilitate faster recovery from injury

These principles are the backbone for sending the athlete to the weight room, the track, to run stairs, bike, swim, do road work (distance running), run hills, run hurdles, do plyometrics, medicine ball training, agility and mobility drills, sprinting sessions, etc.

Now, to figure out how to maximize these within a training program. This will depend upon your sport, your purpose for each training session and where you are in your training year. For throwers, there is a specific off-season, usually in the fall, where athletes can relax, rest and train at a lower intensity where less is more is very useful.

But before any type of training program can be put together, there are some very important points to remember and implement.

**The following information is from an earlier article titled "*Rest And Recovery*" *Why Can't I Train At A Heavy Load During Every Training Session? Or How Important Are They? Or Why Back Off My Training?*, authored by Mike Conroy, USA Weightlifting International Coach, Instructor Coaches Certification program.

In researching this topic it seems that Soviet Physiologist Dr. Ivan Beritov gets the initial credit for the idea of Supercompensation in an article he wrote in 1959. In the article he states: when an athlete is training, his body undergoes stimulations which traumatize it, wear it down, tire it out, and even destroy it. If a recovery period follows these training sessions, then the tissues will be restructured and the athlete's body will come back, not only to its former level, but even surpass this level in the case of a sufficient stimulus. If appropriate control measures are not used, such a preponderance of break-down and build-up leads rapidly to injuries.

Overreaching versus overtraining was now the focus of how to create the proper relationship between work and rest.

Dr. Michael Kellmann (GER) made the following observation: In the real training world the concept of less is more seems to be hard to sell. Most coaches feel that coaching is their job, and it is the duty of their athletes to follow

their regimes. In addition, when coaches back off too much, performance may decrease. This shows that there is a careful balance between practice and recovery. Practice is important to improve performance, but the focus should be on the quality rather than on the quantity of training. During long and hard training sessions athletes tend to take "hidden rests," for example, by going at a slower pace during the exercises. A thoughtful variation of the training exercises includes a recovering element. An increase of the overall quality of training occurs when the standard regular training routine is modified, when new exercises are introduced, or simply when different types of training are applied.

Under-recovery and overtraining: Different concepts—similar impact? This question can clearly be answered with a yes and a no. Yes, they have the same impact—performance declines; No, they are not similar—underrecovery is the precursor/cause of overtraining. Consequently, the key to prevent overtraining is an active and proactive enhancement of recovery. Coaches and athletes need to be educated about the importance of optimal recovery and its impact on performance.

When athletes understand that a weekend without training is part of the planned training schedule, which implies that they should not train on their own or go for a heavy bike ride with friends, they take a huge step toward adequate recovery. In addition, the multilevel concept of stress and recovery emphasizes that physical training is just one part of athletes' lives. Emotional worries outside of the training environment may disturb the recovery process as well. Consequently, athletes' self-initiated activities and coaches' knowledge about individual preferences for recovery strategies are important elements to avoid overtraining.

In general, overtraining is described as an imbalance between training and recovery (Kuipers & Keizer, 1988). However, according to Lehmann and colleagues (Lehmann et al., 1999), overtraining is due to an imbalance between stress and recovery; that is, too much stress combined with too little regeneration. Both descriptions sound similar, but the definition by Lehmann and colleagues explicitly asserts that stress includes all training, competition, and additional non-training stress factors. Social, educational, occupational, economical, nutritional, and travel factors; time stress; and the monotony of training act to increase the risk of developing an overtraining syndrome.

Individual Differences

Athletes in general are likely to not only differ from the general population but also show a broad range of inter- and intra-individual differences. This also applies to the training load. "Thus a particular training schedule may improve the performance of one individual, be insufficient

for another, and be damaging for a third" (Raglin, 1993, p. 842). The different effects of the same training stimulus may be explained by the individual recovery-stress state. The recovery-stress state represents the extent to which someone is physically and/or mentally stressed as well as whether the person is capable of using individual strategies for recovery and which strategies are used. The recovery-stress-state can be changed positively either by stress reduction or, more importantly, by self-initiated recovery activities.

I was first introduced to Supercompensation in 1991, by Lyn Jones (AUS) when he was USA Weightlifting's National Coaching Director and was mentoring me as I was preparing to become an Instructor in the USAW Coaches Certification Program.

