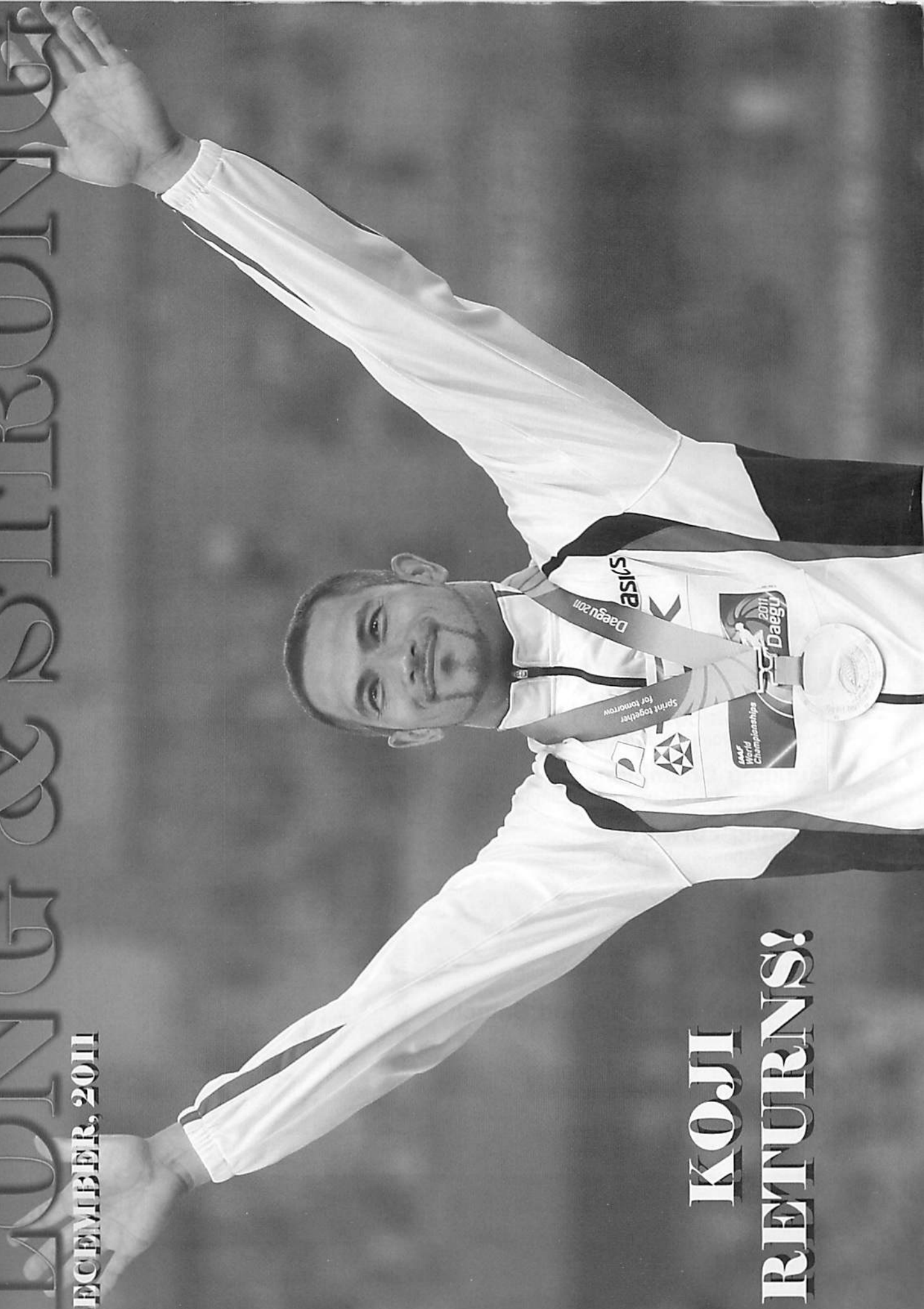


LONG & STRONG

DECEMBER, 2011

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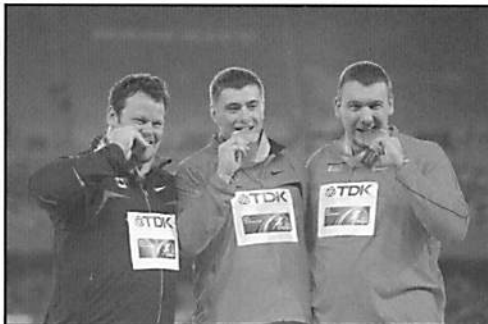


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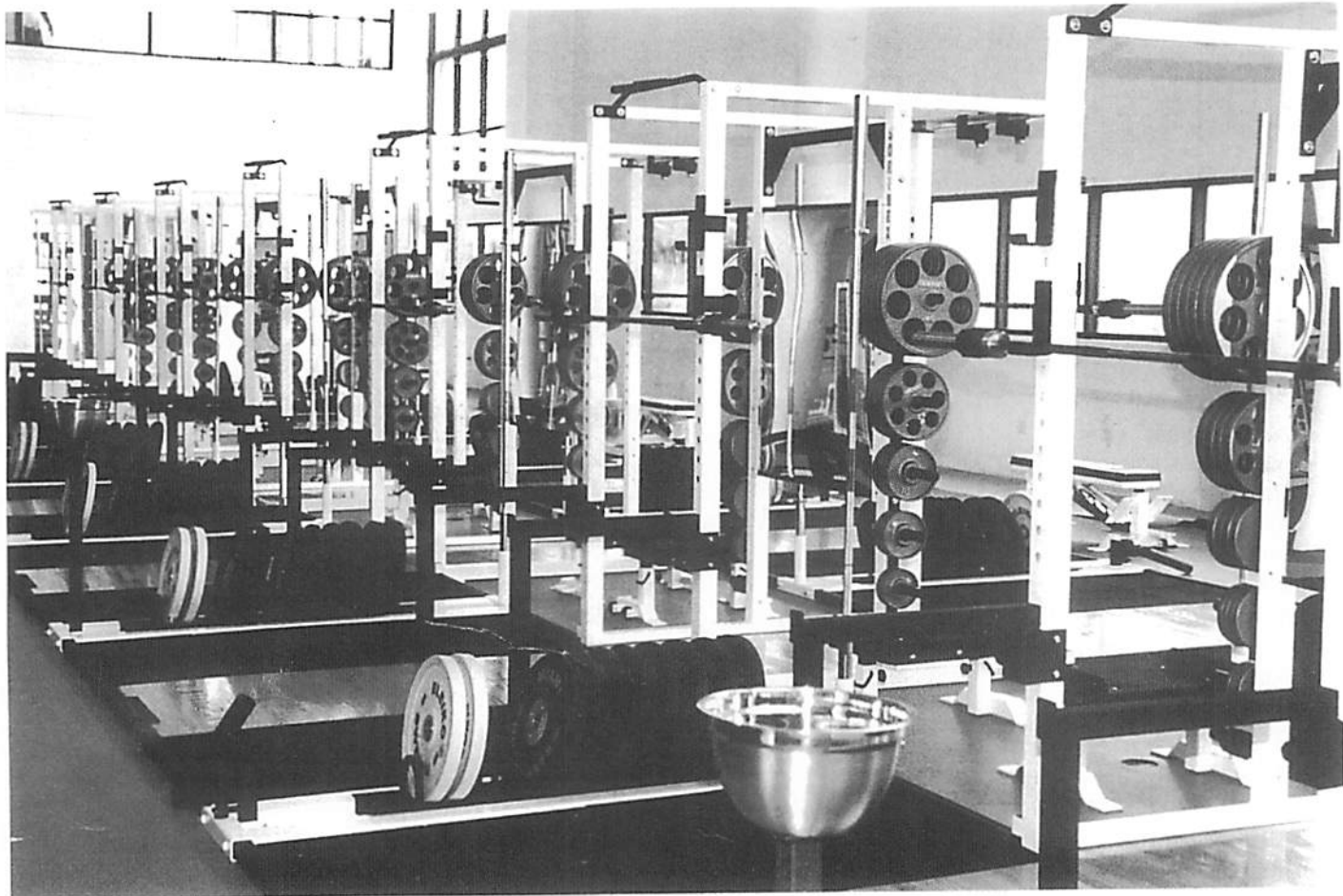
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On the cover:

Koji Murofushi is alone once again at the top. (Victor Sailer)

This page:

Robert Harting (top) bared his torso again in Daegu. Maria Abakumova (center) was thrilled with her javelin performance. A new big three (bottom) of Armstrong, Storl and Miknevich celebrated atop the shot podium. (Victor Sailer)



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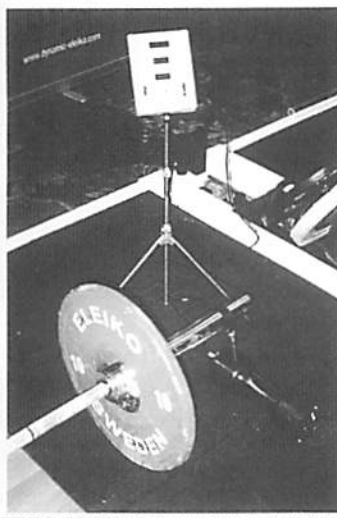
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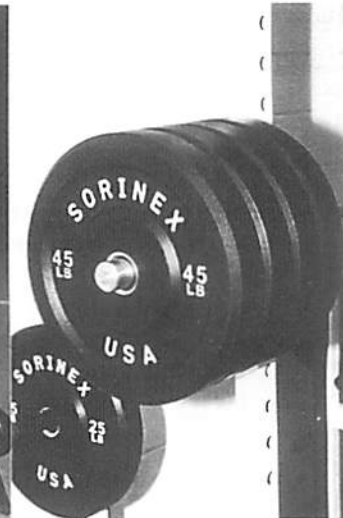
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Letter From The Editor

THE GOOD FIGHT

Unless she touched your life, the name Ann Everson Maree won't ring a bell. But her name and memory will stick with me long after I've forgotten many, many others.

Ann and I were teammates at Division II Shippensburg University in south central Pennsylvania in the mid-1980's. The men's and women's teams functioned as one. We all trained together and often hung out with one another away from the weight room and circles. I remember Ann as a good friend and kind and compassionate person who put in the work necessary to excel.

And excel Ann certainly did. She set school records in both the shot (41-3¼) and her specialty, the discus (150-3). She won a Pennsylvania State Athletic Conference championship, her team won a conference title and she also competed at the Division II National Championships.

She came from a financially successful family, but you would have never known just hanging out with her. She was simply real people. She never put on any airs.

Following graduation Ann entered the business world. She became a financial consultant and Vice President for Solomon Smith Barney.

In the days before email and Facebook, Ann and I lost touch with one another. Our common link was throwing, which I continued on with while Ann moved on to different challenges. I didn't see Ann for perhaps 10-15 years after I graduated in 1985.

Our next meeting came, of course, at the throwing sector at Shippensburg. Every year Shippensburg hosts the Paul Kaiser Classic to which alumni (who dare to) are invited to compete. At the time I was close to the peak of my throwing, particularly in the discus. Ann, on the other hand, was struggling to break 100', which seemed odd to me, but it was easily explained.

As I recall, I don't think she did topped 100' that day, but

her performance was probably more impressive than any other in that meet although very few would have realized it. The 50' gap from her PR was not a function of having babies and consuming cases of bon-bons. Truth be told, Ann was probably more fit than she had ever been during college, just significantly weaker. Cancer can kick your ass like that.

We talked a lot that day. I remember her telling me how she would ride her bike to the Hershey Medical Center for her treatments, and then get a ride home. That drive I would guesstimate as taking 45 minutes by car. You can extrapolate that to two non-motorized wheels while literally battling for your life and you can get an idea of her inner drive.

Since I had lost touch with Ann she had taken a husband, Al Maree, whom she had met in a sales training class in the spring of '95. So impressed was Al that he asked Ann to be his financial adviser.

Matter of fact, he was so, so very impressed her asked for her hand in marriage and they were wed a year later on May 18, 1996.

Life was smooth for the newlyweds until December, 2003. Ann noticed a small dimpling on the side of her breast. A biopsy and tests followed and the

results were swift and devastating. Ann's cancer was Stage 4, having spread to her lymph nodes, liver and bones. Her life expectancy was approximately 2-3 years.

Ann was just as scared as anyone would be; but the sense



Ann with her husband Al Maree





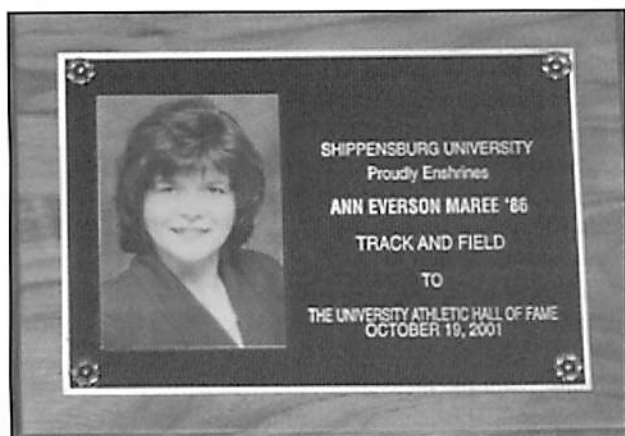
A little hair loss couldn't diminish Ann's smile.

of purpose which had made her such a success as an athlete kicked into gear. Al recalled that immediately she sought out the facts for her treatment and steeled herself for the long, hard fight.

Her then boss at Smith-Barney gave her a yellow Live Strong band, the symbol for the fight against cancer founded and popularized by cycling superhero Lance Armstrong. Odds are that you might have worn that band at some point. Maybe you are as you read this. That band would come to shape and symbolize her fight against the disease that had invaded her body.

Al and Ann went to Austin, Texas to ride in the Live Strong sponsored Ride for the Roses in December of 2004. The time she and Al would spend on their on their bikes would serve as spiritual respites over the next five years.

In 2009 Ann went on disability from her job and with the disease advancing with no sense of remorse or mercy, rode her bike for the last time that summer. Al took a better job in Cincinnati in 2009 and Ann went with him. Why move away from the region she grew up in? With her own mortality staring her in the face at point blank range? Because she told Al he had to do what he would have done



Ann's Athletic Hall of Fame plaque hangs in the lobby of Heiges Field House on Shippensburg's campus.

if she was healthy. A totally selfless move by a selfless person.

Ann left this world on Friday, July 1, 2011 having finally succumbed to the unforgiving disease she had fought successfully for so long. Al struggled understandably with the loss of his soul-mate. Each day he struggled to cover, if not fill, the hole that was left in his heart and life.

On August 19 Al returned to Philadelphia to ride in the LiveStrong cycling event there. It was an event he had ridden in before with Ann. Al recalled crossing the finish line without her. His body shook and he broke down emotionally. That cathartic experience was an emotional landmark for him. Like his grief had turned to acceptance. Almost like a chapter had been closed.



Ann celebrating five years after her diagnosis.

The last time I saw Ann was a couple years ago. It was early June and I was driving some remote route in Berks County, PA. On the right hand shoulder was a cyclist pedaling away. Ironically, I was coming back from a track meet my life's avocational passion, and there was Ann smoothly pedaling away, engaged in her adopted avocation.

I was in a hurry and I didn't stop that day. I just figured I would see her again.

You can get some sense of Ann's presence at her blog at <http://annsjourneys.com> and from her Facebook page at <http://www.facebook.com/profile.php?id=629765195>.
L&S

DRAMA AND DOMINANCE

BY CARRIE LANE, USA WOMEN'S THROWS COACH
AND BRETT HALTER, USA MEN'S THROWS COACH

Once every four years elite track and field reaches no sensible conclusion. In the even years between Olympiads there are no IAAF World Championships gold to claim. And without world hardware to claim, many athletes bypass their own national championships to rest, start families, or do just about anything but push themselves to greater heights. Want to see a sad sight? Go to the USATF Championships, both indoors and out, in one of these years. The event finals, be it in the throws or its more high profile cousins, are populated with competitors who truly do need the names on their competition bibs. It's kind of like holding the MLB league championships with the fourth place teams, then not bothering to hold the World Series.

So it is with great joy that true track and field fans look forward to the IAAF World Championships in odd-numbered years. Because in those years, track matters. Athletes need to make their national teams to earn incentives. Glory potentially awaits them on a runway, track or circle half-way around the world. It's the World Series and All-Star Game all wrapped up into one magnificent event, complete with great performances and gut-wrenching drama.

Such was the case in Daegu, South Korea in late August/early September. The IAAF held a party and the whole world showed up. Rivalries, at least with gold on the line, were renewed and lived up to their billing. World rankings were confirmed in some events, and turned upside down in others.

