



E - Newsletter  
November 30, 2005

**THE NATIONAL THROWS COACHES ASSOCIATION WOULD LIKE TO EXTEND  
GRATEFUL THANK YOU TO ALL WHO ATTENDED THE 2005 NTCA  
CONFERENCE.**

**Thank you again,  
Rob & Mary Lasorsa  
(Founding Members)**

**We would also especially like to thank the following people for all of their efforts:**

**Mark Heckel (Hall of Fame Director & Safety Certification Program Director)**

**Gary Aldrich & Bruce Van Horne (NTCA Vice Presidents)**

**Bill Caton (NTCA West Coast Chairman);**

**Joe Napoli (NTCA Mid Atlantic Chairman);**

**Matt Ellis (NTCA New England Chairman);**

**Mark Harsha (NTCA Indiana Chairman);**

**Jim Aikens (NTCA Illinois Chairman);**

**Tim Corey (NTCA Webmaster)**

**All of our speakers and clinicians;**

**And a special thank you to our Hall of Fame Inductees!**

**(Al Oerter, Mac Wilkins, Randy Matson, Kate Schmidt, Harold Connolly; George Woods)**

**If you could not attend we hope to see you next year.**

- To download videos of the NTCA Conference highlights and sessions, the NTCA Hall of Fame Ceremony highlights, and the NTCA Hall of Famers in competition go to [www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com)
- NTCA Hall of Fame Photo Album and photos of the NTCA Hall of Fame Plaques are also available at the NTCA web site. More photos will be posted on the web site shortly. Thanks to [www.macthrowvideos.com](http://www.macthrowvideos.com) and Photo Finish for all of their contributions.

- Those of you who attended the conference will be receiving the 2006 NTCA Coaches Manual and your Gold Medal Member Certificate on or before December 20, 2005. Those attending the NTCA Safety Certification Program will also be receiving their completion certificate in the near future.

Clinic notes, DVD's, & NTCA Educational books will be available for purchase in the near future.

THE NATIONAL THROWS COACHES ASSOCIATION WILL BE MAKING A MAJOR ANNOUNCEMENT ON JANUARY 1, 2006.

PLEASE GO TO THE WEB SITE ON THAT DATE TO VIEW THE EXCITING NEWS.

If you would like the NTCA Safety Certification Program to be a part of your clinic or coaches meetings please contact the NTCA at (888) 527-6772

### **Upcoming Throws Clinics:**

“Worlds Longest Throw Club” Throws Clinic II (Javelin / Shot / Discus) with Joe Napoli (NTCA Mid Atlantic Chairman) & Tom Petranoff (former World Record Holder and Four Time Olympian)

For More Information Contact Joe Napoli at (732) 207-3925 or [ntcanj@optonline.net](mailto:ntcanj@optonline.net)  
Howell High School, 405 Squankum-Yellowbrook Rd, Farmingdale NJ 07727  
Saturday, December 17, 2005 11:30 AM - 3:00 PM

**The 7th Annual Georgia Throws Clinic** will be held on Sunday, January 15th, 2006 at the University of Georgia. It will run from 9am to 5pm and will cover all aspects of training for the shot put and discus. Guest demonstrators will include shot putters Adam Nelson and Reese Hoffa among many others. If you would like more information on the clinic please contact Don Babbitt at 706-542-8031 or e-mail [dbabbitt@sports.uga.edu](mailto:dbabbitt@sports.uga.edu)

### **Upcoming Track & Field Clinics & Throws Camps:**

[1st Annual Florida All-Star Track & Field / Cross Country Clinic](#)  
Orlando, Fl (December 8-10, 2005)

[24th Annual U.S. All-Star Track & Field / Cross Country Clinic](#)  
Atlantic City, NJ (December 14-16, 2005)

### [Pacific Throws Academy](#)

Soka University, Aliso Viejo, CA (June 26-30, 2006)

For Information on the Florida All-Star Track & Field Clinic, the U.S. All-Star Track & Field Clinic, or the Pacific Throws Academy go to the below link:

Excerpt from the new book NTCA 101 SHOT PUT DRILLS (available by January 10th, 2005):

Name: Proper Hand Placement

The shot should be placed in the “ball” of the hand so that the bottom of the shot rests towards the bottom of the finger. Four fingers should be evenly spread behind the shot with the thumb placed on the side of the shot for added control. The shot should not be too high on the tips of the fingers or too low in the palm of the hand.

Drill: Place the shot in the hand above the shoulder using the proper grip (the fingers will be underneath the shot for this drill). Extend the arm above the head. Perform several reps.

Name: Placement against Neck

Drill: Using the proper grip, place the shot against the neck under the jaw bone. The elbow should be away from the body. The correct sequence is “neck, shot, and hand.” Place pressure against the shot with the fingers to keep the shot “in the slot.”

Problems:

- (1) Placing the shot too far back on the neck underneath the ear
- (2) Keeping the elbow by the side of the body
- (3) Having the sequence as “shot, hand, and shoulder.”

Release Drills (for Right Handed Thrower)

Name: Push Shot Into Ground

Drill: Bend at the waist, placing the shot in front of the chest with the throwing hand on top of the shot and the non throwing hand underneath the shot for support. Extend the arm to throw or “push” the shot to the ground. Follow through by flexing the forearm and extending the wrist. Hold the finish position for two seconds to ensure the proper performance of the drill.

PREORDER ANY OF THE NEW NTCA EDUCATIONAL BOOKS AND DVD BY CALLING M-F ATHLETIC COMPANY AT 1-800-556-7464

NTCA 101 Shot Put Drills

NTCA 101 Discus Drills

NTCA 101 Hammer / Javelin Drills

2006 NTCA Coaches Manual

NTCA Complete Throws DVD

(All NTCA Members receive a 10% discount from M-F Athletic Company)