When I first saw Lyn's concept of the training I immediately noticed a similarity to a training program developed by USAW Senior International Coach John Thrush (Calpian's WLC) in 1986. I had been fortunate to be a Calpian and had trained on this, particular program with good results.

There were two, distinct, differences between the programs. First, Lyn's program had what was known as a Scissors approach, the weeks would alternate between loading and unloading, while John's program had, what would be later known as the Polish approach. Two loading weeks followed by an unloading week. (The Polish approach came from a comment made by Polish coaches that when they train their athletes "we take two steps forward and then one step back") shown below is how the two concepts differ.

*****To view the illustrations for these two models refer to the specific article "Rest and Recovery" Why can't I train at a heavy load during every training session? Or How important are they? Or why back off my training? Or contact me through Glenn Thompson at [LSTJ](#).***

Polish Model

The second difference was in the amount of recovery. Thrush's program had the athlete backing off only 2.5 kilograms on each lift, while Jones' program had the athlete backing off 10%.

It was at this time that I came across two articles that would convince me that I could combine the best ideas of both models into a functional and effective program.

(NOTE: IN NO WAY am I suggesting that I am the author of any original training concepts. Only that I was trying to find a way to incorporate, what I felt were, two, very good ideas into one practical model for the level of athlete I was coaching.)

In 1990 Dr. Michael Stone and Dr. Jay Kearney, with the

assistance of John Thrush and the National Junior Squad, held a 26-day-long camp on Overtraining. The final comments. On the basis of the information available it is cautiously suggested that short-term overreaching of five to seven days may cause an increase performance two to five weeks after returning to normal training. Furthermore, this short period of overwork does not appear to cause any detrimental effects beyond what is normally expected of weightlifting training.

The second article was from Dr. Pat O'Shea (Oregon State University) in his book *Quantum Strength Training and the S.A.I.D. principle of training*. SAID stands for Specific Adaptation to Imposed Demands. In this training the relationship between frequency, duration and intensity is examined. ****In other research it seems that the overreaching window is no longer than 11 days. At that time if recovery is not introduced, purposefully, the athlete will be in a state of overtraining and will go into a depressed condition that will last until the hormone levels return to normal. (One study suggested that this depressed condition can last anywhere from 3 days to 6 weeks, depending upon the intensity of the overreaching.)**

(NOTE: The practical consideration here is that all coaches and athletes have experienced the Private Hell of leaving your best lifts in the gym, prior to an important competition, because we missed the window of opportunity. i.e., "Man. Two weeks ago I was doing a PR, in everything, and now I can't do anything.")

As head Coach for the Club, Idaho Weightlifting, you may go to our site and "click" on the Programs icon you'll see all the programs I have used with my athletes.

I want to reemphasize the research from the above: ****In other research it seems that the overreaching window is no longer than 11 days. At that time if recovery is not introduced, purposefully, the athlete will be in a state of overtraining and will go into a depressed condition that will last until the hormone levels return to normal. (One study suggested that this, depressed, condition can last from anywhere of 3 days to 6 weeks, depending upon the intensity of the overreaching.)**

More than any other experiences I have had, the above holds true and has worked very well for me as I have evolved as both a coach and athlete. While this research suggests a definite window, we all have different hormonal peaks and valleys. But the 11-day window seems to hold true, give or take a day or two for most athletes.

Here are some examples within other sports that implement a similar model of building in rest and recovery within their training schedule. These are only examples within a large spectrum of other training models that have also found

great success.

Weightlifting (Olympic):

	Cycle 1				Cycle 2				Cycle 3			
Week	1	2	3	4	5	6	7	8	9	10	11	12
Pct.	70	75	65	80	75	80	70	90	85	90	80	100

*As you can see from the model above, for every four week cycle, week three is a back-off week while still progressing to a maximum effort in week 12.

Track and Field/Sprinters:

Day 1 Speed training
Day 2 Endurance training
Day 3 Rest/Technical skill training
Day 4 Speed training
Day 5 Rest
Day 6 Competition

*This model also incorporated the idea of doing high intensity drills at 95%. The idea was for sprinters on maximum effort days to run at 95%. This leaves room for the sprinter to concentrate on his sprinting technique at a higher level without the added pressure of a 100% effort. Coaches found that times were very consistent and also helped with competition anxiety with this approach.