The Germans set the pace on the men's side while Russia claimed two women's golds. The American's were nearly shut out of the hardware, except for one lonely medal in an event that, only four years ago, would have seemed beyond the realm of possibility.

And everyone's appetites were whetted for the biggest party of all in 2012.

WOMEN'S DISCUS

(August 28)

(temperature 79/26; humidity 67%)

Qualifying in women's discus always garners some surprises, as the dead stadium air challenges those who rely on big winds for big marks. The ability to fly the

discus aerodynamically becomes paramount. Veteran American Aretha Thurmond was the first victim of qualifying. She struggled to find a fair sector throw and was six centimeters out of hitting the modest 59.94m 12th-place mark needed to advance to the final. Also making her first appearance for the US team was

Gia Lewis-Smallwood. The Illinois alum set up a good series and finished strong with a 59.49m, also a modest mark for Lewis-Smallwood, and frustratingly close to qualifying for the final.

The lone American in the final would be 2008 Olympic Champion Stephanie Brown-Trafton. The lanky Californian had not reached top form yet this year, owning a 64.13m season best from the April Maui meet, compared to her 66m+ marks from 2009. Also in the field were world-leader Yangfeng Li, Cuban Yarelys Barrios, Pole Zaneta Glanc, German Nadine Mueller, Romanian Nicoleta Grasu, and Russian Darya Pishchalnikova. Australian Dani Samuels, the 23-year-old reigning World Champion, was also present but struggled in qualifying to hit a substantial mark.

Yanfeng Li put the pressure on the field early, by opening with 65.28m. The Chinese fan contingent was out in force, as two of their country-women were in the final. They set a backdrop of red and yellow in the stands behind the discus



From top, Li, Barrios and Muller.

cage and carried a bullhorn and flags to make their presence known whenever one of the two Chinese women came up in the order. The rest of the field seemed to tighten up with the early 65+m mark, and only German Nadine Mueller could keep up, opening with 65.06m. Poland's Zaneta Glanc also opened well at 63.91m, eight centimeters off her personal best. Brown-Trafton opened with 60.20m and would need more to garner a top eight spot to earn three more throws. Yanfeng Li did not take her foot off the gas. In the second round, Li went even bigger, hurling the platter 66.52m, an impressive mark in the humid evening air of Daegu Stadium. Mueller again gave chase, improving to 65.97m in her second-round attempt. Barrios stayed right on the German's heels, tossing out 65.73m in the third round. Brown-Trafton continued to build and set out a 60.97m, which would at the least earn her three more throws. The same could not be said for 2009 champion Dani Samuels, as she struggled to find her groove, topping out at 59.14m. She, along with Lithuania's Zinalda Sendruite, Cuba's Denia Cabellerao, and Serbia's Dragana Tomasevic, would be escorted back under the stadium to let the top eight sort out the order in the final three rounds.

The top three have markedly different throwing styles. Li is small and extremely fast, and hits an excellent power position with great separation between the discus and her left leg. Barrios is a power thrower whose inconsistency proves to be dangerous; as when she does fly the discus, it will really go. Mueller, standing 6'3.5", towers over the field, and her German pedigree proves she is well-schooled in her craft. She did appear visibly tighter in the final than in qualifying. She appeared to open up her left side and lose separation at the finish, likely a result of trying to rush to a big throw. Her linear turns and non-reverse finish are typically German, but she got little lift on the discus.

Brown Trafton, whose series hovered mostly in the 60m range showed a fighting spirit, as she scraped her way from eighth to fifth, hitting 63.85m in the fourth round.

Mueller and Li looked a bit drained in the final three throws. They both put together respectable series, but Mueller could not muster a season-best effort to pull ahead of Li. The 27-year-old Mueller celebrated openly for earning the silver, after finishing sixth in her home country in 2009. Her medal would be the first of several that the German throwers would earn in this Championship.

RESULTS

1. Yanfeng Li (China) 218-3 (66.52) (214-2, 218-3, 214-11, 211-0, 211-1, 209-5); 2. Nadine Müller (Germany) 216-5 (65.97) (213-5, 216-5, 210-3, 205-2, f, f); 3. Yarelys Barrios (Cuba) 215-7 (65.73) (f, 203-0, 215-7, 209-9, f, 209-8); 4. Zaneta Glanc (Pol) 209-8 (63.91) (209-8, 204-5, 207-0, 205-8, 203-11, 197-11); 5. Stephanie Brown Trafton (US) 209-5 (63.85) (197-6, 200-0, 197-8, 209-5, 197-8, f); 6. Jian Tan (Chn) 206-7 (62.96) (198-4, 201-7, 202-8, 206-7, f, 200-6); 7. Dragana

Tomasevic (Ser) 205-0 (62.48); 8. Nicoleta Grasu (Rom) 203-8 (62.08); 9. Denia Caballero (Cub) 199-3 (60.73); 10. Dani Samuels (Aus) 194-0 (59.14) (defending champ); 11. Darya Pishchalnikova (Rus) 190-7 (58.10); 12. Zinaida Sendruite (Lit) 188-0 (57.30).

Non-qualifiers: Aretha Thurmond (US)

196-5 (59.88), Fuejun Ma (Chn) 195-10 (59.71), Gia Lewis-Smallwood (US) 195-2 (59.49), Natalya Fokina-Semenova (Ukr) 191-2 (58.27), Monique Jansen (Hol) 191-0 (58.23), Andressa de Morais (Bra) 190-0 (57.93), Kazai Suzanne Kragbe (CI) 188-9 (57.55), Kateryna Karsak (Ukr) 188-9 (57.54), Harwant Kaur (Ind) 185-4 (56.49), Elisangela Adriano (Bra) 185-2 (56.45), Vera Cechlova (CzR) 176-9 (53.87), Karen Gallardo (Chl) 176-1 (53.69).

MEN'S HAMMER

(August 30)

(temperature 81/27; humidity 65%)

Group A of the men's hammer qualifying came on the heels of the opening ceremonies and one would have thought watching the frenetic turn around of the stadium from carnival like light show atmosphere to a world championship venue, that there would be a negative impact on the first group of men's hammer throwers. But, that was certainly not the case. The men demonstrated why they are the best in the world as four of the top 6 qualifiers came out of Group A, with Koji Murofushi and Krisztian Pars easily hitting the Automatic Qualifying Mark of 77.00m on their first throws. Group B was equally up to the task with Pavel Kryvitski and Markus Esser both exceeding the Automatic Qualifying Mark.

With six of the 2009 finalist in the field of twelve, including reigning World and Olympic Champion



From top, Kozmus, Pars and Murofushi.



Primož Kozmus and the 2009 World Silver Medalist Szymon Ziolkowski, the final proved to be exciting. But, there seemed to be little doubt that the 2004 Olympic Champion was back healthy and in terrific form as his throws looked smooth and easy throughout his practice sessions leading into qualifying and the finals. Koji wasted little time and taking control of the competition. He would follow Primož in the preliminary rounds as the third thrower. Primož was unable to produce and event controlling throw on his opener leaving the Koji with an opportunity to seize control of the contest in the open round, and he did (!), with a season's best mark of 79.72m. Koji clearly made a statement, as no one else in the opening round was able to come within two meters of his mark.

Koji increased his lead in rounds two and three steadily improving to 81.03m and 81.24m to hold a commanding lead heading into the final with Pars and Kozmus both sitting nearly a full meter behind the lead.

While Primož struggled to find his technique in the final rounds it was Krisztian Pars who seemed to settle into his technique producing a near 80m (79.97m) mark in round four moving into second. Pars, who has been painfully close to the medal stand over the years (Berlin 4th, Beijing 4th, Osaka 5th, Helsinki 7th), seemed determined to be a part of the medal ceremony this year. In the final round Pars connected big at 81.18m just a few centimeters off the lead but, solidified a Silver Medal – his first medal at the World Championship.

1. Koji Murofushi (Japan).....266-6 (81.24) (261-6, 265-10, 266-6, 260-7, 266-6, 265-2); 2. Krisztian Pars (Hungary)....266-4 (81.18) (253-6, 258-8, 259-8, 262-4, 197-11, 266-4); 3. Primož Kozmus (Slovenia)....260-5 (79.39) (254-3, 260-5, 258-11, f, 249-4, 256-6); 4. Markus Esser (Ger) 259-7 (79.12) (f, 257-9, 251-8, 246-1, 259-7, 255-6); 5. Pavel Kryvitski (Blr) 257-7 (78.53) (242-8, 256-8, 257-7, f, 253-9, f); 6. Kirill Ikonnikov (Rus) 257-1 (78.37) (f, f, 253-4, f, 257-1, 256-3); 7. Szymon Ziolkowski (Pol) 254-9 (77.64); 8. Nicola Vizzoni (Ita) 252-9 (77.04); 9. Olli-Pekka Karjalainen (Fin) 251-4 (76.60); 10. Dilshod Nazarov (Taj) 251-3 (76.58); 11. Pawel Fajdek (Pol) 246-9 (75.20); ...3f—Yury Shayunou (Blr).

Non-qualifiers: Ali Mohamed Al-Zinkawi (Kuw) 247-2 (75.35), Kibwé Johnson (US) 246-3 (75.06), Sergey Litvinov (Rus) 245-5 (74.80), Kristof Nemeth (Hun) 243-1 (74.09), Olexiy Sokyrskiy (Ukr) 242-2 (73.81), Esref Apak (Tur) 240-9 (73.38), James Steacy (Can) 240-7 (73.32), Igors Sokolovs (Lat) 239-4 (72.95), Marcel Lomnický (Svk) 238-5 (72.68), Libor Charfreitag (Svk) 236-10 (72.20), Valeriy Sviatokha (Blr) 234-10 (71.58), Eivind Henriksen (Nor) 233-10 (71.27), Andras Haklits (Cro) 232-8 (70.93), Dzmitry Marshi (Aze) 229-9 (70.04), Mike Mai (US) 229-6 (69.96), Fatih Eryildirim (Tur) 227-7 (69.37), Yun-Chul Lee (SK) 226-4 (68.98), Mostafa Al-Gamel (Egy) 224-4 (68.38), Kaveh Sadegh Mousavi (IRI) 223-1 (68.01), Mattias Jons (Swe) 222-10

(67.93), Javier Cienfuegos (Spa) 221-5 (67.49), Juan Ignacio Cerra (Arg) 210-10 (64.27), Amanmurad Hommadov (Tkm) 206-7 (62.97).

WOMEN'S SHOT PUT

(August 29)

(temperature 79/26; humidity 83%)

Team USA fans watched with quiet hope as the USA's best chance for its first women's shot put medal found her way to Daegu. Jillian Camarena-Williams had her most consistent summer, throwing over her 2010 PR of 19.50 no less than ten times this year at major outdoor meets.

Camerena-Williams also broke the American indoor record earlier this year and tied the American outdoor record in Paris earlier this summer. She had plenty of championship experience under her belt and had finished well against her competitors at the summer Diamond League meets. All signs pointed to a fantastic finish, so fans waited and watched in quiet anticipation.

Qualifying proved to be a breeze for both Camarena-Williams and Michelle Carter. With the automatic mark set at 18.65m, Camarena-Williams hit 19.09m on her first attempt, and Carter lobbed 18.85m right out of the blocks. Both women showed their poise and experience and made it easy on themselves to prepare for the following day's final.

Thirteen women achieved the automatic mark, so the standard 12-person final had to be expanded to accommodate the larger field. Along with Camarena-Williams and Carter, the field included the usual suspects in Valerie Adams, Nedzeya Ostapchuk, Lejieo Gong, and Nadine Kleinert-- all owners of World Championships and Olympic Games hardware.



From top, Vili-Ostapchuk and Camarena-Williams.

In the final, Camerena-Williams was the first thrower and opened with a respectable mark of 19.63m. The mark that would ensure she make the final eight, but she would need more for a medal. Her competitors started to wake later in the prelims, as Camerena-Williams pressed hard to surpass her opening round heave. Michelle Carter threw near her 2010 season average on the first round, opening at 18.76m. Carter's lifetime best of 19.86m came earlier in the year at the 2011 USA meet, where she edged Camerena-Williams by 1 centimeter to take the win. However, Carter was not as consistent in the European meets leading up to Daegu. She could not find another big throw, and ended up ninth, as all finalists threw over 19m for the first time since 1993.

After three rounds, Adams' 20.91 held the top spot, while Ostapchuk sat at a distant second at 19.87m. The biggest surprise came from 21-year-old Russian Yevgeniya Kolodko, who won the U-23 European championships earlier in the year. She hit a massive PR of 19.78m and electrified the crowd with her celebration. She was holding steady in the third position going into the final three rounds.

As the officials sorted out the order for the final rounds, Camerena-Williams, sitting in fifth, knew she would need over 20m to earn a medal. Said Jillian after the competition, "I talked to my coach in between the prelim and final and knew I was trying too hard after the first round. I had to slow down to hit positions... I knew I had a good one in me." Camerena-Williams executed her coach's words perfectly, slowing down enough to get behind the ball and hit 20.02m in the fourth round. She moved ahead of all but Adams. It was the second time in her career that she has broken 20m. It looked like Jillian would hold onto to the silver until Ostapchuk squeaked out a 20.05m in round five, to which the American could not respond in her final two throws.

Adams was putting together a nice series, twice peppering the 21 m line. The towering glider still needed to prove she was head and shoulders above the field. As she stared down the sector with warrior-like intensity, she stepped into the ring. She launched 21.24m, which would be a Championship record. Adams has battled coaching changes and divorce since winning gold in 2009, and celebrated as though the weight of the last two years had lifted. She gave New Zealand its first and only medal of the Championships.

Camerena-Williams was clearly emotional afterwards, as the substantial USA crowd celebrated her accolades from the stands. The Stanford alum became the first American female shot putter on the medal stand, doing what legendary predecessors Ramona Pagel and Connie Price-Smith had never done in their long careers. Camerena-Williams is also the first female spinner in history to have won a medal.

RESULTS

1. Valerie Adams (New Zealand) 69-8¼ (21.24) NR (WL) (24, x W) (=MR) (2x defending champ) (63-6., f, 65-9, 67-11., f, 69-8.); 2. Nadzeya Ostapchuk (Belarus) 65-9½ (20.05) (64-3, 63-5., 65-2., 65-2., 65-9., 64-3.); 3. Jill Camarena-Williams (US) 65-8¼ (20.02) (x, 4 A) (first U.S. shot medal ever) (64-5, 60-9., 63-1., 65-8., 61-8., 63-9.); 4. Lijiao Gong (Chn) 65-6. (19.97) (64-5., f, f, 65-., 65-6., f); 5. Yevgeniya Kolodko (Rus) 64-10. (19.78) PR (60-5., 59-11., 64-10., f, f, 63-2.); 6. Ling Li (Chn) 64-8 (19.71) (62-8., 64-8, 63-1., 64-3., 63-11., 63-11.); 7. Anna Avdeyeva (Rus) 64-1. (19.54); 8. Nadine Kleinert (Ger) 63-2. (19.26); 9. Michelle Carter (US) 61-6¾ (18.76); 10. Anna Omarova (Rus) 61-3 (18.67); 11. Natallia Mikhnevich (Blr) 60-7. (18.47); 12. Christina Schwanitz (Ger) 58-11. (17.96); 13. Cleopatra Borel-Brown (Tri) 57-9. (17.62).

Non-qualifiers: Chiara Rosa (Ita) 59-11 (18.28), Mailin Vargas (Cub) 59-11. (18.27), Misleydis Gonzalez (Cub) 59-10. (18.24), fangrong Liu (Chn) 59-9. (18.22), Julie Labonte (Can) 59-2. (18.04), Josephine Terlecki (Ger) 58-6. (17.85), Natalia Duco (Chl) 57-2 (17.42), Sarah Stevens-Walker (US) 56-5¼ (17.20), Anita Marton (Hun) 55-11 (17.04), Mi-Young Lee (SK) 53-1 (16.18), Simone du Toit (SA) 51-11. (15.83), Radoslava Mavrodieva (Bul) 51-8. (15.76).

MEN'S

DISCUS

(August 30)
(temperature 81/27; humidity 65%)

Robert Harting left little doubt that the 2009 World Champion would be the one to beat in 2011! The German walked his way through qualifying with remarkable and almost disturbing ease. In fact, watching Harting in his preparations for the final, I was impressed with his workman like precision and overriding confidence in what he was doing with his



From top, Harting, Kanter and Hadadi.



