



# In the Sector

The Official Newsletter of the NTCA

Volume 3 Edition 6 Date: 8/22/08

Any Comments or Suggestions email to [mharsha@verizon.net](mailto:mharsha@verizon.net)

## Upcoming Events

**NTCA  
Coaches Clinic**

Nov. 7<sup>th</sup> – Nov. 8<sup>th</sup>

[Click Here](#)

**Message from the President:** As the Summer winds down and the new school year begins the National Throws Coaches Association would like to invite you to attend the NTCA Coaches Clinic November 7-8 at Portage High School in Northern Indiana. Only a short drive from Chicago, Portage HS offers tremendous clinic facilities that includes an indoor track, several throwing areas, a first class weight room, and plenty of seminar space. At only \$59 for NTCA Members (\$75 for Non Members) the NTCA Coaches Clinic is one of the best values around. A brilliant staff of clinicians will cover all aspects of the throwing events. We look forward to seeing you!

*Rob Lasorsa*

**Website of  
Interest**

[Power  
Development INC](#)

## Weight Throwing: Correcting Technical Flaws

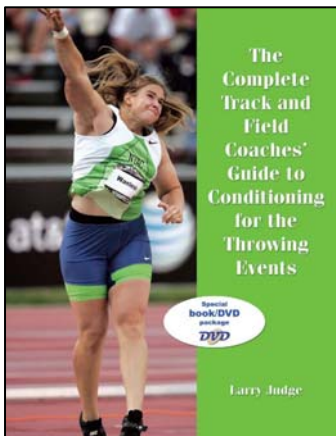
By: Larry Judge, Ph.D.

The weight throw is one of the most exciting and artistic events of indoor track, yet it's a relatively obscure event. It is left out of most international indoor meets and used mostly in training by European hammer throwers. The weight is only officially thrown in Rhode Island high schools. Club athletes throw in Washington and Georgia.

Many coaches and young throwers have limited exposure to the event because little information on the event is available. To some, the weight has maintained an air of mystery over the years to a greater extent than even the hammer. This situation has caused some coaches to shy away from teaching and coaching the event. The collegiate coach must teach an aspiring weight thrower from scratch. This scenario forces coaches to play catch-up and get athletes ready to compete very quickly. Unfortunately, a crash course in weight throwing can lead to technical problems, because it can take years for an athlete to establish an efficient turning rhythm.

[Click Here for Complete Article](#)

**MF  
ATHLETIC COMPANY**



[Click Here  
for more information](#)

## Drill of the Month



[Click on Picture to Play Video](#)

**Grounds** – Use this drill to teach proper release of the shot put.

1. Place the shot in your right hand (throwing hand).
2. Position the shot in front of your right shoulder with your left hand underneath the shot for support.
3. Bend over at the waist so that your upper body is parallel to the ground.
4. Push the shot to the ground and extend your wrist for a proper follow through



*Around the Circle and Down the Runway*

**Visit  
the  
NTCA  
eBay Store  
[Click Here](#)**

**Website of Interest**

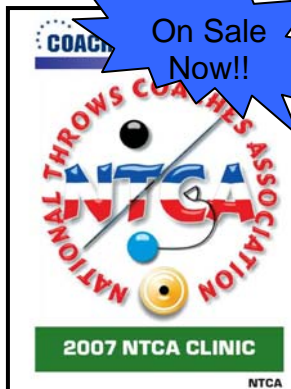
[Minnesota State  
Strength & Conditioning  
Videos](#)

**PERFORM  
BETTER!**

1-888-527-6772

Click to  
Become a  
NTCA  
Member

On Sale  
Now!!



**Congratulations to all United States Olympians!**



**Christian Cantwell**  
Silver Medalist Men's  
Shot Put



**Stephanie Brown Trafton**  
Gold Medalist Women's  
Discus



Click on banners to find more information

### **Plyometric Training for Track & Field**

By Tom Pukstys, CSCS

In order to maximize the human body's potential for athletic performance, training must involve a balanced attack on strength, power, and speed. Using a pyramid as a model, the base area represents strength, the middle represents power and speed, and the peak represents peak performance in all categories combined. When an athlete trains, he must address all areas to reach his potential.

One of the most efficient and effective methods for gaining power and speed is plyometric training. Plyometric training can be defined as doing any athletic motion quickly or explosively, and also repetitively. Most coaches understand plyometrics as dealing with the legs, but the upper body can perform plyometric movements also. Plyometric training can offer an athlete the final piece in training to reach his peak performance due to the intensity and speed gained from the movements.

[Click Here for Complete Article](#)

**STACKHOUSE** *athletic equipment*

Equipping Champions for Over 50 Years

P.O. Box 12276 | Salem, Oregon 97309 | 800.285.3604 | Fax: 503.363.0511 | [www.stackhouseathletic.com](http://www.stackhouseathletic.com)

*Around the Circle and Down the Runway*