Power Lifting:

Week 1

Monday: Bench Press then Squat and some secondary exercises
Tuesday: Secondary exercises
Wednesday or Thursday: Deadlift
Thursday: off or secondary exercises
Friday: Bench Press and Squat at lower percentage but maybe higher reps (this depends on where you are in your training cycle)

Week 2

Monday: Squat then Bench Press and some secondary exercises
Tuesday: rest... no Deadlift
Wednesday: off
Thursday: secondary exercises
Friday: Squat and Bench Press at lower percentage but maybe higher reps (this depends on where you are in your training cycle)

Week 3

Monday: Bench Press then Squat and some secondary exercises
Tuesday: Secondary exercises
Wednesday or Thursday: Deadlift
Thursday: off
Friday: Bench Press and Squat at lower percentage but maybe higher reps (this depends on where you are in your training cycle)

Week 4

Monday: Squat then Bench Press and some secondary exercises

Tuesday: rest... no Deadlift

Wednesday: off

Thursday: secondary exercises

Friday: Squat and Bench Press at lower percentage but maybe higher reps (this depends on where you are in your training cycle)

*The above method for powerlifting is built on a model of progressive overload for each session and follows similar percentage increases as in the Olympic lifting model. It also includes the design where there are only two deadlift sessions per four week cycle and the squat and bench press have alternating weeks where one is more focused on as the first lift of the day.

What the above examples illustrate are the reasons we train in the first place, better performance and the universally important idea of quality over quantity.

Another idea for developing sound training programs is to remember the following.

The ideal training zone for improving technique is between 65 and 75% of a one repetition maximum effort, while the ideal training zone for power development is between 75 and 85%; past this percentage technique and speed break down and can be counter-productive if the goal is improved neuromuscular performance which the throws most certainly want.

Limit or absolute strength are also important and can be improved with power lifting type movements (bench press, squat and deadlift) and increase the ability to apply force as well as joint strength and stability, but there can also be a loss of flexibility and mobility when the percentages are too high for too long. So, when considering what lifts to do for improved performance, first assess your strengths and weaknesses and proceed from there while always keeping in mind quality over quantity.

With all of the information above to consider, it might be easier to just think of your sport as the focus of your training. That is, even though increased strength can be beneficial, is it necessary to train at high percentages? A maximum effort once or twice a year may have some use for adjusting your training percentages, but the rest of the year, unless you plan on competing in a weightlifting competition, should consist of improving technique and moving weight faster.

*For consideration. The idea of the 3 sets of 8 repetitions found its origin over 30 years ago and is based on fitness, not sport. Many coaches worry about not getting enough work with lower repetitions. As it stands, 3 sets of 8 repetitions is 24 total repetitions. A consideration might be

to do 5 sets or 5 repetitions, which totals 25. In any training session depending on the percentage of weight being lifted, the 5 sets of 5 repetitions will have more quality with the same amount of work.

If you still want more work, add another set, not more repetitions to preserve quality. USA Weightlifting Coach Dragomir Cioroslan developed a program called *undersetting*. In this program the athlete performs multiple 'warm-up' sets prior to the top-end target set in order to increase work capacity. Here is an example of a daily back squat routine in the undersetting model. Remember if you want to increase power, think SETS not REPS. It is only 30 reps, but it is a challenging session and all power related.

After warming up: 75% 5 reps/2sets, 80% 4 reps/4 sets, 85% 2 reps/3 sets.

Further evidence to support the *Less is More* idea: when doing Olympic lifts, there is a very real breakdown in technique after the third repetition. A great example of this came from the Olympic Training Center in Colorado Springs, CO when the strongest man in American Olympic Weightlifting history was involved in a case study. At a body weight of 350 lbs, with a lifetime best 533 lb. clean and jerk, a 435 lb snatch and a 1008 back squat, Shane Hamman was asked to perform hang snatches with just the bar (20 kilos or 44 lbs) for 5 repetitions. While he was performing, each repetition was filmed and then broken down. The results showed that repetitions one, two and three were quite flawless; repetitions four and five showed a significant breakdown in bar path, hip extension and posture. This breakdown reflects the reasons Olympic weightlifters do no more than three repetitions within a training day for any of the classical Olympic movements, whether it be full clean and jerks and snatches or their partial movements (powers or from the hang). It must also be noted that the Olympic lifts are highly-skilled movements and take years to master. As a thrower your focus is throwing and throwing farther, not weightlifting. So, when considering the Olympic lifts as part of your training program maybe the idea of *Less is More* works and instead of doing high repetitions or high percentages, it will be more beneficial to your throwing to lower the weight, continue to improve your technique and add sets and not repetitions.