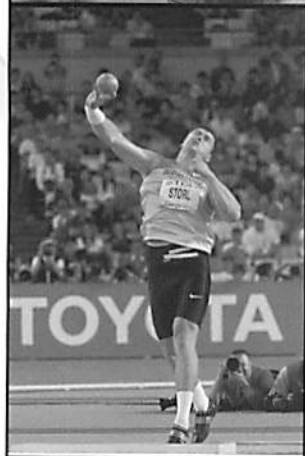
technique - certainly, no "searching" for a feeling or "looking" for validation that he was ready to go - simply a unyielding confidence that he was ready.

The evening of the final was warm and humid, 80 degrees, 70% humidity and nearly a non-existent wind.

Harting would be the third to throw in the final. With the luck of the draw on his side and the only real threats to the reigning champ to throw after him (Kanter, Hadadi, Malachowski and Alekna), Harting delivered a massive

68.49m opening round throw which appeared to stifle the competition. The competition saw no real movement until Kanter (last in order) delivered a solid 66.95m throw to which Harting would respond in round three with another 68m blast.

Throughout the preliminary rounds it appeared as though Kanter was settling into his rhythm and could connect with a big one to challenge Harting, but he seemed to just be missing it enough to get the extra two or three meters needed to overtake Harting. Meanwhile, Harting seemed unphased by any transition to the final wasting little time settling back into the competition extending his lead to, what everyone in the stadium knew, was to be an insurmountable mark of



From top, Armstrong, Miknevich and Storl.

68.97m.

Gerd Kantor would go onto finish second while Ehsan Hadadi would finish a surprising third and pick up his first World Championship medal. I will have to give kudos to Don Babbitt (Raymond) who told me that he had a feeling that Ehasn would do something special as he had seen him earlier in the season.

And it would be irresponsible to not point out the tremendous competitive efforts of Mart Israel, Benn Harradine, Vikas Gowda, and Jorge Fernandez. Each making their first World Championship final and then

competing well enough in the final to finish in the top eight - well done.

RESULTS

1. Robert Harting (Germany).....226-3 (68.97) (224-8, f, 223-5, 226-3, 217-7, f); 2. Gerd Kanter (Estonia).....219-8 (66.95) (206-0, 219-8, 216-11, 219-6, f, 215-11); 3. Ehsan Hadadi (Iran).....216-9 (66.08) (214-2, 210-2, f, f, 214-11, 216-9); 4. Mart Israel (Est) 213-11 (65.20) (203-0, 208-8, 211-0, 209-1, 213-11, f); 5. Benn Harradine (Aus) 212-6 (64.77) (211-4, 210-0, 203-8, f, 210-7, 212-6); 6. Virgilijus Alekna (Lit) 210-3 (64.09) (205-10, f, 210-3, 205-5, f, 200-11); 7. Vikas Gowda (Ind) 210-1 (64.05); 8. Jorge Fernandez (Cub) 208-5 (63.54); 9. Piotr Malachowski (Pol) 207-11 (63.37); 10. Jason Young (US) 207-4 (63.20); 11. Mario Pestano (Spa) 206-8 (63.00); 12. Brett Morse (GB) 205-8 (62.69).

Non-qualifiers: Jan Marcell (CzR) 204-4 (62.29), Jarred Rome (US) 204-1 (62.22), Zoltan Kovago (Hun) 203-11 (62.16), Rutger Smith (Hol) 203-10 (62.12), Jian Wu (Chn) 203-7 (62.07), Jason Morgan (Jam) 202-7 (61.75), Martin Wierig (Ger) 202-4 (61.68), Erik Cadee (Hol) 202-2 (61.62), Gerhard Mayer (Aut) 201-8 (61.47), Leif Arrhenius (Swe) 201-2 (61.33), Mohammad Samimi (Irn) 200-5 (61.10), Lance Brooks (US) 200-4 (61.07), Ercument Olgundeniz (Tur) 199-8 (60.86), Markus Munch (Ger) 199-6 (60.80), Martin Maric (Cro) 198-10 (60.61), Niklas Arrhenius (Swe) 198-8 (60.57), Carl Myerscough (GB) 197-9 (60.29), Abdul Buhari (GB) 197-6 (60.21), Roland Varga (Cro) 193-10 (59.09);... nm—Robert Fazekas (Hun).

MEN'S SHOT

(September 2)

(temperature 81/27; humidity 64%)

For the first time in World Championship history, one country qualified four athletes to the Shot Put final with United States advancing Cantwell, Hoffa, Nelson and Whiting to the final of twelve and then on to the final of eight.

It was the first time since 1991 that the United States did NOT have a medalist in the Men's Shot Put.

2009 was the first time in World Championship history that a put over 20m did not make the final. In Daegu, there were 14 throwers over 20m in the qualifying round - a first.

And, most notably the contest produced the youngest World Champion in David Storl at age 21 since John Godina won at age 23 and who then went on to win two more titles at the ages of 25 and 29.

The qualifying rounds produced the usual suspects, Armstrong, Mikhnevich, Majewski, Bartels and the putters from the United States, onto the final. However, stealing the excitement was David Storl producing a sensational

personal best of 21.50m during the qualifying round.

Once again, the men's shot put final was to be packed with excitement, featuring four former World Champions and the reigning Olympic Champion. But, it was going to be the youthful energy of David Storl who would come out on top! Despite having set a lifetime best in the qualifying, Storl found enough extra in the tank to produce another massive personal best of 21.78m to overtake Dylan Armstrong in the final round.

The opening rounds lacked energy as the throwers seemed to be a bit tight or distracted, quite frankly it was difficult to understand. Hoffa opened up at a comfortable 20.90m, while Majewski and Storl produced over 21m fouls. With the field seemingly asleep, Storl took advantage of the lack luster contest to produce a ten centimeter personal best at 21.60m to take the lead.

Rounds three and four saw Mikhnevich and Armstrong produce their eventual bests at 21.40m and 21.64m respectively. Former World Champions Cantwell, Hoffa and Nelson struggled the entire contest to find their rhythms. Cantwell was able to begin to find his rhythm late in the contest hitting a solid 21.36m mark just .4cm shy of the podium. If should be noted that in an event that lacked the usual energy and excitement we have come to expect from the Men's Shot Put, Cantwell's mark of 21.36m has historically been good enough to garner third. In fact, the only World Championship to produce a longer mark for Bronze was in Rome, 1987 when Remigius Machura (Czechoslovakia) and Ulf Timmermann (Germany) threw 21.39m and 21.35 for fourth and fifth behind Bronze Medal Winner John Brenner (USA) at 21.75m.

As we head into the Olympic year, the men's shot appears to be as competitive as ever throughout the world as there are (8) active putters who have garnered medals either at the World Championships or Olympic Games! (Armstrong, Bartels, Cantwell, Hoffa, Majewski, Mikhnevich, Nelson, Storl) And...it should also be noted the performances of both Marco Fortes (POR) and Ryan Whiting (USA) both, competed extremely well by making the final and then throwing well in the final. Particularly Whiting who negotiated his first World Championship with remarkable professionalism.

RESULTS

1. David Storl (Germany)71-5. (21.78) PR (f, 70-10., 68-3., f, f, 71-5.); 2. Dylan Armstrong (Canada) 71-0 (21.64) (68-2., 67-6., 68-3., 71-0, 70-2., f); 3. Andrei Mikhnevich (Belarus) 70-2. (21.40) (67-1., 67-2., 70-2., 67-11., 67-8., 70-1.) 4. Christian Cantwell (US) 70-1 (21.36) (67-3., 68-., 68-4., f, 70-1, f); 5. Reese Hoffa (US) 68-10½ (20.99) (68-7, 68-10., 68-9., 68-4., f, f); 6. Marco Fortes (Por) 68-4. (20.83) (67-6., f, 63-6., 68-4., 66-5., 65-9); 7. Ryan Whiting (US) 68-1 (20.75); 8. Adam Nelson (US) 66-7 (20.29); 9. Tomasz Majewski (Pol)

66-2. (20.18); 10. Ralf Bartels (Ger) 66-1 (20.14); 11. Asmir Kolašinac (Ser) 65-1. (19.84); 12. Carlos Veliz (Cub) 64-7. (19.70).

Non-qualifiers: Marco Schmidt (Ger) 65-9. (20.06), Lajos Kurthy (Hun) 65-8. (20.02), Maksim Sidorov (Rus) 65-5. (19.95), Pavel Lyzhyn (Blr) 65-4 (19.91), Kim Christensen (Den) 64-9. (19.74), Hamza Alic (Bos) 64-7. (19.70), Ming-Huang Chang (Tai) 64-3. (19.60), Jan Marcell (CzR) 64-. (19.51), German Lauro (Arg) 63-11. (19.50), Andriy Semenov (Ukr) 63-9. (19.45), Om Prakash Singh (Ind) 63-3. (19.29), Amin Nikfar (Irn) 62-11. (19.18), Milan Jotanovic (Ser) 60-4 (18.39), Borja Vivas (Spa) 60-3. (18.37), In-Sung Hwang (SK) 58-3 (17.75). (best-ever mark-for-place: 11-12)

WOMEN'S JAVELIN

(September 2)

(temperature 81/27; humidity 64%)

The women's javelin was contested on an exciting night for field event fans at the World Championships. The highly-anticipated men's shot put competition and the men's long jump final were taking place simultaneously. Add to that the 200m semi-finals with the ever-boisterous Usain Bolt, and the environment at Daegu Stadium was electrifying.

As is common practice at the World Championships, all competitions pause for medal ceremonies and national anthems.

The women's javelin competition was halted on three different occasions to play the United States National Anthem to recognize gold earned in the men's high jump, women's 400m hurdles, and women's 1500m. It was ironic and unfortunate that Americans Rachel Yurkovich, a 2009 finalist, and Kara Patterson, the newly-crowned American record holder, both failed to earn spots in the



From top, Abakumova, Spotokova and Viljoen.



javelin final. Of the 12 finalists, German Christina Obergfoll, Russian Mariya Abakumova, and Czech world record holder Barbara Spotakova owned five World Championship medals between them. The rest of the field was relatively new to the WC final. Olympic silver medalist Abakumova had a consistent 2011 season. She finished behind Spotakova in both Beijing and Berlin and was looking for her first Championships gold. The two were seeded back to back, throwing seventh and eighth, so the rivalry would be fully exposed. Throwing right after them in ninth position was South African Sunette Viljoen, who had shown promise in the late Diamond League meets and was turning the heads of spear enthusiasts.

The field started off relatively slow, as many women struggled to find marks anywhere close to their PRs. World record holder and Olympic Champion Barbara Spotakova finally broke the spell, hitting a respectable 68.80m on her first attempt, which would be four meters greater than Viljoen's second place effort. Abakumova struggled early, going 60.38m. If the first round was any indication of the competition, it was going to be a snoozer, seeing the most likely champion, Spotakova, run away with the title again.

However, for as lackluster as the first round was, the second round was equally as spirited. 2008 bronze medalist, German Christina Obergfoll, edged into second at 64.39m, three centimeters ahead of Viljoen. Spotakova showed consistency but made no improvement in round two. Abakumova then stepped up for her second attempt and made the competition decidedly more interesting. As she flew down the runway in her signature baseball hat and warm-up suit pants, she launched a world-leading 71.25m throw that sent out deafening cheers from the packed stadium. Viljoen responded with a respectable 65.20m, moving back into third behind Spotakova and ahead of Obergfoll.

The third round saw no lead changes and the women anxiously awaited the re-order.

Obergfoll, throwing in fourth place position, continued to fight her way onto the medal stand, and opened with a fourth round throw of 65.24m, putting her four centimeters ahead of then-third place Viljoen. The German fans went wild as they realized they could see two more Germans on the medal stand. Countryman David Storl was simultaneously battling for a podium spot in the men's shot put at the other end of the stadium.

Abakumova, Spotakova, and Viljoen made no improvements in their fourth round attempts, and it looked again as though the javelin would fall to the wayside as lack of change shifted the crowd's attention to the fiery men's shot put competition.

However, the javelin women would not take second chair to

the hefty shot putters, and the fifth round saw three amazing accomplishments. First was Viljoen, who had been knocked by Obergfoll into fourth. The South African erupted with a 68.38, an African record, slating her firmly at third, the first medal South Africa has won in this event. As if rejuvenated by the energy in the stadium, Spotakova, who had put together a series consistent in the 67-68m range, exploded with a 71.58m mark that looked more like the Spotakova of world record form. This mark was the world's best on the year and Spotakova's season best. It moved her into the lead to Abakumova's second round attempt of 71.25m. And now it was Abakumova's turn to answer. It seemed unlikely that she would have more in her tank and more likely that she would again take a backseat to Spotakova. But Abakumova was not going to let history repeat itself. Begging for crowd support, she barreled down the runway and unleashed 71.99, a new PR and a World Championship record. Emotions were high for the sixth round, but none of the top four competitors could unleash anything bigger. Abakumova earned her first and hard-fought World Championship gold. The women's javelin displayed some of the most hard-nosed competition of the field events this year.

RESULTS

1. Mariya Abakumova (Russia) 236-2 (71.99) (WL) (2, 2 W) (MR) (198-1, 233-9 PR [3, 6 W], p, f, 236-2, 210-10); 2. Barbora Špotáková (Czech Republic) 234-10 (71.58) (x, 3 W; now x, 4 W) (71.58) (225-9, 222-9, 225-2, 220-2, 234-10, 219-2); 3. Sunette Viljoen (South Africa) 224-4 (68.38) NR (6, x W) (211-2, 213-11, 207-1, 191-10, 224-4, 205-8); 4. Christina Obergfoll (Ger) 214-0 (65.24) (202-7, 211-3, 212-7, 214-0, 208-4, f); 5. Kathrina Molitor (Ger) 211-0 (64.32) (196-5, 190-11, 190-1, 197-10, 193-1, 211-0); 6. Kim Mickle (Aus) 203-3 (61.96) (194-8, 187-3, 199-8, f, 203-3, 201-2); 7. Martina Ratej (Slo) 202-3 (61.65); 8. Jarmila Klimešova (CzR) 194-5 (59.27); 9. Yuki Ebihara (Jpn) 193-10 (59.08); 10. Goldie Sayers (GB) 190-10 (58.18); 11. Madara Palameika (Lat) 190-7 (58.08); ... dnc—Linda Stahl (Ger). (best-ever mark-for-place: 2-3)

Non-qualifiers: Asdis Hjalmsdottir (Ice) 194-0 (59.15), Zahra Bani (Ita) 193-4 (58.92), Rachel Yurkovich (US) 193-0 (58.84), Vira Rebryk (Ukr) 191-11 (58.50), Mercedes Chilla (Spa) 191-5 (58.34), Sinta Ozolina-Kovala (Lat) 190-9 (58.15), Justine Robbeson (SA) 190-7 (58.08), Chunhua Liu (Chn) 188-8 (57.52), Kara Patterson (US) 187-5 (57.14), Indre Jakubaityte (Lit) 186-9 (56.92), Yanet Cruz (Cub) 186-1 (56.73), Tatjana Jelaca (Ser) 185-11 (56.68), Elisabeth Eberl (Aut) 185-4 (56.48), Risa Miyashita (Jpn) 182-6 (55.62), Kyung-Ae Kim (SK) 180-4 (54.96), Maria Murillo (Col) 173-4 (52.83).

MEN'S JAVELIN

(September 3)

(temperature 84/29; humidity 45%)

The last men's throwing event of the championship week watched the German's pick up yet another gold as it was

Matthias De Zordo winning the event for the German team at 86.27m

The first round of the men's javelin final saw little, if any energy, from the first five throwers either in emotion or mark. But, the big Cuban Guillermo Martinez added a spark with nice opener of 84.30m to jump into the early lead. With same energy as the first five throwers Thorkildsen opened at very soft 80.75m throw. With Thorkildsen struggling or distracted, De Zordo seized the opportunity with a terrific seasons best at 86.27m to take what certainly appeared to be a commanding lead with the seemingly lack of energy from the field.

With little if any wind in the stadium De Zordo's 86m opener appeared more like an unattainable 90m throw. The remaining two rounds saw little improvements from the entire field. De Zordo and Martinez maintained their respective arousal levels bringing virtually unbridled energy down the runway, while Thorkildsen seemed to be getting increasingly frustrated with his inability to find his throw. At 80.75m at 10 throwers remaining in the third round the defending champion was obviously in danger of not making the final. Meanwhile De Zordo seemed to have tweaked his ankle in round two and choose to pass round three.

Perhaps the adrenaline or sheer anger of nearly missing the final, Thorkildsen simply willed his fourth round 84.78m throw with a massive hit on the finish to move into second place. Martinez worked to respond in round four but, with his own massive "hits" on the finish in the preliminary, appeared to leave his elbow extremely tender and was only able to muster up a 76m effort.

