

Hello,

Just wanted to let everyone know about a couple of upcoming clinics.



ITCCCA

First we have the annual [ITCCCA clinic](#) on January 12-13 at the [Eaglewood Resort](#) in Itasca with arguably the best lineup of throws presenters in ITCCCA clinic history. [Dave Astrauskas](#) of the University of Wisconsin will open the proceedings on Friday with a presentation on developing discus technique. I saw Dave give a version of this talk at the recent [National Throws Clinic](#) in Portage, and I think high school coaches will find a lot they can use in Dave's approach.

The second session on Friday will feature two throws speakers. Pat Trofimuk of Waubonsie Valley High School will conduct a session titled "Fundamentals of the Throws" in which he will demonstrate a series of simple drills that can be used to teach and sharpen rotational throwing technique. Feel free to take out your phone and record during this one, and you'll walk away with a small library of extremely useful drills.

Also during session two, ITCCCA is proud to present [Kara Winger](#), the four-time Olympian, national record holder, and 2022 World silver medalist in the javelin. Her first talk of the weekend will be titled "Train Hard and Stay Healthy: Incorporating Rehab into throws training." In this presentation, Kara will explain some simple and effective exercises that can be incorporated into your throwers' daily workouts to help them stay healthy over the course of a long season.

Kara will take the stage again in the third and final Friday evening session to offer advice on how to help your athletes deliver their top performances at the biggest competitions. We've all seen how tough it can be for a young thrower to find their rhythm at a sectional or when trying to advance to the finals at the state meet. Kara faced those challenges at four Olympic Trials, four Olympics, and five World Championships, and learned much in the process. If you are on speaking terms with coaches from other events, you'll want to give them a heads up about this presentation as Kara's advice will be applicable to all sorts of athletes.

On Saturday, the ITCCCA clinic will feature four sessions you won't want to miss. [Josh Freeman](#), former Illinois state champion and collegiate all-American, will team with his wife and current world-class discus thrower [Alex Morgan](#) to detail and demonstrate shot put fundamentals.

Kara will take the stage again for session two to discuss the qualities that make an effective coach. Over her long career, Kara worked with some outstanding mentors, and she'll give tips on how to be your best self as a coach. This is another presentation that will appeal to coaches of all events.

Josh and Alex take over again to present on the discus for session three, with Alex demonstrating the approach that made her 2023 Oceania champion.

The final session on Saturday will feature a panel discussion with Josh, Alex, Kara, and long time collegiate throws coach Scott Cappos, who recently authored an [excellent book](#) on shot and disc technique and training which will be available for purchase at the ITCCCA clinic. During this session, you'll be able to ask the panelists anything you'd like about technique, training, and/or life at the highest levels of our sport.



If you have been wavering about signing up for this year's clinic and wondering if it will be worth the time and effort, wonder no more. You won't find a better lineup of presenters anywhere.

A-Z

On January 21st, Illinois' premiere learn-by-doing clinic, the A-Z Throws Clinic, will return to Wheaton North High School.

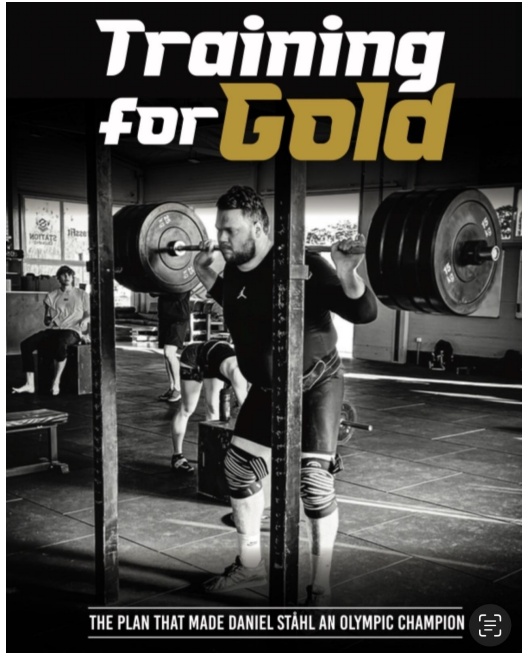


The flyer is a red and white graphic divided into several sections. At the top left is the 'A-Z THROWS' logo. To its right is a photo of a coach demonstrating a throw to a student. Below the logo is a photo of two men, one in a red hoodie and one in a black t-shirt with 'GBN' on it. Below that are logos for 'ME Everything Track & Field' and 'CHICAGO'. The central text reads 'THROW BIG THROW FAR CHICAGO Presents A-Z THROWS CLINIC'. Below this is a paragraph: 'Learn by doing from experienced local coaches to improve your throwing technique! The clinic will include three 45 min. sessions will feature practice in glide shot, rotational shot, and discus.' The bottom left section contains the date and time: 'Sunday, January 21st at Wheaton North High School From: 10 am- 12:45 pm Early Registration Fee- \$75 Registration- \$90'. The bottom right section features a QR code labeled 'REGISTRATION' and 'SCAN HERE'.

The A-Z gives athletes a chance to sharpen their shot and disc technique under the tutelage of top area coaches. Your athletes can register using the QR code on the above flyer. Email me with any questions.

TRAINING BOOK

In addition to Scott's shot and disc manual, the book "Training for Gold: The Plan that made Daniel Ståhl an Olympic Champion" will also be available for purchase for \$25 at this year's clinic. This is a book that longtime Illinois high school throws coach Roger Einbecker and I put together with Vésteinn Hafsteinsson who coached Daniel to Olympic and World Championship gold medals in the discus.



The book details the training plan Vésteinn used during the 2020-2021 Olympic year, and is full of insights into how to plan and execute a lifting and throwing program that will bring out the best in your athletes.

NATIONAL THROWS CLINIC

I mentioned having seen Dave Astrauskas present at the 2023 National Throws Clinic, and I just wanted to give folks an early heads up that Mark Harsha and the National Throws Association will host another event next December featuring top throws coaches. I'll send more reminders as more info becomes available, but if the 2024 clinic is anything like this year's, you will not want to miss it.

More soon!

-McQ