There is much to digest when implementing a training program but if you look closely at your goals, assess yourself objectively and also pay attention to your coach's assessments, you can come up with a good plan.

My rules for training:

Do it right... Do it Light... Do it faster... then add weight.
L&S

A GREAT ALTERNATIVE

BY LEIF ARREHNIUS, BRIGHAM YOUNG UNIVERSITY

Since the early 1900's, the squat lift has been the bread and butter for building strength in the legs. Almost every athlete in every sport has performed a version of the squat lift in their training. The problem with squats is that many athletes don't like to do them because they are hard and in some cases when done improperly will cause injury and pain. The problem is that due to the influences of power lifting and strongman sports, there are a lot of athletes that believe that squats are the only lift they can do for their legs. The squat lift works the legs very well and is a great lift but there are better alternative lifts that can be used instead that eliminate the risk of injury and pain. The lift that I believe is a great alternative is the step-up.

Anatoly Bondarchuk, the former Soviet throws coach did some studies on whether back squats or step-ups would be most useful to his athletes. His studies led him to conclude that a particular form of what we'll call the high step-up had two significant advantages over the standard back squat. Bondarchuk concluded that high step-ups, firstly, produce greater gains in thigh and hip power and secondly, cause fewer injuries. He started having his athletes use step-ups instead of squats and convinced many other coaches to do the same. Many of the athletes using step-ups began to make gains in power that they weren't doing back squats. Bondarchuk concluded due to his studies that heavy back squats are potentially dangerous to the structure of the lower back. Recent studies have shown that the back squat places a load on the structure of the lower back in the bottom position that is at least twice as heavy as the load on the bar. According to Bondarchuk, the faster you descend and the faster you reverse direction and begin to arise from the bottom in a squat, the greater the load on the lower back will be and the greater the chance of injury. Also as athletes try to increase weight in the squats, it gets harder to maintain good technique. Bondarchuk concluded that it would be safer to use a form of weighted step-up.

The Step-up is done by stepping up onto a platform with some form of weights and then stepping back down from it. Although it is an incredibly simple exercise, there are a few variations and things to be aware of. The ideal position for the leg to be in at the start of the step-up should be with hamstrings parallel to the ground. This basic exercise works the hips and thighs, and by adjusting the step height, you can favor either more of the quadriceps or the hamstrings. A higher step works the hamstrings harder and

a lower step targets the quadriceps. So if an athlete is weak in the hamstring area, he should use a slightly higher bench to step up onto to. According to research done by Osse Aura, a professor of biomechanics at the Finnish Institute of Physical Education, the hamstring muscles should be approximately 75% as strong as the quadriceps muscles. If that ratio is not maintained, the chance of injury increases, while the chance of maximum performance decreases. If the quadriceps of a certain athlete are too strong, that athlete should use a higher than normal box height and thus place more stress on the hamstrings. If, on the other hand, an athlete's hamstrings are too strong, the box height will be lowered so that the quadriceps may be