Rounds five and six netted zero movement in the field. Martinez was forced to pass on his fifth round attempt for what appeared to be an "all of nothing" final round. So with De Zordo nursing a bad ankle and Martinez nursing a

tender arm the focus of the competition seemed to be on weather or not Thorkildsen could find the winning throw.

1. Matthias de Zordo (Germany) 283-0 (86.27) (283-0, 280-6, p, p, 271-11, 267-1); 2. Andreas Thorkildsen (Norway) 278-2 (84.78) (264-11, 264-0, 264-5, 278-2, f, 263-5); 3. Guillermo Martinez (Cuba) 276-7 (84.30) (276-7, 262-10, 262-9, 252-7, p, 258-2); 4. Vitezslav Vesely (CzR) 275-11 (84.11) (266-4, f, 275-11, 261-3, 250-3, f); 5. Fatih Avan (Tur) 273-5 (83.34) (256-8, 273-5, 259-1, 262-0, f, 254-6); 6. Roman Avramenko (Ukr) 270-8 (82.51) (270-8, f, 269-8, 261-6, 258-9, f); 7. Jarrod Bannister (Aus) 269-10 (82.25); 8. Mark Frank (Ger) 268-5 (81.81); 9. Antti Ruuskanen (Fin) 260-8 (79.46); 10. Dmitri Tarabin (Rus) 259-4 (79.06); 11. Stuart Farquhar (NZ) 259-2 (78.99); 12. Sergey Makarov (Rus) 258-5 (78.76).

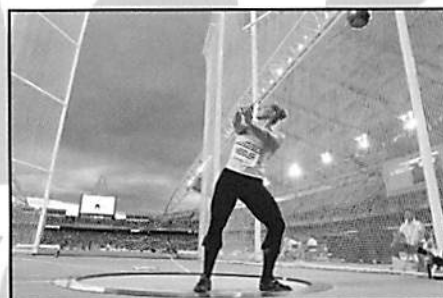
Non-qualifiers: Igor Janik (Pol) 265-4 (80.88), Ari Mannio (Fin) 263-4 (80.27), Yukifumi Murakami (Jpn) 263-1 (80.19), Jakub Vadlejch (CzR) 262-9 (80.08), Tero Pitkamaki (Fin) 260-8 (79.46), Qi Chen (Chn) 257-3 (78.42), Scott Russell (Can) 254-2 (77.49), Eriks Rags (Lat) 253-9 (77.34), Yervasio Filippidis (Gre) 251-6 (76.66), Leslie Copeland (Fij) 251-2 (76.57), Mihkel Kuk (Est) 250-9 (76.42), Petr Frydrych (CzR) 249-11 (76.18), Vadims Vasilevskis (Lat) 246-10 (75.23), Gabriel Wallin (Swe) 244-3 (74.44), Arley Ibarguen (Col) 242-10 (74.02), Aleksandr Ivanov (Rus) 242-2 (73.81), Oleksandr Pyatnytsya (Ukr) 241-4 (73.56), Spiridon Lebesis (Gre) 240-7 (73.35), Matija Kranjc (Slo) 240-0 (73.17), Zigismunds Sirmais (Lat) 240-0 (73.16), Robert Oosthuizen (SA) 239-11 (73.14), Sangjin Jung (SK) 236-4 (72.03), Ihab Abdelrahman El Sayed (Egy) 236-2 (71.99), Rinat Tarzumanov (Uzb) 230-8 (70.32);...dnc— Mike Hazle (US).

WOMEN'S HAMMER

(September 4)
(temperature 82/28;
humidity 54%)



From top, de Zordo, Martinez and Thorkildsen.



From top, Heidler, Lysenko and Zhang.

The women's hammer was the only throwing event with two former world record holders and one current world record holder competing in the final. The youngest throwing event continues to make steady strides forward (The women's hammer was first contested in 1999).

All eyes were arguably on German Betty Heidler, who set a world record of 79.42m earlier this year. But also contending were former world record holder Anita Włodarczyk of Poland and Tatyana Lysenko of Russia. The Pole set world records in both 2009 and 2010. The tall and lithe Lysenko set a world record in 2005, but in 2007 received a 2-year drug suspension. American Jessica Cosby was appearing in her second consecutive WC final, hoping to better her seventh place effort from 2009.

Lysenko was assigned the pole position and put the heat on early, tossing the ball and wire out to 76.80m on her first attempt. Heidler, the next thrower in the order, appeared tight on turn one and her hammer crashed into the cage upon release. China's Wenxiu Zhang, who owned the top mark out of the qualifying rounds, responded well to the pressure, as she hit 75.03m in her first attempt. Cosby, the California southpaw, also struggled, fouling a 70+m throw slightly out of sector.

Lysenko stayed on the offensive in the second round, improving to 77.09m. Throughout warm-ups and rounds, Lysenko appeared confident and consistent as the others fought to find their footing. As many competitors did turns and drills in between throws, Lysenko sat patiently on the benches and simply stayed loose awaiting her next turn. She dealt a deathly blow in the third round, going 77.13m, the best of the competition. While Heidler and Włodarczyk owned personal bests that were greater than Lysenko's effort, the battle for gold appeared to be over, as no one in the prelims could summon a mark within two meters of Lysenko.

Entering the final three throws, the ultra-fast Heidler could not gain consistency in the ring as she battled to move ahead of Zhang's 75m effort. Zhang tried to put some distance between her and Heidler, but could not surpass her first-round effort. Heidler finally launched a 76.06m attempt in the fifth round. She fouled her sixth round effort. The order of finish would be Lysenko, Heidler, and Zhang. Former world champion and new mother Yipsi Moreno achieved a season-best 74.48, good for fourth place. Cosby could not muster a legal throw over 69m and ended the competition a disappointing 11th place. Heidler has medaled in the past three World Championships, making her one of the most decorated women in the event.

Studying results from each of the women's hammer competitions since 1999, the 2011 competition marks the first time that there was no improvement in either the winning distance or the distance it took the make the top

eight. However, the Daegu final saw five women surpass the 73 meter mark, the most ever in the event's short history. Although the competition was fairly lackluster, one could still argue that the women's hammer continues to evolve.

RESULTS

1. Tatyana Lysenko (Russia) 253-0 (77.13) (x, 13 W); (252-0, 252-11, 253-0, 244-5, 246-2, f); 2. Betty Heidler (Germany) 249-6 (76.06) (242-8, 245-1, f, 249-6, f); 3. Wenxiu Zhang (China) 246-2 (75.03) (246-2, 243-9, f, 240-0, 235-9, 245-4); 4. Yipsi Moreno (Cub) 244-4 (74.48) (240-5, f, 244-4, f, f, f); 5. Anita Włodarczyk (Pol) 241-4 (73.56) (defending champ) (241-4, f, 238-2, f, f, 238-4); 6. Bianca Perie (Rom) 236-4 (72.04) (222-2, 231-0, 222-3, 230-5, 232-7, 236-4); 7. Kathrin Klaas (Ger) 235-10 (71.89); 8. Zalina Marghieva (Mol) 230-6 (70.27); 9. Silvia Salis (Ita) 229-3 (69.88); 10. Jenny Dahlgren (Arg) 228-9 (69.72); 11. Jessica Cosby (US) 226-1 (68.91); 12. Stephanie Falzon (Fra) 218-5 (66.57).

Non-qualifiers: Eva Orban (Hun) 226-0 (68.89), Amber Campbell (US) 225-11 (68.87), Jeneva McCall (US) 223-11 (68.26), Alena Matoshka (Blr) 223-10 (68.23), Marina Marghieva (Mol) 222-11 (67.95), Berta Castells (Spa) 222-3 (67.74), Nataliya Zolotukhina (Ukr) 221-8 (67.57), Mona Christine Holm (Nor) 220-4 (67.16), Joanna Fiodorow (Pol) 219-5 (66.88), Alexandra Papayeyriou (Gre) 219-0 (66.77), Amy Sene (Sen) 217-0 (66.15), Merja Korpela (Fin) 215-4 (65.64), Vania Silva (Por) 214-7 (65.40), Sophie Hitchon (GB) 213-0 (64.93), Masumi Aya (Jpn) 210-3 (64.09), Heather Steacy (Can) 207-11 (63.39), Tingting Liu (Chn) 207-1 (63.12), Na-Ru Kang (SK) 200-3 (61.05).

Koji Murofushi

WELL RESTED

BY GLENN THOMPSON

Long & Strong: *You've dealt with some nagging injuries over recent years. Has your health been good in 2011?*

Koji Murofushi: I don't know that if you call those just injuries. From so many years of throwing, the body and mind get fatigued. That's why I needed to go on breaks in 2005 and 2009 after the Olympics. But after the breaks I have thrown well. In 2006 I won all the international meets; in 2010 I won the hammer challenge and world lead. This year I have been paying attention to more fundamental training to maintain my body to manage the stress from the throw. And that made my throws consistent.

L&S: *Was there a turning point in the Daegu competition for you?*

KM: My first and second throws were in good form and that made the rest of the throws easier.

L&S: *How were you feeling when Pars got off his last effort and while you were waiting for it to be measured?*

KM: My goal was to throw 81.50m ~ 82.00m and that was all I was thinking. As far as I was watching his throw, I believed that Kristian had a chance to throw well and there was no surprise. I was ready for it.

L&S: *At 36 years of age, you are a veteran of the event. How long do you see yourself continuing to compete?*

KM: I am so lucky that I can compete for long time in this shape. But to make it happen, there is so much support from so many people. Also I have been practicing in U.S. for a long time. I would like to say thank you for the support from all the people from U.S. track and field throwing community. You

guys are great! And I like share this moment with you all. But everything starts from 1984 Harold Connolly's IAAF video film shooting when I was 9. He gave me a chance to feel what is a champion. I am sure that he is so happy that I became a champion. There was a U.S. national anthem during the men's hammer throw and when I heard the Star Spangled Banner, it reminded me of all my friends from the U.S.



Koji sharing a moment with his father after his victory in Daegu.

L&S: *It didn't receive much media attention, but you won the IAAF International Fair Play award. What did that mean to you?*

KM: This was a surprising gift for Japan. Since March 11 Japan has had to face a very tough situation. People are suffering and losing their hope. But sport is one of the things that make people happy. I

went to the affected area in June and communicated with students through sport. They were really excited about it. Before Worlds they write messages on Japanese flag and sent it to me in Korea. They were so happy to see I was competing and did really well. Now they are all cheering me for London and of course they said, "Now it's our turn to step forward."

L&S: *What's the deal with your mini-me that's all over your FaceBook photos?*

KM: (laughs) Since FedEx Asia supported me, they made few [plastic] figures for the customers. But I thought it would be fun if this Koji figure does many things, visits many places and sees many people. Looks like he can make people smile and I like to continue it! *L&S*



Mini-me Koji making an appearance in the desert.

Craig Carter

BUILDING CHAMPIONS

BY SCOTT WEISSER, MILLERSVILLE UNIVERSITY

In our current day of track and field, every aspect of athletic performance is analyzed and scrutinized in order to maximize the efforts of our athletes so they can stay on top. That makes record-breaking performances, especially records that have existed a very long time, become very prominent. So does a program that not only wins, but wins in a variety of events and with athletes competing in a variety of events. One tends to wonder, "What are they doing? What is the secret? What's their edge?" In this kind of environment, what is sometimes called for is a more simplistic and practical perspective.

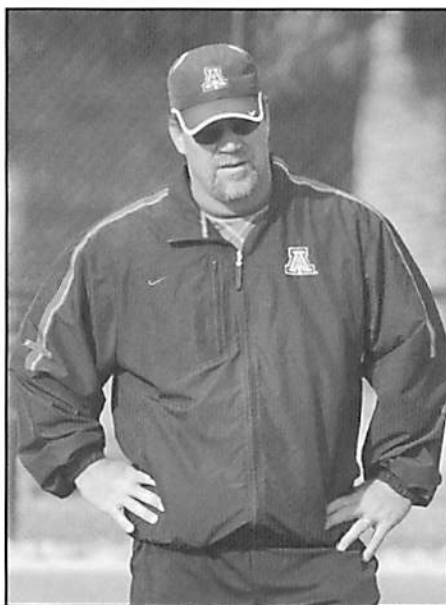
Craig Carter, throws coach at the University of Arizona and personal coach of shot put American record-holder Jillian Camarena-Williams, has broken many of the conventional forms of thinking in such a way that makes sense for the events and the individuals he guides. However, he's not on any kind of mission or preaching any kind of message. With his background in teaching, he simply cares about his athletes and wants to do the best for them that he can.

As an athlete at Utah State he developed into a national caliber hammer/weight thrower and continued well beyond graduation finishing as high as seventh at the '96 Olympic Trials in Atlanta. In his professional life he began coaching at Utah State as a graduate assistant before beginning a teaching and coaching career at the high school level. He returned to Utah State to coach full-time and then returned to teaching, coaching one athlete. That one athlete happened to be one of the best female U.S. athletes at the elite level, and six years ago he returned to the collegiate ranks taking his current position at the University of Arizona. He is responsible for three national records for two countries (the U.S. and Canada), dominating performances in one of the toughest conferences in the NCAA, two national championships, multiple All-Americans, and was named USTFCCA National Women's Assistant Coach of the

Year. All in 2011. He has kindly offered his perspective on training, competing, and the coaching profession.

Long & Strong: *Tell the readers the arc of your career in coaching.*

Craig Carter: If by arc, you mean the peak of my career, I would have to say that this past year was a pretty exceptional year. Indoor, having Julie Labonte win the NCAA championship and breaking the Canadian Indoor national record, as well as having Jill win her seventh consecutive USA indoor championship and breaking the American indoor record was phenomenal. It was a great start to the 2011 track season. Outdoor, my throwers did exceptionally well all year but at PAC 10's they really stepped it up. Julie followed a PAC 10 title up with an outdoor NCAA championship and broke the Canadian outdoor national shot put record as well. Jill had a great competitive year in the Diamond League series, and tying the outdoor American shot put record was awesome. The fact that both Julie and Jill competed in the World Championship and Jill's earning the bronze medal were both rewarding and exciting for me.



Craig Carter

L&S: *So far in your career what are the most memorable experiences?*

CC: Of course winning the National Coach of the Year award was memorable to me, in addition to all of the other great things that happened this past year. However, some of the most memorable experiences I've had coaching are watching walk-on athletes improve to such an extent that they are qualifying for NCAA championships. For example, Rob Gire came to me as a junior college transfer walk on throwing 49' in the shot. Two years later, he was third at the Pac-10 championships and made it to the NCAA championships, throwing 61'9".



Carter competed for Utah State as a collegian.

Also, Omotayo Talabi walked on two years ago throwing 42' and is currently throwing around 52', placing at the Pac-10's and qualifying for the NCAA West Region championships. Having walk-on athletes that are taking the time that it requires to be a D1 athlete and improving as they have is sure rewarding.

L&S: *From someone who has left coaching and re-entered more than once, what do you think is the trait(s) that has helped you the most as a professional?*

CC: I have a very strong desire to help young people. This desire is what made me go into teaching in the first place. I realized that I had a passion for coaching and wanted that to be my main focus.

L&S: *What do you think you took away from your absence from the collegiate ranks?*

CC: What I learned is that I truly have a passion for coaching. While coaching at Utah State, I was also teaching high school. It was necessary, due to time constraints, to coach all my throwers in a short amount of time. By stepping away from coaching, my philosophy changed as I began to coach Jill on a one-on-one basis. I realized that coaching in smaller groups was beneficial not only for my athletes but also for me. There was more focus and attention to details on all of our parts. I felt like my coaching became more effective and productive.

L&S: *What do you think is the most influential thing learned from your time with Jillian?*

CC: I have learned there are different ways to train athletes. For example, working with Jill through her various injuries, mainly her back surgery, we have developed ways that she can lift and not further injure herself. For example, Jill has not squatted heavy since her surgery but has still been very successful in her throwing.

L&S: *What is the difference between coaching many athletes in the collegiate setting to coaching a single athlete at the highest level?*

CC: Coaching at the collegiate level is more of a developmental process. Not only are the athletes dealing with throwing, they are also dealing with school and life issues that I feel obligated to help them with. They also are usually required to compete in several events, whereas a single athlete at the highest level specializes in one event. They have most likely completed college and are more

emotionally and mentally mature. Someone like Jill has the time to properly train; whereas a college athlete may often be pressed for time due to other responsibilities.

