



NATIONAL THROWS COACHES ASSOCIATION LEARN BY DOING CAMP

WHEN: Sunday, February 16th

TIME: 10 am to 3:30 pm

WHERE: Burlington Central High School
44W625 Plato Road
Burlington, IL. 60109

WHO: This Learn-By-Doing Camp is for Athletes & Coaches

COST: \$70 Before Wednesday, 2/11; \$80 Day of Clinic if available

LUNCH: Campers should bring their own lunch to this Throws Camp

WHAT: ***This camp will be like no other you have attended!*** It will be tailored more to what individual throwers and coaches need in order to help make them successful. This camp will use video to help analyze what is needed to improve your throw. The athletes at this clinic will be actually throwing shot & discus while experienced coaches evaluate their throws and suggest corrections needed. Our hope is that we will equip you with the knowledge so once you leave the camp you will have the tools to continue to implement improvements in your throws.

SCHEDULE: 9:30 am..... Sign in & orientation

10:00 am-12:00 pm..... Shot put (Glide & Rotational)

12:15 pm- 1:30 pm..... Lunch with Q & A

1:30 Pm – 3:30 pm..... Discus

LEAD COACHES:

Scott Bennett: Coach Bennett has been coaching the field events for over 40 years on the High School, Division 3 & Division 1 levels. He has coached five Olympians (1 gold medalist), National Champions, Olympic Trial Winners, NCAA Champions and many more. Coach Bennett master's degree in Bio Mechanics which along with his vast experience has made him a very successful field events coach. He coached Olympian Andy Bloom who threw over 71 feet in the shot put and over 224 feet in the discus. He also coached one of the United States greatest female discus throwers Olympian Aretha Thurmond-Hill. Most recently Coach Bennett has worked with Curt Jensen who threw over 70 in the shot put in 2018 and coached Tim Glover to over 275 ft. in the javelin. Coach Bennett's college athletes have included 7 men over 60 feet

and 2 women over 57 feet as well as many other successful throwers. Coach Bennett has spoken at multiple state track clinics including Illinois, Wisconsin, Minnesota, Missouri and several others. He has also spoken at multiple National Throws Coaches Associations Clinics along with working at the USATF development camps.

Jim Aikens: Coach Aikens has coached the throws since 1984. Currently he is the throws coach at Burlington Central High School in Burlington, Illinois. Before coming to Burlington H.S. he coached the throws at William Fremd High School in Palatine, Illinois since 1985 and has been the head boys' coach since 1990. During his time at Fremd his throwers won four state championships and 16 other state medals. Coach Aikens holds USA Track & Field Level 1 and Level 2 certification. Many of Coach Aikens throwers have earned conference, sectional, state, and national honors. Coach Aikens has published several articles and videos regarding throws training. Coach Aikens has worked at multiple throws clinics and has spoken at many state clinics around the country.

There are many other excellent coaches who will be working hard to help the athletes and coaches in attendance hone their craft.

CLINIC SIGN UP BELOW:

Go to <https://il.8to18.com/bchs> to sign up. You will first need to create an account at Centrals 8-18 page. Once you have created an 8-18 account follow the prompts below.

1. Go to "Registration"
2. Click on "Begin Registration"
3. Click on "NTCA Throws Camp"
4. Then click on "Proceed don't want the app"
5. You only need to fill out the * information. Place a "0" where it ask for student number.
Also, if you could fill out the medical insurance info.
6. Fill out guardian information
7. Accept the Camp Waiver
8. Proceed to checkout

(If you have difficulty email me at jimaikens@hotmail.com or call me at 847-414-8415)