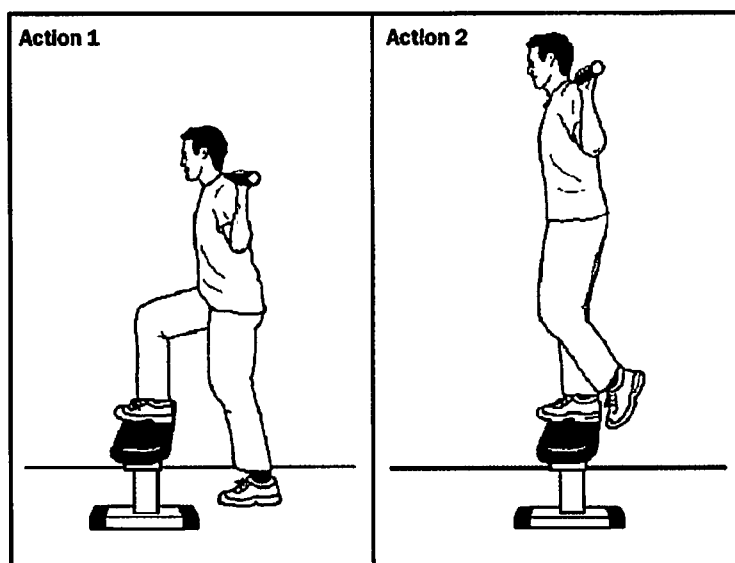


Figure 1

stressed more completely. In addition to the step height, speed and number of reps both play crucial roles in determining the effectiveness of this exercise. These general rules usual apply: the reps will be lower and the breaks longer when training for maximum strength and the reps higher/breaks shorter for hypertrophy goals.

According to the article *Bulgarian Leg Training Secrets* written by Angel Spassov and Terry Todd, the Bulgarian and Soviet Olympic weightlifters both abandoned squats and made their lifts in the snatch and clean and jerk higher than ever before. They use the example of Leonid Taranenko, the current holder of the world record in the clean and jerk in the superheavyweight class to prove this claim. Taranenko has done the clean and jerk with a weight of 586 pounds. It is perhaps more amazing that Taranenko

didn't do any type of squat for four years before breaking the world record. Besides his practice on the snatch and clean and jerk, the only form of heavy leg training that Taranenko does is the high step-up with weights. One thing coaches in the Soviet Union and Bulgaria noticed was that those athletes, both lifters and those in other sports, who dropped the squat and used the high step-up developed more complete muscularity than those who

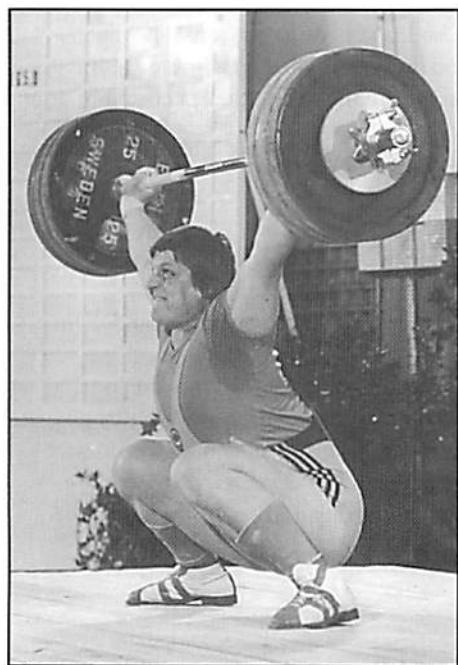


Figure 2

shapelier development.

I have had knee problems my whole career that have plagued my performance. My older brother and I also have a genetic back disease called Sherman's syndrome, which causes daily pain. I have done many sets and reps of squats in pain due to tendonitis of my knees, back problems, and foot injuries. As a thrower it is important to have legs as strong as they can be since all power in the throwing events is produced in the legs. Because of injuries and problems I have had, I decided this year to implement more step-ups into my program. Some variations I have implemented this year are the parallel step-up, the high step-up for my hamstrings, the low step for my quads, and a fun variation of the lateral step up which helps with stabilizing muscles in the legs, such as the adductor and abductor muscles. These lifts have helped me gain leg strength without the normal pain I have been accustomed to. After a couple of months this season of doing this, I have noticed that my knees are feeling better and my back is not in pain which has helped not only my throwing but also my other athletic performances. I have also been able to sleep better and perform daily functions with more ease.

