



In the Sector

The Official Newsletter of the NTCA

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Any Comments or Suggestions email to mharsha@verizon.net

Upcoming Events

NTCA Mid-West Regional Throws Camp Registration

June 16 & 17, 2007

[Click Here](#)

Website of Interest

[Phil Phister](#)

2006 World Strongest Man

2007 NTCA National Conference

November 16th – 18th

Dublin Ohio

[Click here to register at the early bird price](#)

Passing of an Innovator, Competitor and Legend

There have been, and will be, many champions and record holders in track and field. Some will have their moment in the sun and then fade. Others will ascend to legendary status. But only a great few will have a profound impact on our sport. Parry O'Brien was one of those very few.

The event that O'Brien dominated was one that he came to as an afterthought. A football player whose injured groin moved him from the gridiron to the band of iron, he would dominate shot putting for nearly two decades. His two Olympic gold medals and 16 world records were tremendous accomplishments. But by turning his back on his event, he changed it forever.

After a disappointing loss at the 1951 Fresno Relays, Parry brooded. He had to find a better way. Under a street light in his home town of Santa Monica, in the wee hours of the morning, he had a revelation, and created a revolution. As he told his father, roused from sleep by the thudding of the shot, "I think I discovered something! I couldn't wait until morning."

The "O'Brien Glide" would become the dominant technique for throwing the shot. Parry used it to redefine the scope of the event, being first to 59', 60', 61' 62' and 63'. He would change every shot putter that came after him, and would make the event his.

While we mourn his passing, his legacy will be with us: 2 Olympic gold medals and Olympic records, and 1 silver medal; 2 Pan Am championships; the 1959 Sullivan Award as the outstanding amateur athlete in America; 2 NCAA championships; 17 national championships; 16 world records.

A revelation that came out of defeat, developed under a street light. A revolution that changed our sport, and us.

Thanks, Parry.

Rules for the High School Throwing Events

This article contains a summary of the rules for the shot put and discus at the high school level. There is also a list of misconceptions. For a complete list of rules and scenarios please read the NFHS rule book and case study book.

[Click here for the article on rules for the high school throwing events](#)

Drill of the Month



Twist Drill

Click on Picture to Play Video

Twist Drill – Use this drill for warm-up and to emphasize the importance of the legs.

1. The athlete faces the sector with toes pointed straight
2. Place shot against the neck
3. Bend the knees
4. Twist the upper body to the right and down. Pointing your non throwing hand away and towards the ground
5. Extend legs and hips then punch the shot

Around the Circle and Down the Runway

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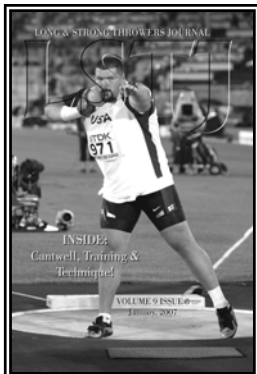
Website of
Interest

Macthrowvideo.com

Improving Performance with Power Bags

By: Bill Caton

NTCA Official Publication



Click for webpage

Powerbags can be used for any kind of workout, from max strength to ballistic. They are only limited to your imagination and the 50k maximum. This workout can also be done using regular equipment such as free weights, but the release and throwing components are limited. Heavy medicine balls can also be used to limited effect.

[Click here for the complete article](#)

Included with article are exercises provided by Perform Better

Recap of the NTCA East Regional Throws Camp:

An exciting day took place in Brick, New Jersey on April 22 as a record group participated in the NTCA East Regional Clinic directed by Joe Napoli. Coach Napoli serves as the NTCA Mid Atlantic Region and New Jersey State Co-coordinator.

"I wanted to express my thanks to the NTCA for the time and effort put into the April 22nd clinic. It was a top rate program with top rate coaches. The level of knowledge and expertise in the throws events that was presented, in my opinion, was far superior to any of the other throws clinics that we have attended over the past 3 years! And as proof, both of my kids - my son attended the javelin clinic and my daughter attended the discus clinic - threw PR's the following Tuesday in their track meets."
Fred Bella

NTCA
East Regional
Throws Camp

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