L&S: *For young coaches what are the things you would suggest are the most important?*



Camarena - Williams reacts after finding out she had tied the American record.

CC: To keep an open mind about developing technique. Listen to others. Don't be afraid to ask questions of other coaches about what has worked for them. Keep learning.

L&S: *As a coach what is most satisfying for you - the group or the individual?*

CC: I cannot differentiate between the two. The throwing events are an individual sport, but yet as one person in the group succeeds, for the group, as a whole, it's satisfying.

L&S: *As a coach do you intentionally try to develop your throwers in many events or do you think that is a consequence of the training? One could even say that would be unique to each individual. Your thoughts?*

CC: Most of the kids I recruit throw the shot and discus. I will try to teach each athlete the hammer and after a trial period, I make the decision about whether or not it is worth having the athlete compete in all the events. It is definitely unique to each individual. College track and field can be looked at as a business. I want to get the biggest return out of the investment I make in every athlete that I recruit. So, it goes back to whether or not I feel the athlete can learn another event and be competitive in it, or if it will detract from their main events.

L&S: *Lots of throwing seems to be the cornerstone of your training philosophy. Are you trying to use the throwing part of the strength/power process, technical or both?*

CC: Both. A lot of the throwing that we do early in the fall is what I would consider conditioning or base throwing. For strength and power, we are throwing over head and under hand shots, puds all different directions, med balls, and then we throw our main events and work on the technical aspect of the throw. We also take a lot of throws into a net. It is not uncommon for us to take anywhere from 120-180 throws a day. By the time we concentrate on full technical throws, we are in great throwing shape. We are also very event/sport specific strong.

L&S: What kind of volume are you using with the throwing and how does that influence work in other areas?

CC: In my fall training the volume is high in all areas, such as throwing, conditioning and weight lifting. I believe in being fit and building a good foundation before picking up the intensity in the ring or in the weight room. My athletes get tired, but that's why I call it my conditioning or preparatory phase. I want my athletes to be conditioned and technically sound before I add weight room strength.

L&S: Has your personal experience with the hammer been an influence in developing your method of training?

CC: Yes, in that it has influenced me to not have my throwers do what I did as a thrower. I was a weight room fanatic with the idea that if I squatted 700 lbs. and power-cleaned 400 lbs. that it would make me throw farther. My philosophy with my athletes is that we are throwers first and weight lifting is secondary. Training different weighted implements and developing throwing strength is more important than beating yourself up in the weight room.

L&S: It seems more and more coaches are talking about breaking away from the traditional lift heavy method of training. Why do you think so many have a hard time doing that?

CC: Honestly, it's just the way we do it here in America. It's what coaches have learned over the years and have been teaching their athletes. It's all we've known. It is never easy to break away from methods that most people feel are tried and true.

L&S: Since you touched on the subject, what are some ways you have discovered to maintain or even increase lower body strength without heavy squatting?

CC: The main thing I did with my athletes with knee problems was heavy power cleans; the knees did not hurt as bad when pulling from the floor as long as they were catching flat-footed in the power

position and not dropping in the hole. We kept the intensity really high in the power cleans and then added step-ups and lunges; as long as the weight is kept back on the heel of the foot, it seemed to help the knees more than hurt them.

L&S: Knowing that many college coaches are getting athletes that are not, typically, prepared for the physical demands of the level they have just entered, what is your first priority with them? How does this differ from what you are doing with the more experienced athletes?



Canadian record holder Labonte.

CC: In the fall, everything I do with the athletes is fundamentally based, whether they are new athletes or whether they are seasoned athletes. My first priority is to put them through my first phase of fall fitness where they are tested on their conditioning and I can also learn a lot about them mentally and what they can handle. During this phase I also assess their lifting technique and make sure they are performing the lifts correctly. Most of the newcomers catch on quick and adapt; some struggle, but we always

find a way to make it work.

L&S: Is there a specific level of strength or marker of athleticism that you are trying to get your athletes to in training?

CC: I used to test a lot in the vertical, overhead shot, underhand shot, standing long jump, and 30 meter sprints, but really what I found was what I expected and that was when we are training hard or even pushing the limits of overtraining, the marks would suffer. When we were doing more of a competition-type training where the volume is

low but the intensity is high, the results were good. To keep our athleticism up, I would say we work on it every day in our warm-up where we do a lot of agility-type exercises, multi-throws and just our normal throwing and weight lifting that requires you to be athletic.

As for strength marker, my athletes know what their best marks are for different lifts and reps so we are trying to better



Alyssa Hassen, Labonte, and Kelsey Jessup.

these marks in every lifting phase that we go through. For example, I have a female thrower who did our 1 ¼ bench press with a 3 second eccentric phase with her feet on the bench last fall 155x5, and last week she did 190x5 so that is a good indicator that she is getting really strong. We all keep a journal and we are all trying to get better every week.

As for that second question, I really don't have any marks that we try to get to. I have seen some guidelines that Don Babbitt has put out in an article where his research has stated that in order to throw 20m for men or 18m for women, you need to meet certain marks. I thought that information was interesting, but I just put my athletes through the workouts and we get strong and work a lot of throwing in and just try to do the best we can with what we got.

L&S: *How much event-specific technique work is done typically?*

CC: Every day, no matter at what stage of the season we are in, we work on technique. Some days when the intensity is high, it can break down, but I am still looking for good technical throws.

L&S: *Is it at a certain volume or intensity?*

CC: Again, in the fall, the intensity is lower. We practice at around a 75-80% level. As the season progresses, the intensity picks up.

L&S: *Are there any specific technical models you follow?*

CC: As a young coach, I used a lot of UCLA's Art Venagas' throwers like John Godina and John Brenner as a model for the shot put. I used L Jay Sylvester and Mac Wilkins in the discus. In the hammer, as a collegiate thrower myself, I tried to study under Stuart Togher by going to his clinics. Therefore, I used Lance Deal as a model for technique because Togher was his coach.

L&S: *For young throwers what are the things you would suggest are the most important?*

CC: To develop technique in both throwing and lifting before getting strong. ***L&S***



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LOOKING FORWARD

BY JEFF GORSKI, KLUB KEIHAS

To say that the summer of 2011 has been a good, if busy, one would be an understatement. Starting back in June with the additional 30 feet of new runway at the Field of Dreams facility and some tweaks to the gym at my home I had quite a full 7-8 weeks in the hottest part of the summer. That's saying something in the steamy south, where temps and humidity levels are often equally near triple digits for weeks at a time. Amazingly, it seems the javelin gods have taken a liking to me, as the four days of our Field of Dreams camp saw the temp drop from 98F to 80F – the day after the camp ended it was back into the upper 90's. After that I figured I'd used up any remaining luck/karma for 2011 and set about my usual planning for fall training programs and facility improvements. But it seems Odin, Zeus, Thor and Vulcan were not yet done with me, as I got the following email at the end of July:

Hi Jeff-

I hope you're well. I have a proposition for you.

Given the fact that the US is less than stellar in the javelin and triple jump as compared to the rest of the world, we have come up with an idea for the development of these disciplines. All of this is contingent on our Board's approval, but I think it's doable. This particular proposition obviously concerns just the javelin.

Our idea (Joy Kamani and I) is to bring three underclass boys and three underclass girls to Finland for intensive training. It would include a local expert - namely, you - for which we would pay all travel.

I'm sure you know of people there who could organize such things and outstanding coaches there. We would pay them a stipend as well.

I am aware that the annual carnival is probably over for this year, but would like to

know what you think. The annual carnival may not be the place for something like this anyway. I'm thinking maybe 6-7 days away total, including 1 day travel each way - so it would be maybe 3-4 days of intensive coaching and training.

Please let me know your thoughts. Obviously the best time to go would be, say, August. We're not sure if we could do it this year, but certainly in 2012.

Thanks.

Jim Spier

National Scholastic Sports Foundation (NSSF)

That's the NSSF that runs the New Balance Indoor and Outdoor Nationals. I've been giving a javelin clinic at each New Balance outdoor meet for about 20 years. I had to

pinch myself a few dozen times to be sure I wasn't dreaming! A program like this was something I've long hoped to pull off: the 6 years I worked with USATF for javelin development (and later High Performance), I tried like crazy to get support and funding for something like this but was always denied. I mean we DID have to spend \$300k/year to kick relay batons around various Olympic and World Championship stadiums. I've been to Finland to attend their fantastic Javelin Carnival- Keihaskarnivaalit- and had a pretty good handle on what happens to athletes in a trip like this. So I proposed an addition to the proposed program. Since these young athletes would be dealing with a 7-10 hour time zone change, a pretty big cultural change as well as the training/technical changes I felt this was too much for these



From left to right: Johnathan Strauss, Sean Keller, Kyle Felpel, coach Barry Krammes, Haley Crouser, Christine Streisel and Avione Allgood.



Instructors Emeritus Schmidt, Ihalainen and Gorski.

kids to deal with in just 4-5 days. So I suggested a couple training camps here in the U.S. with Finnish coaches so the selected athletes would understand and have some months of training in Finnish javelin concepts well before they set foot in Suomi. That way the time zone issues would be the biggest problem- they'd already have a couple doses of Finnish culture and javelin experiences that will allow them a smoother transition to their time in Finland and could really take advantage more fully of the opportunity this trip would afford. I was thrilled that this suggestion was fully embraced by the NSSF Board of Directors and the project was fully funded!

My run of good luck continued. Kari Ihalainen, Finland's legendary javelin coach, had recently been re-hired as national coach after a couple years working in South Korea and was free for the last couple weeks of October- the dates we had planned the first training camp for (October 19-23). Bill Schmidt, 1972 Olympic javelin bronze medalist, was free and happy to join the camp staff. Because of personal responsibilities I picked a young coach to be a part of this program: someone to work with the six selected throwers at the two U.S. camps as well as travel with them to Finland. Barry Krammes was an easy choice; he's a teacher/coach at the high school level and plans to continue that line of work when he retires from throwing. He's already worked with several high school All-American javelin throwers and has spent much time with me and shares similar javelin technique and training thoughts. The athlete selection was based on a number of factors; distance thrown, performances in big meets, commitment to javelin over other sports/events and physical stature were among those areas used in selection. The 6 throwers who are in this fully-funded (travel, housing & meals) project:

Avione Allgood

176'; HS National record; Pan Am Juniors champion

Haley Crouser

173'; 4th @ World Youth Championships

Christine Streisel

154'; 2nd Penn Relays, PA state champ, 4th New Balance Nationals

Sean Keller

232'1"; #3 US HS history, finalist Pan Am juniors

Jon Strauss

193'; 7th NBN (top returning)

Kyle Felpel

192'; 9th in shot, discus & javelin at 2011 New Balance Nationals



Knowledge transfer is a big part of the project.

While each of these athletes has done great things in 2011, they all have a huge upside for improvement for next season and further. These are real pioneers in what this project can do for javelin throwing in the U.S. There's never been a program like this available for throwers. The gods continued to support us during the camp- high 60's and sunny each day so we were able to use my club's outdoor facilities for training without any issues

with weather.

The camp was a huge success. Kari gave a wonderful presentation on important points for javelin success in training and technique, and he carried those points over in the throwing session the next morning. He incorporated these things into the warm-up progression and into the throwing- much improvement was made without a real focus on individual points, but more along the lines of correct movements early and gradually adding speed or intensity without changing those key points. A month or so prior to the camp NSSF decided to open the camp to outside athletes and coaches and that resulted in over 20 more folks attending. While many might think this camp was to give the selected athletes the "secrets" to long throws- you'd be right. But, those "secrets" are just this: get very good at the basics that are the foundation of the event. Get high release speeds from using a sudden, solid block. Get to that block because of a relaxed, accelerating run up with a fast and deep drop of the hips behind that block: using the "soft step" or "deep knee" upon landing from the crossovers. Keep the tail of the javelin higher than the point and control the point so it's close to your eyes/nose. Have really strong core, hands/grip and calf/ankle power. If these qualities are not evident, then your chances for long throwing consistently will be greatly reduced.

All the other aspects of the camp we dealt with: special power exercises and drills; running, jumping and bounding work; crossover drills and throwing different implements from different step patterns; medicine ball & weighted ball throwing; technique, alignment and throwing drills w/ the javelin and more were all related to and based upon the correct execution of the basics that we focused on during the camp. Doing the right things in the proper sequence are what builds talented young throwers into consistent medal contenders at the world level. You HAVE to master the correct basics before anything else will help you throw farther. And that brings us to the last, perhaps most important point Kari (and Bill) brought up to the athletes: patience. Patience to let the mastered basics find their way



Haley Crouser

into your individual skills and abilities. Patience to let your body adapt and adjust to the new movements, positions and javelin alignments. Patience to let your training improve you consistently over time in small but regular increments. Patience to let your technique, rhythm and positions throw “for” you, rather than forcing the issue.



Kyle Felpel.

We are already planning for the second camp (Dec 27-30, 2011) which will be much more of a training camp for the selected six athletes- this first camp was mainly to educate them on what to work on and how to do so. They will have two months of training before they return in December so I expect them to be familiar with all the things they learned at the initial camp and ready to **train**. We will certainly push them to their limits without sacrificing the correct basics they will be ingraining into their hard drives. There will be spaces for outside athletes/coaches to attend and learn from this group- depending on numbers and where we are training, there may be opportunities for additional athletes to train as well, or maybe learn some new drills/exercises.

We will keep the program athletes separate for their training—the program is based on meeting their needs- but others will be able to observe and ask questions. We’ll do all we can to give others the chance to learn/experience this training in a situation that mirrors what the program kids are doing. As with all the camps and clinics I run, we encourage coaches and parents to bring video cameras to record what we’re doing. We film and send out DVD’s of what we do at our camps, but we can’t get every detail or coaching tip given: the interaction between your athlete, son or daughter with Bill Schmidt might not get recorded by our crew, but mom, dad or coach sure can and that bit of video may be invaluable for them in the future.

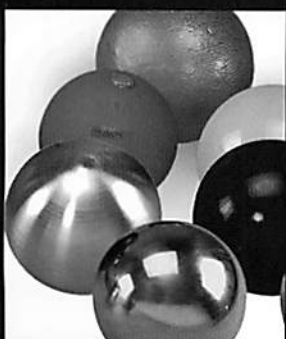


New American record holder Avione Allgood.

We fully expect to have a strong representation of Project athletes on the World Junior Championships teams next summer. But we are not going to be happy with them making the team. We expect them to do some damage there. With more support and expert input comes higher expectations of the athletes but no more than from the athletes themselves. They all harbor dreams of winning championships; some have already done so; others are making their bids soon. I’ll bet you a nickel that these fine young men and women have higher goals and expectations of themselves than we may have. Additionally, this is not going to be a one shot deal. NSSF and Klub Keihas (both IRS recognized tax exempt organizations, by the way) are embarking on a serious fund -raising program to add financial support so we can include more athletes as funded athletes in this program in future years. It doesn’t get much better than that!

You can see information on this project as well as loads of pictures, comments and feedback at www.klubkeihas.com Klub Keihas “Wall” on Facebook and at the NSSF website: <http://www.nationalscholastic.org/about>.

L&S



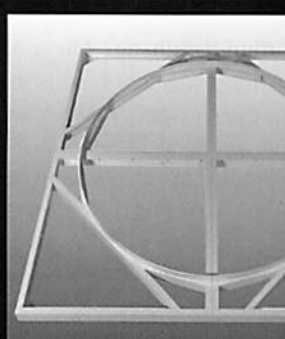
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Julian Robinson

JAMAICA'S OTHER EXPORT

BY GLENN THOMPSON

You can be forgiven for thinking solely of Usain Bolt and a legion of other world-class sprinters that Jamaica has produced at an impressive clip in recent years. Speed is God-given and there is no place like the Caribbean island per capita.

However, sprinters are not the only track and field export rolling off the island country. The name Julian Robinson might not jump out at you. It certainly didn't for your author. But when renowned throws coach Don Babbitt (University of Georgia) recommends someone as subject matter, I listen. And as it turned out, I knew of Robinson's work. His protégé Traves Smeckle handed an accomplished thrower of my own his worst loss of the year at the Penn Relays in April of this year. Smeckle dominated the post-event recap I received from several witnesses, including that of my athletes.

By all accounts Robinson, who was born and lives in Jamaica and coaches Jamaican athletes, is self-deprecating and modest. He skillfully deflects praise and redirects it to his charges. But given the magnitude of their accomplishments, you don't need a forensic background to figure out there is a great mentor behind them.

Long Strong: *Julian, can you tell us about your athletic history and track and field in particular?*

Julian Robinson: I have always loved sports. I was involved in sports from a very early age. I first began competitive sports at Shortwood Practising School, a primary school (elementary school). At this time I was about 11 or 12 years old. I represented the school in 100m, 200m and 4 x 100m relay.