When my older brother returned home from serving an LDS

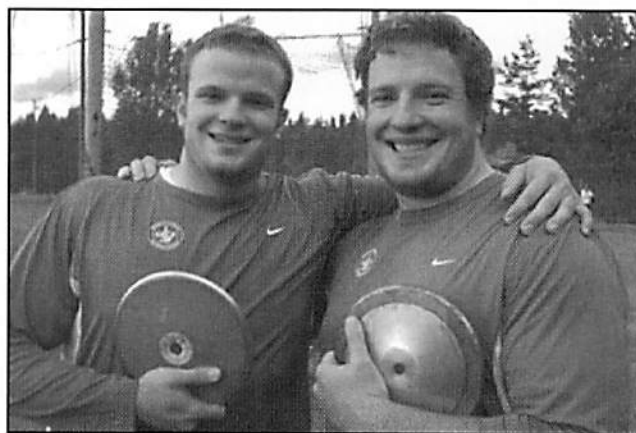
mission, and knowing the problems his back would have with squatting, he decided to do step-ups in order to help him get back into shape. My brother has always been a big back squatter, but he didn't want to cause the stress and pain that would come with heavy back squatting. He decided to do step-ups for 3 months to help him recover and get his legs back into shape for throwing. He saw huge gains in a short amount of time and noticed that his legs got their strength back sooner than any other major muscle groups in his body. That track season proved to be a very successful one as he improved all of his personal bests from before his 2-year mission. He attributes some of that success to the gains he was able to make pain free through step-ups. I recently did some squats to see how they would feel for my body. While doing them I noticed that I had reduced pain, and I felt more stabilized while performing the lift and was able to lift a big amount for me. I have concluded that implementing step-ups into my program has not only helped my over all body strength but has also helped me gain the leg strength I need without causing pain. I also feel that doing both step-ups and squats in the same program is beneficial and both lifts can help the other have gains. I have seen gains in my overall lifting strength especially in such lifts as snatch and cleans and I have seen gains in my throwing distances. *L&S*

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Leif Arrehnius

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Leif with older brother Niklas.

MAJOR ADAPTATIONS OF DISCUS TECHNIQUE

BY PAUL JENSEN

Introduction: Two years ago, I was asked by Anthony Hughes, the performance manager for the Federation of Disability Sports in Wales (FDSW) if I might help two ambulant discus throwers who were in their academy programme. The throwers are Aled Davies (F44) ⁽¹⁾ and Joshua (Josh) Morgan (F46) ⁽²⁾. The classifications are because Aled has Talipes ⁽³⁾ and Josh suffered Erb's Palsy ⁽⁴⁾ in childbirth. For me, the practical discus coach, this means significantly changing the accepted technique to maximise their performances.

For the coach it is the adaptation of unusual biomechanics into the event to make the athlete more competitive. What it is not is dealing with disability! Coaches do well to recall how adaptive these athletes have been all through their lives.

The techniques: In these still sequences from an indoor session working on a 'flat', the techniques adopted by both athletes are broadly indicated.

The biomechanical limitations

Talipes: This condition causes severe problems in the effected limb. For Aled the following limitations:

- The right foot is very short and sits into an adapted shoe;
- No lifting motion through toes;
- No ankle flexion;

- Muscle wastage below the right leg knee;
- Right leg has limited sensitivity and limited contribution to overall balance.

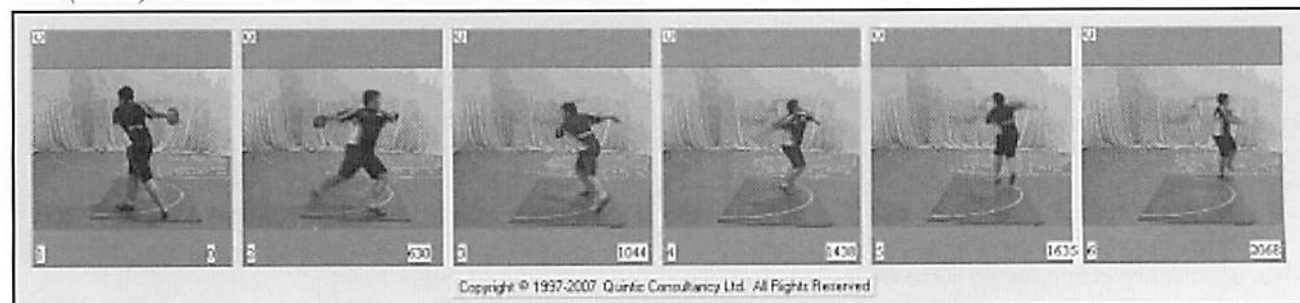
Erb's Palsy: The condition is most obvious as a much smaller left arm and is compounded by a limited ability to control its position during the event, the specific limitation for the discus are:

- Asymmetry, The athlete has more right-sided development;
- Limited control of the left arm;
- Limited stabilisation of balances;
- No left arm reactive force generation at delivery.

These limitations affect both athletes in their support conditioning. The potential of standard weightlifting techniques such as clean, jerk and snatch is very limited and place a higher dependency on machines. Most exercises will, without modification, reinforce their structural imbalances.



