



# In the Sector

The Official Newsletter of the NTCA

Volume 4 Edition 1 Date: 3/1/09

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

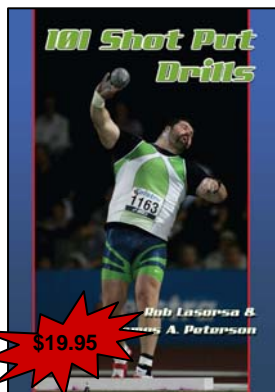
## Upcoming Events

**NTCA**  
Mid-West Regional  
Throws Camp  
June 13, 2009

## Website of Interest

[Worlds Longest  
Throw Club  
New Jersey](#)

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### Message from the President:

Have many of you thought about establishing a Throws Club but do not know how get started? There are many successful Throws Clubs across the country that cater to all competitive levels and ages. One such club enjoying great triumphs is the New Jersey World's Longest Throws Club. Started in 2004 by NTCA Mid-Atlantic Chairman Joe Napoli, WLTCNJ has seen tremendous growth and countless accomplishments. Check out their web site at <http://www.wltnj.com> to learn how to start your own Throws Club in your area.

*Rob Lasorsa*

### Developing a Javelin Run-Up

By Duncan Atwood

Developing the run-up in the javelin can be a struggle. Done well, the run-up can add up to 80 feet to a throw. Done poorly, a full run can subtract distance from a three- or five-step approach. Many coaches and athletes deal with this issue by throwing from a short run most of the time, and then hoping it solves itself when the season arrives. Sometimes it does, usually it doesn't.

The key is to think of the javelin run-up as being an amped-up version of the run-up used to kick a ball for distance. Both runs accelerate, both require a predictable number of steps so as to arrive at the ball or scratch line without overstepping, both have a rhythm with a final leap into the plant, both add power to the kick or throw, and both result in a follow-through.

[Click Here for Complete Article](#)

### Drill of the Month



Click on Picture to Play Video

**Y Drill** –Use this drill to teach the turning of the knee in and down

- a) The thrower will start in a very wide stance
- b) The thrower will need to turn the right knee in and down
- c) Deliver the shot

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## How Many Reps and Sets?

By Stanley Lampert as published in Power Lifting USA

The most frequently asked questions are: "How many reps"? "How many sets"? Unfortunately this is impossible to answer even with all the facts. Perhaps the only thing to do in these circumstances is to ask "What are you trying to accomplish?" It's a general rule that you get what you train for. You train for endurance, you get endurance. You train for strength, you get strength etc. This is not to say there will be no strength gain if you aim for endurance. There may indeed be some strength increase, but you do get what you train for. This can easily be demonstrated in the differences between sprinters and distance runners.

[Click Here for Complete Article](#)

## A Beginner's Guide to Throwing the Weight

By: Matt Ellis

The weight, no matter what age group you are in or what size you throw, is an event that has grown by leaps and bounds over the past few years. For example, many states now include it in high school, and the master's weight throw is currently being included in meets that never carried it before. With all of this interest, one problem that exists is that sound coaching for this event is very limited. Most weight coaches are either learning how to throw at the same time as their athlete, or they are hammer throwers trying to convert their old technique with a heavier ball. One of the primary goals of this article is to help clear up some of the confusion for beginner weight throwers and teach them the correct progressions to start throwing correctly.

[Click Here for Complete Article](#)



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