After leaving primary school, I then moved on to Calabar High School. There I represented the school at all levels in track and field (primarily in shotput and discus, then the multi-event), soccer and table tennis.

After leaving high school, I went to the University of the West Indies where I represented the university in soccer and track and field (primarily in shotput and discus).



Pictured above is Julian Robinson. Below Robinson (left) celebrates Traves Smeckle's (center) record setting effort at the 2011 Penn Relays.



L&S: *How did you become involved with coaching?*

JR: Firstly, let me say that I am volunteer coach and "part-time" electrical engineer and lecturer. While working as a resident engineer at Digicel Jamaica (mobile carrier), I used to frequent high school track meets on the weekends and while doing this, I was encouraged by a throws coach Michael Vassell to go back to my alma mater (Calabar High School) and assist their throwers. The idea was palatable to me because I had some free time and was harbouring thoughts of helping out anyway.

L&S: *Is Calabar a public high school or private? Are you able to attract kids from all across the country?*

JR: Calabar is a public high school and the young men that I coach have largely passed their external exams to attend the school. To date none of them have been recruited to come to the school; they came to school solely for academic reasons, not knowing anything about the throws. These youngsters were recruited by me from within the school. At the end of the track season, I would walk the classroom blocks all the while looking for prospects for the next season. Prospects were encouraged to come out for training to represent their school in the competitive Jamaican high school track and field meet called Boys and Girls Championships which is held annually. Boys and Girls

Championships are very competitive, and schools compete fiercely for mainly bragging rights.

L&S: *What type of athletes do you recruit and have the most success with? I'm going to say that most of your*

throwers are very athletic and explosive.

JR: Initially, when I started coaching, I would select big fat guys but I soon realized that these young men were oftentimes not suitable and were not going to help our team win points at championships anytime soon. It took forever to get them competitive for meets.

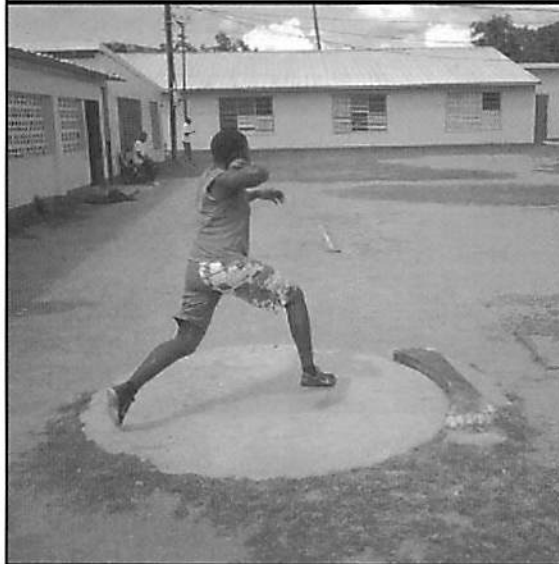
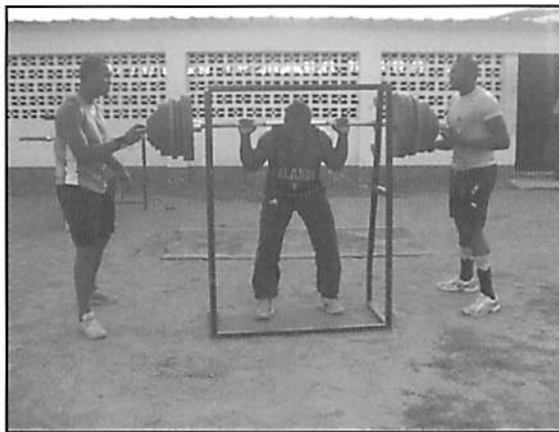
I then started to read more throwing books and I learned that a taller slimmer body type would be better. These days I typically prefer tall student-athletes with long limbs; I have observed that these body types are more "malleable" to becoming almost any thrower that you want them to be; that is, they can be made into discus guys or shot guys etc. Note, many times these tall young men don't start out being explosive, but they are trained and as time progresses, they become more and more explosive. In this period both myself and the student-athlete must be patient.

L&S: *Can you tell us about your facilities? On Facebook you've posted pictures of a very plain, flat shot circle. How would you compare the facilities you have to American high schools?*

JR: My friend, our facilities are lacking many things, but we give the Almighty God thanks for it because it is better than nothing.

Our gym is small and lacking standard gym equipment. So we have had to improvise. To protect the barbell plates and bars from damage by the concrete flooring that exists in the gym, we conduct our gym work outdoors in the grass. The grass areas help to cushion the weights when they fall. We also construct some of our gym equipment at the school's welding shop.

Also, our throwing areas are rough and they destroy competition discus and javelin implements very quickly. So we have had to build our own metal discus from the



Looking for sunken circles and Olympic lifting platforms? You won't find them at Calabar, but you will find a deep roster of well-coached athletes.

remains of destroyed competition discus. Our metal discus are more durable than the off the shelf discus that are sold in sports goods stores.

L&S: *Are there many knowledgeable throws coaches in Jamaica?*

JR: Definitely. Jamaica has many competent coaches who are certified by IAAF and USATF; others were trained at our sports college GC Foster and at Cuban sports colleges/universities. However, I was self taught and I have no certification.

L&S: *Do most of your athletes go to college in the U.S.?*

JR: Typically, the young men that I coach go on to USA universities. In my opinion our local universities do not cater very well to the student-athlete. However, things are changing.

L&S: *Do you have a particular technical model you prefer? Are there certain elite throwers you like to emulate?*

JR: Typically, I coach according to the IAAF and throwing manuals throwing positions recommendations.

With respect to the discus, I use Lars Reidel and Gerd Kanter has models for non recovery and recovery throwing respectively.

With respect to the rotational shot, I use Randy Barnes, Ryan Whiting and Brian Oldfield as models. For the glide shotput I use Ulf Timmerman.

With respect to the javelin, I use Andreas Thorkildsen.

L&S: *What were your bests as a shot putter/discus thrower? How would you rate the quality of coaching you received and your technique at the time?*

JR: Lol dwl rofl....while I might have been considered a decent Jamaican thrower in the early 90s when I threw, by regional and international standards, I would say that I was a poor thrower. In fact, when I went to Penn Relays in 1994, my last year in high school, I am almost certain that I came in last overall!!

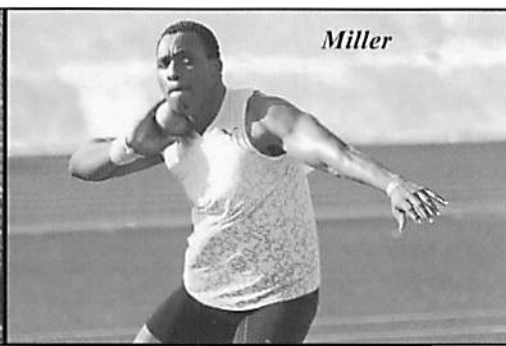
My best throws coming out of high school in the shot (12lbs) and discus (1.6kg) respectively were 15.94m and 43.xx m. And I was more considered a shot putter than a discus thrower.

Back then I threw for four years in high school, and I only had one year of coaching, and that year was my first year of throwing. Beyond that, I coached myself. And I had little knowledge. My technique then was not good, and I was an ignorant athlete/coach.

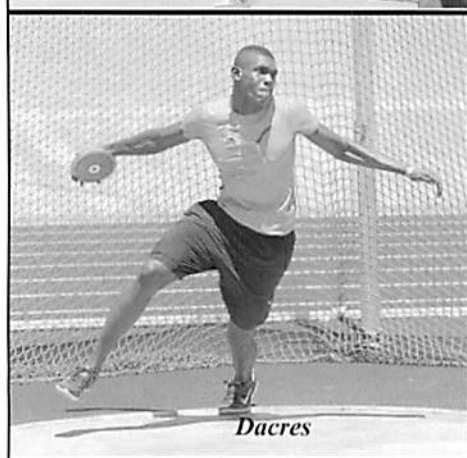
L&S: Do you prefer rotational or glide shot putting for your athletes? Do you treat discus technique differently from the spin shot, or are they essentially the same?



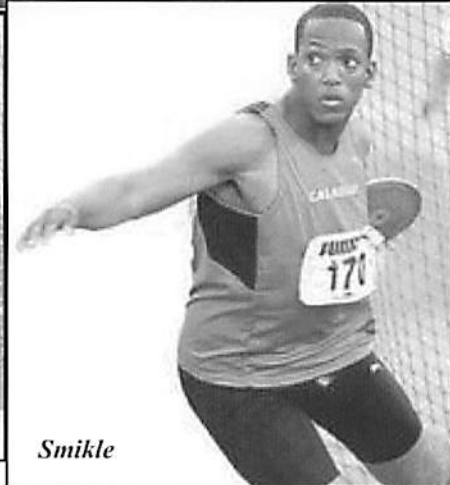
Wright



Miller



Draces



Smikle

JR: Regarding the shot event, I generally teach the glide technique to all new throwers and then a year after I would teach them the rotation technique. It is my opinion that the rotational technique has the potential to develop a greater amount of power than the glide technique. Therefore, I prefer the rotational technique to the glide technique. However, having said that, I also use the athlete's ability in determining who rotates from who glides.

In terms of how I coach the rotational shot and discus events, I generally coach both events the same way and teach the student athletes how to make adjustments in technique when moving between events.

L&S: Not being a full-time coach, how do you mix your career, coaching and save some time for your personal life?

JR: It is difficult to balance my personal life, professional life (lecturing and engineering) and coaching life. However, I prioritize and put my wife first.... I don't always succeed but I try...and I endeavour to spend quality with her (smiles) regularly.

For me coaching is a hobby. I try to attend training at least 3 evenings of the week and have other contact times over the phone and on Facebook.

Regarding my professional life, I lecture almost every week of the year. Preparations for classes and projects are typically done at nights. Site visits etc are done during the day when I have a "window" opportunity.

L&S: Can you tell us about some of your premier athletes such as Chad Wright, Traves Smikle, Frederick Draces and Ashinia Miller?

JR: *Chad Wright* : He is a hard worker, follows instructions well; "tough has nails"; cocky and confident ; talented thrower; pleasant personality ; good competitor.

Traves Smikle: A student of the throws, he follows instructions well; easy going; confident; talented thrower but hitherto hasn't worked as hard as I would like in training; has a pleasant personality ;good

competitor; Christian young man, who plays the drums at his church on Sundays.

Frederick Draces: Follows instructions well; easy going, confident; talented thrower; works hard in training, natural athlete ; has a pleasant personality; Good competitor. Great sense of humour.

Ashinia Miller: Aggressive personality; talented thrower, good student; works very hard in training; loyal; no-nonsense personality.

L&S



Dear Prospective Member,

The Long & Strong Throwers Club (LSTC) will once again offer extended benefits to our membership benefits for 2012.

The 2012 membership dues will remain at \$50. 2012 members will receive:

1. 2012 LSTC tee-shirt
2. One year subscription to the Long & Strong Throwers Journal (or 1 year extension to existing subscriptions)
3. 20% discount on throwing shoes (all major brands) from InsideTrack
4. 10% discount on M-F Athletic purchases

Once you join, you'll get the details by email or post. You'll recoup your dues (and more) in no time! Who should join? To carry the Long & Strong name, members should demonstrate (1) a sincere love for the throwing events, and (2) good sportsmanship. Kickin' butt in the circle, on the runway or behind the trig is a bonus!

For information about the club, please visit our website at <http://www.longandstrong.com>.

Yours in throwing,

Glenn A. Thompson
Minister of Propaganda



2012 Tee design not yet available.

LONG & STRONG THROWERS CLUB

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Events _____ T-Shirt Size _____

Do you have any special skills or resources you can make available to the club?

A Journey To The Essence Of The Javelin FROM START TO FINISH

BY CRAIG KINSLEY, 2010 NCAA CHAMPION, OLYMPIC HOPEFUL

AUTHOR'S NOTE: Assuming a right handed thrower. A "left" refers to one ground contact with the left foot during the approach. CG is "center of gravity". "¾ arm strike" is delivering the javelin with the arm away from the CG (too far from the CG), imagining that 4/4 is directly over the top and ½ is sidearm.

The javelin may very well be the single most complex event in track and field. In what other event does an athlete need the speed of a sprinter, explosion of a jumper and total body power of a thrower? The javelin also employs high speed lateral movement unlike any other event. Training for an event should reflect one of the three locations of events (track, ring, runway) more so than one of the four event groups (distance, sprint, jump, throw.) The javelin throw occurs on a runway, not in a ring. The approach is more similar to a jump than it is to any other throw, just as javelin throwers often are more similar to jumpers than hammer throwers, discus throwers and shot putters. The world record holder Jan Zelezny was after all, only 6'0" 185lbs. Therefore, training should reflect the nature of the approach because it is unlikely that long distances can be achieved without a proper approach.

There are two different ways to apply energy to the javelin to make it go. First, the thrower can generate energy in the approach and transfer it via the power position/block at the finish of the throw. Second, the thrower can create separation between upper and lower body in order to generate rotational energy which can be converted to linear energy and applied to the spear. All throwers use both of these methods to some degree; however they are not fully independent of each other. When executed properly, the two become one fluid and perfectly efficient system of energy delivery to the javelin. The aim of this article is to describe the throw start to finish as it relates to the application of energy to the javelin by these two methods. The phases of the throw are: acceleration/run, transition/drawback, crossovers, penultimate, delivery/finish, recovery.

Like a jump, it all starts with proper acceleration mechanics, with the javelin held over the throwing shoulder and parallel to ground. The acceleration is a phase that focuses on the first method of energy generation; the buildup of linear energy in the ap-



Tero Pitkamaki (FIN) demonstrates excellent acceleration mechanics and javelin control.

proach. For the athlete, the javelin should be touching or inches from the side of the head at eye level. The number of running steps depends on the amount of speed that the athlete can achieve while still maintaining proper positions, and how quickly they can comfortably accelerate. The athlete accelerates smoothly for 3-6 "lefts" with each step increasing the height of the hips, and decreasing the angle of "lean" that is essential for acceleration. Focus should be on classic running mechanics: powerful pushes against the ground with full extension at ankles, knees, and hips. In addition, proper hip "tuck", alignment of spine and lower extremities, and immediate ankle dorsa flexion prior to and after each push must be stressed.

By the time the athlete reaches their last running "left" they should be in fully erect running form. On the last running "left" the athlete begins the transition by drawing the javelin back, pushing violently against the ground, driving the right knee forward and up as the javelin and right side are drawn back. It is of extreme importance that proper, fully erect running form and posture are established prior to the drawback. Good positions in the running steps and a tall and smooth transition set up the entire throw. The last running "left" must be dynamic and continue the acceleration of the body. For most throwers, this is where top speed will be achieved. The crossovers, penultimate and finish are for conservation of speed, as it is terribly difficult to accelerate while running sideways.

The first crossover can still be considered part of the transition, as it acts as an opportunity for the athlete to establish proper cross over form, with the upper body over the hips and the hips over the lower body. Foot strike occurs directly under the hips. The athlete should be upright, with no forward lean. A slight backward lean (back in the opposite direction the athlete is moving, not arching the back) is acceptable if it is maintained as a result of a very slight increase in left hip and left shoulder height in relation to the right hip and right shoulder. The chest and upper body should be at least 90 degrees from the center of the sector. The javelin should continue to be close to the athletes head at eye level and parallel to the ground, pointing somewhere between the middle of the sector and just outside the right sector.

During the crossovers the javelin should be supported by the lat and not by the deltoid. This can be ensured by focusing on "rotating the armpit up to the sky" and keeping the palm face up like a waiter holding a platter. Obviously the armpit should not point up at the sky, but this is a good cue to get the athlete to feel his lat engage to support the javelin. Supporting the javelin with the lat puts the shoulder in the proper position to activate an over the

top arm strike (over the CG), rather than a $\frac{3}{4}$ arm strike away from the CG of the athlete. The feet and lower body of the athlete can point as far forward as straight down the sector or as far sideways as 90 degrees from the middle of the sector. Usually somewhere in between is optimal, depending on the athleticism and experience of the athlete, with more athletic and experienced throwers *tending* to be closer to 90 degrees from the center of the sector than novice throwers.

These crossover steps (3-4 lefts including the block) must have the quickest most powerful ground contacts as possible while maintaining posture and speed. These steps are more “bounds” than steps. All energy should be used to propel the athlete forward, not up. Losing speed in these steps can prove fatal to the long throw. A loss in speed kills momentum and power, and shifts the balance of the athlete, making it harder to hit a strong power position at the finish. Accelerating during the crossovers is acceptable as well, however maintaining constant speed during this phase will be the easiest way to set up strong positions.