Aled (above) and Josh



Adaptations

Aled

Despite the limitations of a heavily supported right leg this athlete has little difficulty in ranging the discus about himself and establishing a reasonable difference between his hip and shoulder planes. He has also learned to be quite sophisticated about balances as right foot has no sensitivity.



In this clip one of the limitations is shown. With no drive from the right leg, evidenced by a lack of bend, the foot is lifted free and sent around the left leg via rotational hip movement.



The upper body has to help this phase and as might be expected the lead on the discus suffers some loss.

As the athlete learns these positions and becomes more familiar with the balances, there is every reason to suppose the losses of lead on the discus will be lessened.

As the rotation around the right leg continues into the flight phase, it can be seen that the fast rotation of the hips has kept some lead on the discus.



The adaptation required is of a long single support phase and a much fuller foot contact with the circle. The flight phase, which has been completed, will also be relatively short. The impact on to the braced, weaker leg is also a major limitation and helps shorten the flight phase



A power position is achieved through the normal means of hip rotation and foot down to re-establish double support.

In this picture the rotation about the heel is obvious as is the straight - line



leg support. With no real support from the 'foot' and no ankle flexion - this is the major technical adaptation to make the turn work.

The left leg will not offer any lift so the thrower has to move over the front leg via the right hip to effect a single leg throw.

The throwing position has been achieved and the discus is about to be released.



As can be seen, this athlete has retained many of the skills of discus throwing, and a remarkable amount of technique has been held together for him to produce a very powerful throwing force in the power position. The contribution of the right leg is minimal, consistent with the athlete having the same classification as an amputee.



Recovery is rotational about the front foot.

Josh

In this illustration the athlete is seeking to range the discus prior to turning. Although the limitations of a much smaller left arm are not apparent, it might be observed that there is a compensation in moving over the right leg which is quite flat on the circle



The limitation of the smaller left arm is clearly shown in the picture opposite. We would normally expect this to be a major contributor to balance over the left leg prior to single support and the turn, and since it is not, the ability to balance effectively through the event is a major pressure for the athlete.



With virtually no help from the left arm to aid positioning, the limitation on entry speed is a concern.



The major limitations of pointing and positional stability in the trunk have to be controlled via the lower limbs and at this stage have the effect of limiting acceleration in the turn.

As the athlete becomes more familiar through skills and drills, there is every reason to suppose that like every other athlete, he will look to speed up his performances.

In this picture at the end of the fight phase prior to establishing a power position, the athlete has established an effective lead on the discus and has maintained good balance.



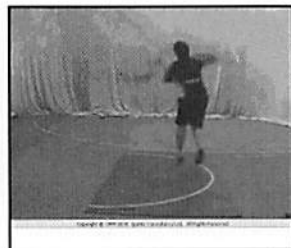
Normally the trunk acceleration over the power position is helped by continuation through the left arm when the hips have completed their drive, yet this is not possible

At the point of regaining double support and a power position, some of the limitations of trunk acceleration become apparent. The left arm has little contribution to make and the very hard work required from the hips establishes a position with little lead over the shoulder plane. To compensate, the thrower continues to accelerate the hips to force the discus about the front foot.



At the point of throw, the limitation of the reaction forces a left arm normally contributes to the throw is easily seen.

That this thrower has achieved a reproducible power position and is able to create large throwing forces is a tribute to his adaptation. As he gains more experience he will surely further stress this technique



Summary

What these two athletes are achieving is down to how they have adapted their peculiar biomechanics to a complex event. They have sought solutions by experimenting with what they might be able to do rather than what they cannot do.

They are discus throwers, they look like discus throwers

and see distances improving as they work harder and become better, but isn't that what we all expect?

As a coach you are confronted with the way the discus has been thrown by your other athletes not working well enough for these two throwers. However, each will, with your help, find a more idiosyncratic and better way to throw, but is this not the joy of coaching?

Notes

Disability Classifications:

(1) Class F44

This class is for any athlete with lower limb impairment/s that meets minimum disability criteria for:

- lower limb deficiency (section 4.1.4.a);
- impaired lower limb PROM (section 4.1.5.b);
- impaired lower limb muscle power (section 4.1.6.b); or
- leg length difference (section 4.1.7).

(2) Class F46

Athletes in this class may be eligible in one of two ways:

- Unilateral impairment where the impaired arm meets the minimum disability criteria for unilateral upper limb impairment (5.1.2.a-c); OR
- Bilateral impairment, one meeting minimum disability criteria for unilateral upper limb impairment (5.1.2.a-c) and one NOT meeting minimum disability criteria for bilateral upper limb impairment (5.1.3.a-c).

IPC Athletics classification project for physical impairment, S. Tweedy, University of Queensland, 2009

Definition:

(3) Talipes

A **clubfoot**, or congenital talipes equinovarus (CTEV), is a congenital deformity involving one foot or both. The affected foot appears rotated internally at the ankle. TEV is classified into 2 groups: Postural TEV or Structural TEV. Without treatment, persons afflicted often appear to walk on their ankles or on the sides of their feet. It is a common birth defect occurring in about one in every 1,000 live births.

(4) Erb's Palsy

Erb's Palsy (Erb-Duchenne Palsy) is a paralysis of the arm caused by injury to the upper group of the arm's main nerves, specifically, spinal roots C5-C7. These form part of the brachial plexus, comprising the ventral rami of spinal nerves C5-C8, and T1. These injuries arise most commonly, but not exclusively, from shoulder dystocia during a difficult birth. Depending on the nature of the damage, the paralysis can either resolve on its own, over a period of months, necessitating rehabilitative therapy, or require surgery. **L&S**



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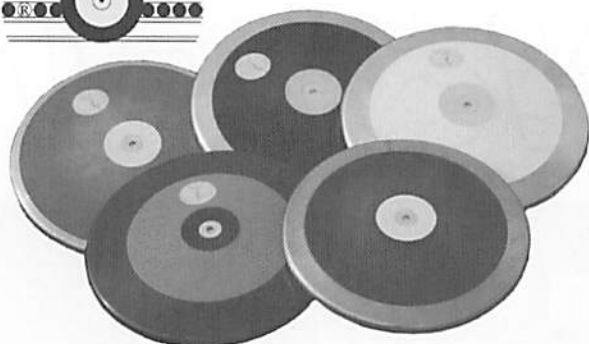
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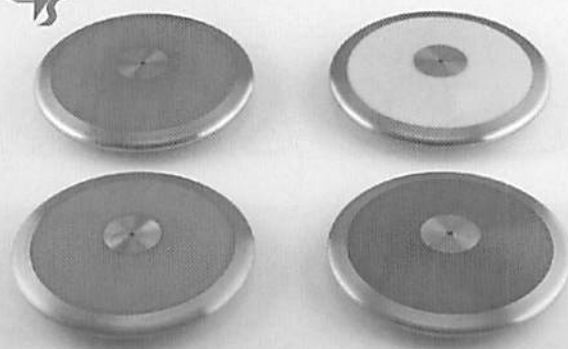
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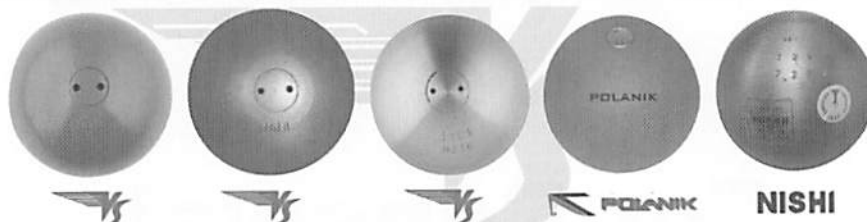
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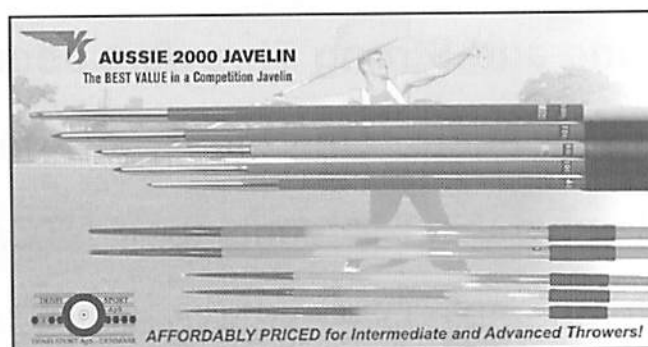
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