Andreas Thorkildsen (NOR) demonstrates upright posture in crossovers.

Running sideways is an unnatural movement; as a result, many athletes will slow down in the crossovers, not understanding how to conserve their speed. Quick and dynamic ground contacts are vital for speed conservation, balance, and posture in the crossovers. A good cue for athletes to decrease ground contact duration is a Muhammad Ali classic, “float like a butterfly, sting like a bee!” When practicing the approach, it is useful to think, “sting the ground” with each cross over step. The athlete must also “float like a butterfly” in between each stinging ground contact, which refers to the maintenance proper body positions while staying *relaxed*. The focus on hard/fast ground contacts and relaxation in between makes the athlete move more dynamically and fluidly.

The effect is similar to bouncing a ball. An athlete that is uncomfortable and decelerates in the crossovers can be compared to a dropped ball: after the first bounce, the ball almost comes back to the hand, but each following bounce will be lower. Likewise, without focused reapplication of power to the ground, each crossover of the athlete will be slower, and result in deceleration and loss of proper body positions. However, if the ball is thrown towards the ground it will come back to the hand for it to be thrown again. This can be compared to the athlete who is comfortable in the crossovers and actively “stings the ground” with each contact.

The penultimate crossover step (the second or third crossover left) is the second to last left and the last left before the block. This step needs to be very explosive, as javelin guru Jeff Gorski says, “Like jumping across a puddle.” This step must be the most dynamic of the entire approach, and the athlete must lead with the hips. The extra hang time on this step allows the body to prepare for the power position and finish. This sets up the hips to deliver the throw.



Steve Backley (GBR) demonstrates an explosive penultimate, leading with the left hip and the right knee.

Everything up until this point has been smooth acceleration, generating linear energy that will be delivered to the javelin via the block, and turning the body in preparation for the generation of rotational energy at the finish. When the right foot touches down, three things must happen. First, linear energy cannot be lost. This means that the athlete cannot allow the right foot landing to slow their progress towards the block. They *must* keep their linear energy going forward to the block. Second, the right leg bends at the knee and, dropping the athlete’s CG by a few inches, thus lowering the angle of the block leg to the ground and allowing for more energy transfer to the javelin. Lastly, the right foot turns over onto the laces as the hips rotate into the throw while the upper body and javelin stay closed. The goal should be to create as much separation between the upper and lower body as possible in the time between the right foot contact and the block contact. One way to think about this is to focus on turning the right foot onto the laces before the left foot blocks. The javelin must stay back, with the arm extended fully backward and the javelin parallel to the ground during this time, until the block hits. Almost all athletes have a tendency to lean back and tilt the javelin upward during the penultimate. Some lean back is acceptable, as is moderate increase in javelin angle (up to, but not exceeding 30-35 degrees), but both should be minimal.

When the block hits in front of the hips and body it creates a violent stopping action, transferring the linear energy of the approach and the rotational energy of the upper and lower body separation in to the javelin. The athlete must wait for the block to initiate the throw. I repeat: the athlete must WAIT FOR THE BLOCK to initiate the throw! The thrower must wait for the block to transfer energy through the body and into the spear. Long throws come from patience and relaxation at the finish as the athlete reacts to the energy that is transferred from the approach.

Here’s another way to think about the transfer of linear

energy. Hitting the block is like a car hitting a brick wall. If a car hits a brick wall 100 MPH and the passenger is not wearing their seatbelt, they would go FLYING out of the windshield. When the athlete hits the block, they simply WAIT for the javelin to come flying out like the body out of the car. The block is the wall, the athlete is the car, and the javelin is the crash dummy. Having a strong block is like hitting an immovable wall. Weak/bent block is like hitting a brick wall and breaking through it. The crash dummy doesn't get launched as violently.

Another way to understand the transfer of rotational energy is to think of the body at the block as a door and hinge system. When the block hits, the block leg and left side of the body are the hinge. The right hip, upon feedback from the locking of the left side "hinge" acts as like a door and slams shut, which supplements the separation and stretch reflex created by the turning of the hips that occurs between the landing of the last right and the block.

Another cue: The thrower must wait for the stretch reflex across the entire body to propel the javelin, not just the shoulder. By the time the block hits, the thrower has already generated massive amounts of linear and rotational energy, now they must transfer that energy across the entire body and into the javelin. The affect is similar to a rubber band. Try throwing a rubber band as far as you can. It doesn't go very far. Now stretch it out like you are going to shoot your friend in the back of the head during math class. It flies pretty far, or it hits your friend pretty hard. Stretch reflex is drastically more powerful than just throwing from the shoulder. This reflex can be developed through weight training, med-ball throwing and javelin throwing.

At the finish, the hand that holds the javelin should be as far from the left foot as possible when the left foot blocks (without sacrificing a strong position to deliver the energy that is generated by the block at impact.) This is like stretching the rubber band out to its fullest. If the arm strike is initiated prior to the block or the throwing arm "shortens", the pull is compromised, like only half stretching the rubber band.

Another way to understand the finish, which works particularly well for novices in the US, is to think of running out of the approach into a baseball swing. The finish is in fact, much more similar to a baseball swing than

it is to a baseball throw. How the javelin finish differs from the baseball swing is that the thrower must master the art of converting their rotational energy produced by the hip turn and separation into linear energy to propel the javelin over the CG rather than accelerating the baseball bat around the CG.



Tero Pitkamaki (FIN)

The Good: Leg position and upper body posture are outstanding

The Bad: The right arm is bent and below parallel to the ground, resulting in a shortened pull and high angle of javelin



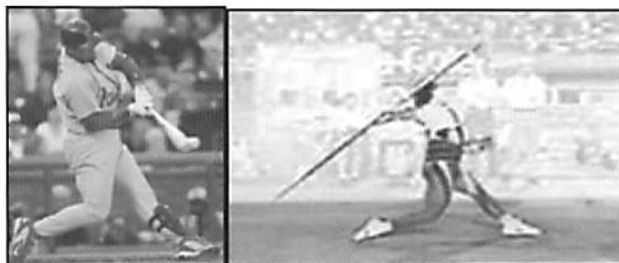
Vadims Vasilevskis (LAT) exhibits a strong (extreme) block and patience while waiting for the block to initiate arm strike.

During the finish, the athlete should travel up and over his block, with his CG rising to add lift to the spear as they release. The javelin should be released at about 30-35 degrees. The goal should be to throw the spear "through the point," with the tail of the javelin travelling directly through the tip of the javelin.

The recovery is simply the body's natural reaction to the block. The length of the follow through should be directly proportional to the speed of the approach. More speed means longer follow through. Typically the more energy that is transferred into the javelin, the shorter the follow through will be. At meets, the follow through is the body's natural reaction to the block, followed by the frantic, and yet controlled effort to stop before the foul line.

When mastering these complex technical movements, there is no substitute for repetition. Quality repetitions on the runway will allow the approach to become second nature. Once proper mechanics are developed in the running steps, transition and crossovers, the athlete should focus on making the approach as smooth as possible: a work of art. Repetition in the weight room will increase total-body explosiveness. Med-ball repetition can train the finish position and stretch reflex. Video repetition can help ingrain proper rhythm visually and aurally. Lastly and often overlooked; mental repetition can be instrumental in preparing the athlete for practice and competition.

Good luck and THROW FAR! *L&S*



Albert Pujols (STL), Jan Zelezny (CHK) at approximately the same point in their rotational power generation.

PUBLISHER'S NOTICE

The last two years have been very busy for yours truly. Coaching, a young son and working life have all conspired to make publishing this periodical more difficult. Time to write and compile what you have come to expect has become increasingly more precious. There are weeks where one of my primary focuses is setting aside time for my keyboard.

There are times when we all have to figure out what our priorities are and sacrifice those accountabilities that don't rate. Sounding a bit like a Long & Strong kiss-off perhaps?

NOT AT ALL!

I am fully committed to continuing this magazine AND continuing with my other passions and responsibilities. This magazine has given me so much over the last 13 years. I've had access to coaches and athletes I never would have met, as well as making lifelong friends from all over the world. I, and my team of correspondents, have shared knowledge and stories with our readers that I treasure and I think you value. I am constantly amazed by the quality of

submissions I get from both regular contributors and perfect strangers. I thank you all from the bottom of my heart.

To keep this enterprise rolling I will be relying more heavily on my correspondents in the coming year. With a little help from my friends I intend to get back on my quarterly publishing schedule while delivering the product you expect. Please know that I have adjusted/extended all subscriptions to ensure each reader gets exactly what they paid for, even if it hasn't been as timely as you or I would like.

I thank you in advance for your patience and understanding and am looking forward to a great 2012!

Glenn Thompson
Publisher
Long & Strong

MISPRINT

The article *The Horizontal Translation* by Fort Hays State throws coach Andreas V. Maheras in the May, 2011 issue was published with a misprint. Specifically, Figure 4 was printed on page 37 AND page 38. Figure 5 was omitted on page 38. My sincere apologies to Coach Maheras for this error. The article in its intended form will be available on the home page of www.longanstrong.com in pdf format to be downloaded.

Thank you!

Glenn Thompson
Publisher
Long & Strong

Using A Drill Method To Train And Learn

TEACHING THE CLEAN AND SNATCH TO BEGINNERS

BY SCOTT WEISSER, HEAD COACH, MILLERSVILLE UNIVERSITY

There is no question in this author's mind about the benefits of the "Olympic Lifts" of the sport of weightlifting (clean & jerk and snatch) to the sport of track and field

Clean Drill #1



(and other sports for that matter). One can search and find vast amounts of data to support the use of these exercises in the training of athletes on both a scientific and practical level. It's basically a loaded TRIPLE EXTENSION (extension through the hip, knee, and ankle) heavily focusing on the hip extension. Along with jumps, many medicine ball throws can help an athlete improve his rate of force production which is crucial to transferring the strength developed in the weight room to useable power in competition.

However, until the athlete reaches the point in the learning process where they understand the essential nature of the lifts, they don't fully reap the benefits of the movements. The quicker they can learn the lifts, the quicker they can start loading the bar to an appropriate level where the training transfers to the field. This process can be long, and the longer this process, the more bad habits tend to develop, putting the athlete at a disadvantage and vulnerable to injury.

I've developed a drill method of teaching these lifts that, over the years, successfully gets the athlete to understand the essential elements of the exercise so that effective training can be

Clean Drill #3



number of athletes will do 3-5 sets of the exercise in its regular form. The drills are progressively organized, taking the athlete from the beginning of the movement and focusing on the key positions and movements progressively adding the previous drill into the next and finally putting all the elements together. Each drill is done 5 times and then the next athlete goes and so on till the next drill is up. At the end of the rotation, you go back to the beginning and go through it again, in circuit fashion, 3-5 times through.

quickly reached. Some of these drills are not new and have been directly borrowed from the USAW teaching method. The unique element here is in the packaging and the use of repetition. When the athlete learns the pattern, a group of 4-5 athletes can get this done in 15-20 minutes, depending on how much volume is used, which is approximately the same amount of time the same

Clean Drill #4



Clean Drill #2



Clean Drill #5



Typically after 3-4 weeks (depending on the frequency of use during the week), the athlete is ready to progress to normal use. With throwers I've used this on a daily basis just after the warm-up prior to throwing, alternating from the clean one day to the snatch the next.

After the initial learning stages, I've kept some of the drills to use as a warm-up for the work sets. The drill circuits are done from a "hang" position so it is natural to progress the athlete from drills to the different hang variations of the lifts or even to "progressive range" variations where the beginning position progressively moves lower down to the ground or from the ground up.

It is wise to teach the athletes about proper "dumping" technique so that injuries do not occur in failed attempts. Dropping the bar and making noise is a normal part of using the Olympic lifts and is a much better option than getting hurt. Bumper plates make this much easier.

CLEAN DRILLS <- 5 reps each--> SNATCH DRILLS

Hang Position
Jump-n-Shrug
Drop Squat
Rack-n-Squat
Shrug-Shrug-Clean

Hang Position
Jump-n-Shrug
Drop Squat
Snatch Balance
Shrug-Shrug-Snatch

HANG POSITION (clean and snatch drill #1): from a standing position with the bar in the appropriate grip you lower the bar by bending at the waist and the knees stopping when the bar reaches a position just above the knee cap. Shoulder blades should be locked down and back and shoulders should be over or slightly in front of the bar. Return to standing and repeat for a total of five reps.

JUMP-N-SHRUG (clean and snatch drill #2): from the hang position, jump vertically and shrug the shoulders just as you work to leave the ground. Be sure to stay flat-footed until the hips are fully extended. The essential part of the production of power in the Olympic lifts is this jumping motion. This drill also makes the whole method somewhat of a workout. It gets the athlete working explosively right from the beginning.

DROP SQUAT (clean and snatch drill #3): from a standing position, quickly drop into a full squat. Moving feet out is optional as long as it doesn't impede the squat. Let gravity drop your body and be as quick as possible. No bar is used.

RACK-N-SQUAT (clean drill #4): from a standing position with the bar held in the appropriate grip at the upper stomach level (elbows bent to the outside and directly above the bar) perform a Drop Squat (see above). Simultaneously rotate the elbows down, under the bar and then forward finishing in a full front squat catching the bar on top of the shoulders. Perform quickly.

SNATCH BALANCE (snatch drill #4): place the bar behind the neck on top of your trapezius muscles. Hold the bar in your snatch grip with elbows pointing down. Perform a Drop Squat simultaneously extending the arms fully and quickly. Basically, you are pushing your body under the bar, NOT pushing the bar up. One should finish in a full overhead squat, head and chest up looking forward, arms fully extended, shoulder blades locked down and back. Return to a standing position, lower the bar to your traps again and repeat for a total of five reps. The trick to this drill is that there is no "jump" up. You start standing and move immediately down.

SHRUG-SHRUG-CLEAN/SNATCH (clean and snatch drill #5): from the hang position perform 2 shrugs followed by a full clean or snatch. You're putting all the above elements together. Be sure to stay flat-footed until the hips are fully extended. This can be done with progressively heavier weights every time you finish the circuit.

Some of the drills can be used with a resistance greater than the bar, but some will use resistances as light as a

Snatch Drill #1



Snatch Drill #2



broomstick or nothing at all. The last drill is designed to use the greatest resistance and use more resistance each time you come around to it, and over time it will transition the athlete to be ready to use regular loads when they eventually move on to the exercise in its regular form and variations.

For further explanation of the technique of each lift (clean, snatch, jerk) one should check out the USAW (USA Weightlifting) website. For the exercises' uses in the training of other sports, one should consult the NSCA (National Strength and Conditioning Association). *L&S*

Snatch Drill #3



Snatch Drill #4



Snatch Drill #5



“Wilkins vs. Powell”

by Ernie Bullard, Larry Knuth

John Powell, four-time Olympian, and Mac Wilkins, '76 Olympic champion, demonstrate and analyze their contrasting styles and give their training programs that helped them set world records.

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In Season Weight Training PROPER PROGRAMMING AND SCHEDULING

BY MATTHEW ELLIS, PRIMAL ATHLETE TRAINING CENTER

For the most part, certain sports have it easy when it comes to in-season weight training. Football has games on Friday nights so weight training on Mondays and Wednesdays makes perfect sense. For many other sports like track and field, competitions can fall anywhere during the week and on some Saturdays. Sometimes you have two or more meets per week. How are you supposed to keep a good weight training schedule and make sure you are doing enough weight training when competition days change each week?

This is a question that paralyzes a lot of track coaches during the season. Many times I will speak to a coach and they have no real plan of attack when it comes to weight training during the season. Many times the answer is simply "We lift when we have time." This article will show you that with a little planning and the right training techniques, you can map out your weight training sessions for the entire season in just a few hours. First step, you need to organize the days your team will lift.

Map It Out: The first thing you should do is go to your local office supply store and buy a big desk calendar. Don't be cheap and get a tiny one on sale. Don't even think about using the calendar in your cell phone either! Get a big calendar with a lot of space to write. On the day you receive your meet schedule for the season, take a red pen and write down on the calendar every meet you will attend. Even if it is a big championship meet that only part of your team will attend, write it down. It is important to be thorough so just go in order day by day and write down the information on the calendar.

Starting with the last meet of the season, count back two days before that meet and in a black pen write "Weight Room" in big letters. Work your way backwards from the last meet of the season all the way to the first meet of the season. There should be one weight training session per week. You may find that as you get closer to the smaller meets at the beginning of the season your weight training day falls on the same day as another meet. If this happens, simply count back one more day and write "Weight Room" in that square.

Now comes the tough part. Finding one day per week to train in the weight room is easy. Finding a second day per week might be a little tricky, but it is certainly doable. Starting again at the end of the season, find the last "Weight Room" session of the year and count back another 2 days. Write "Weight Room" again in that square. As an example, the Rhode Island State Championship track

meet was on a Saturday last June. I counted back two days to that Thursday and wrote "Weight Room" in big black letters. I counted back another two days to that Tuesday and wrote "Weight Room" one more time. So the last week leading up to the State Meet my throwers were in the weight room on Tuesday and Thursday.

At the end of the season, this is easy. For the most part all of the bigger invitationals and championship meets are on the weekends. Scheduling weight training should be very easy. Every Tuesday and Thursday leading up to those meets you will be in the weight room. Not too difficult.

Where it can get tricky is in the beginning of the season where you are attending a lot of little meets and smaller relays. You may have these during the week after school and many times you will have 2 per week. As a coach, you need to realize that these meets are fun and a great way to "tune up" your athletes, but they really don't count for anything. You may have to *GASP* be in the weight room the day before a track meet!

If this happens, don't worry. Your goal as a coach should be to get your athletes to peak for the big meets at the end of the season. Throwing a PR during a tiny dual meet is great but wouldn't you rather see that PR happen at the championship meet at the end of the season? You need to look at the big picture. Lifting the day before a meet sounds scary, but it will keep your athletes on schedule to peak at the end of the season.

Step away from the calendar and take a look. At this point you should notice a few things. You should have two scheduled days each week where your athletes will be in the weight room. You should also notice that this leaves a lot of time for your athletes to get outside and actually practice their events. Now that you have your training days scheduled you need to figure out what you will be doing in the weight room those two days every week. Please continue reading to learn more.

Optimal Weight Training: Here is where some confusion starts to happen with a lot of coaches. Many coaches think that in order to successfully build strength during track season that the athletes need to be in the weight room more than twice per week, and the training sessions should last for more than one hour. This is simply not true. If planned out correctly, your athletes will be able to gain strength during track season lifting only two days per week. The training sessions should only take 45 minutes at maximum. This leaves time on the days you are in the

weight room to still practice the events outside. This also leaves you the luxury to split your team into 2 groups and send one group to the weight room at the beginning of practice and one group to the weight room at the end of practice. Here is how you do it.

You must stick to the basic compound movements. Every day you are in the weight room, your athletes should have one basic compound movement to execute. The first day in the weight room (the day of the week furthest away from the track meet) this movement should be a squat. The second day should be a bench press (flat or incline).

The second movement of the day should be an explosive dumbbell exercise. My two favorites are the one-arm dumbbell clean and press and the one arm dumbbell snatch. Keep the weight as heavy as you can while performing the prescribed amount of reps with great technique.

The rest of the day in the weight room should focus on three movements: an opposite movement, an accessory movement, and a movement to correct weakness. The opposite movement will be the opposite “direction” of the main strength movement. For example, if the bench press was the main strength movement, the opposite movement would be a row or pull up. Bench press is a push and rowing is a pull (the opposite of pushing). The accessory movement would be something to help the main strength movement. If the bench press was the main strength movement you would add another pushing movement like a close grip push up, weighted triceps extension, or explosive push up.

The movement to correct weakness depends on the athlete. If your athlete has very weak or inflexible legs, you should do a lunge or squatting movement. Weak lower backs should do a back extension, reverse hyperextension, or good morning type movement. Weak shoulders should do an overhead press movement.

That’s it. Five exercises per day in the weight room: a main strength movement, an explosive dumbbell movement, an opposite movement, an accessory movement, and a movement to correct weakness. As long as you plan out the movements ahead of time and keep an eye on your athletes, everything should work out well. I have listed below an example of an in-season training week. Please understand this is just an example. The exercises will differ for you depending on the equipment you have available in your weight room and the weakness of each athlete.

Day 1:

Main Strength Movement: Barbell Squat
Explosive Dumbbell Movement: One Arm Dumbbell Clean and Press
Opposite Movement: Stiff Leg Dead Lift
Accessory Movement: Bodyweight Walking Lunge
Movement to Correct Weakness: Spread Eagle Sit Up

Day 2:

Main Strength Movement: Flat Bench Press
Explosive Dumbbell Movement: One Arm Dumbbell Snatch
Opposite Movement: Pull Up
Accessory Movement: Close Grip Push Up
Movement to Correct Weakness: Seated Good Morning

Set and Rep Schemes: Now that you have an idea of what days to train in the weight room and what type of exercises you should program into the training, you need to set up in the amount of sets and reps for your main strength movement and your explosive dumbbell movement.

Here is the most basic way to do it. You have two options when setting up a set and rep scheme, manipulate the number of sets or the number of reps. Manipulating the reps while keeping the amount of sets standard is the easiest way to stay organized throughout the season. Here is how you do it.

Starting with the last week of the season, you will set up a 4-week cycle. The week of your last meet of the season will be a deload week. Count backwards from there. The week before that is week 3. The week before that is week 2. The week before that is week 1. Continue counting back like this until the first week of the season. Deload, 3, 2, 1, deload, 3, 2, 1, deload, 3, 2, 1, etc.

Week 1 you will do 5 sets of 6 reps. Week 2 you will do 5 sets of 5 reps, increasing the weight. Week 3 you will do 5 sets of 4 reps, increasing the weight once more. Week 4 is a deload. Deload weeks are where you will make the weight very light and move the weight as quickly as possible. Deload weeks ensure you are giving your body time to rest and recover so you never plateau. Week 4 deload you will do 5 sets of 6 reps using very light weight.

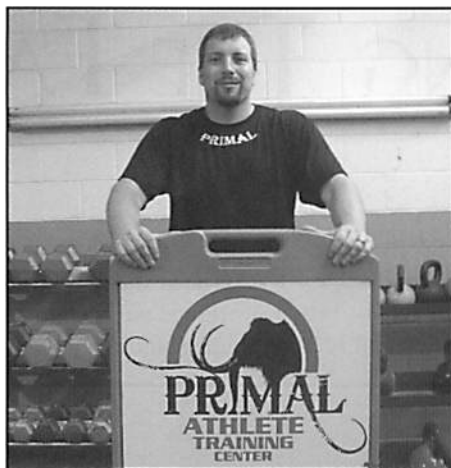
The opposite movement, accessory movement, and movement to correct weakness should all stay at a standard 4 sets of 10 reps. Increase the weight as needed as the athlete gets stronger.

Continue this process throughout the entire season. There are, of course, come caveats when implementing a program like this. First, the athletes need to be serious about this program and trust that it will work. If you have athletes in the weight room taking it easy or going way too heavy or too light, this plan will not work. Also, the athletes need to keep track of what weight they are using each week. This way they know what weight to choose as the weeks progress. Nothing is worse than when an athlete uses the same weight week after week because he isn’t sure what he used the week before. As long as there is some organization in your weight room and you take the time to write out a program following these steps, your athletes will continue to gain strength during the season and will be at their peak strength and explosiveness for the championship meets at the end of the season.

About the Author

Matthew Ellis, Owner, Primal Athlete Training Center,
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Matt is the owner and head strength coach of Primal Athlete Training Center in Cranston, RI. Matt specializes in training high school power athletes, especially throwers. He has spoken to thousands of coaches and athletic directors at many of the largest state and regional coaching clinics around the U.S. on topics such as functional training, kettlebell



training for athletes, proper active warm-up, mobility drills, and proper technique in the various throwing events. Matt is a certified Underground Strength Coach, a certified kettlebell instructor, a gym owner, and a private throwing coach.

Matt has an aggressive, blue-collar style to his training that improves strength, speed, and explosive power in all athletic movements.

Feel free to contact Matt by e-mail Matt@PrimalATC.com with any questions. *L&S*

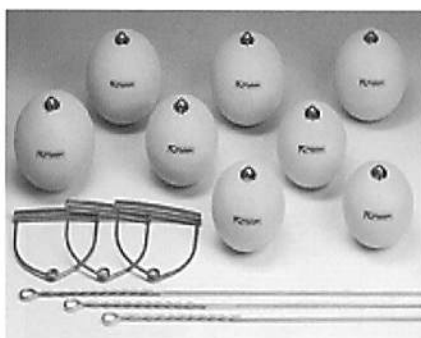


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CELEBRATING THE FALLEN

By TIM EDWARDS

I have been a police officer for the city of Scottsdale, Arizona, for 17 years. I was also a collegiate thrower at Central Arizona College and Texas Tech University. I have competed in the World Police and Fire Games, and Masters Track for the last 11 years.

When I learned that New York City would be hosting the 2011 World Police and Fire Games to commemorate the 10-year anniversary of 9/11, there was nothing that was going to stop me from signing up and going there to compete. Little did I know that Hurricane Irene would literally close the city and all the airports to prevent hundreds of athletes from getting there the first weekend of the Games. I

refused to let a little hurricane keep me from going to honor the fallen officers and firefighters that lost their lives that dreadful day back in 2001. When we found out that our flight to Newark was cancelled due to the hurricane, I was ready to pile the kids in the minivan and drive around the clock to get there from Arizona. Luckily my wife got us a one way flight to Pittsburgh and we did not have to take that extreme measure.

After landing in Pittsburgh, our intention was drive as far east as we could since New York City was closed. On this unexpected detour to New York, we had our first 9/11 experience when we passed the area of Shanksville, PA, as it was 10 years ago that those brave passengers prevented flight 93 from crashing into the White House. By this time, the outer part of the hurricane was over us, and it was late at night so we stopped in Harrisburg Pa. for the next two nights to wait for the hurricane to pass so we could get to NY City. While at the hotel, there were dozens of other firefighters and police officers that were staying there from all over the country waiting for New York to open up so they could also compete and honor the fallen.

The next day we were able to drive to New York. We turned our rental in at the airport and got all our bags onto the shuttle to take us into Manhattan. The only problem

was that when we got into our hotel room, we were missing one bag, and you guessed it, the one with all my throwing gear was lost by the shuttle somewhere. Lesson #1: always carry your throwing shoes on, everything else can be borrowed or bought.

Up to this point, I was thoroughly frustrated that the Games were almost cancelled, our flight was cancelled, and all my throwing gear and implements were gone. What

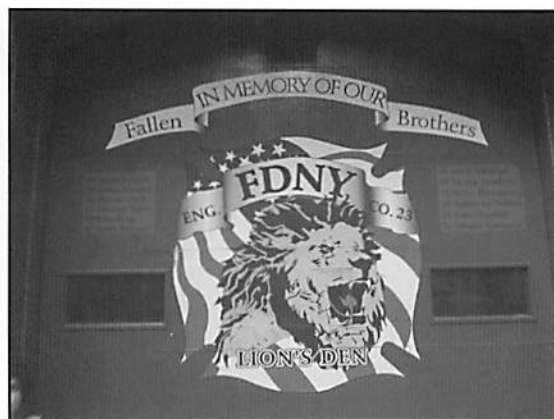
could go wrong next? As I pouted over all of that, I thought, "Wouldn't any of those 417 firefighters and police officers that lost their lives that day have loved to be in my position being able to be with their families and compete in an athletic event on a sunny September day?" My whole perspective changed after that.

After competing in the discus and getting off of the subway to walk to our hotel, we passed Engine #23 Fire Station on 58th street. On the front of the station door, it read "Fallen, in memory of our fallen brothers". Below that, was a picture of a lion's head and it read "Lion's Den." I remembered the story of Engine 23. All six fire fighters on the truck were killed except the one that flew out on vacation three hours before the attacks.

We went to Ground Zero as they were preparing the final touches to the 9/11 Memorial before it opened it up on 9/11/11. Even though the area is a big construction zone right now, there was a very quiet somber feeling to it. I could feel the presence of all those people that lost their lives there that day. When we walked across the street to the World



Tim and family sightseeing high above New York city.



The Lion's Den.

Financial Center, we walked to the 2nd floor to get a better look at the Memorial out of the large glass windows; there was a lady volunteer giving a narrative tour of Ground Zero. She was trying to hold back the tears because her husband was one of the 417 killed that day as she was giving a personal perspective of what it was like to have lost a loved one on that day. As you look at the area, it is amazing how those towers did not do more widespread damage than they did.

It took a lot of courage and unselfishness for those first responders to enter those towers to save others when they knew that they would probably not come out alive themselves. When everyone was running out of the towers, it was the brave first responders that were running in.

During our stay there, I heard many stories of bravery and courage. One story in particular was the story of Ladder #6 and 61-year-old Josephine Harris. They were tasked to help evacuate the second tower that later fell. They were in the stairway when they heard the first tower come down. They were about 27 floors up and were walking Josephine



Tim Edwards

Harris down the stairs, she was very fatigued from already walking down from the 73rd floor. She told them all to go ahead without her so they could save their own lives because she was so slow, and they refused to go without her. They could hear the second tower start to come down above them, as they continued to get her down to the bottom. Right when the tower came down on top of them, they were all in a stairwell void on the 4th floor that protected them,

and they all lived. A little faster or a little slower and they all would have been killed. They now call Josephine their Guardian Angel. When she died earlier this year, the ladder company had the honor to hoist her coffin at her funeral, much the same way they carried her down those stairs 10 years earlier.

The last night that we were there for the Games, we had the honor of attending the candlelight vigil for all of the first responders at St. John the Divine. When they opened up the ceremony with the bag pipes, I could not hold back the tears anymore. They honored all 417 police officers and firefighters by showing their pictures on the big screen.

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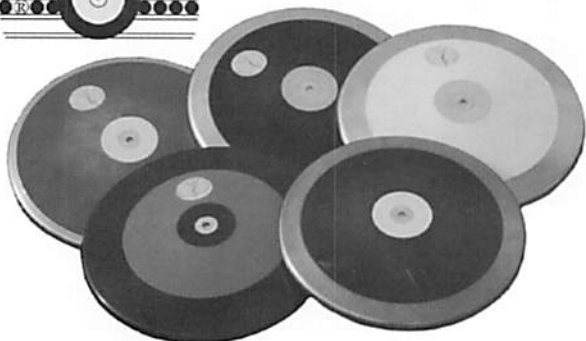
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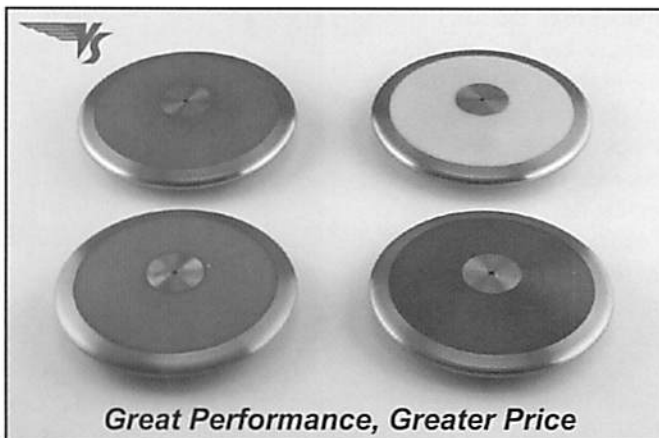
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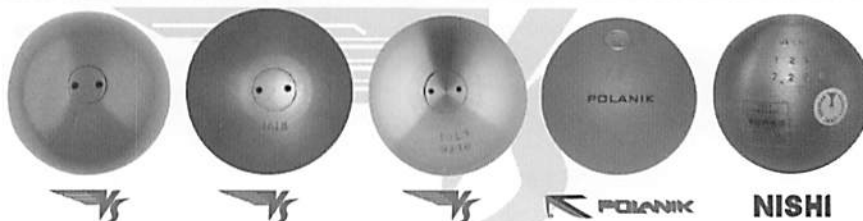
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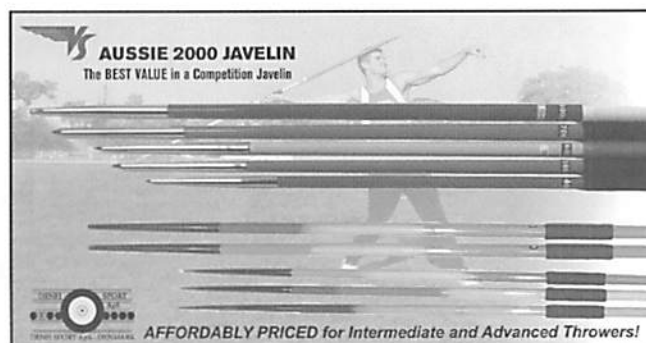
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