



In the Sector

The Official Newsletter of the NTCA

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Any Comments or Suggestions email to mharsha@verizon.net

Upcoming Events

Throws Camps
Around the
United States

[Click Here](#)

Message from the President:

The NTCA and the track and field community has regrettably loss one of its best coaches. We mourn the passing of Dr Paul Turner, assistant coach at Harvard University for the last 13 years. After highly successful coaching stints at Indiana University and Western Michigan University, Dr Turner joined the Harvard staff in 1994. Dr Turner was actively involved with the NTCA, most recently with his writing contributions to the 2007 NTCA Throws Handbook. Originally from Kentucky, Paul was commissioned a Kentucky Colonel, the highest award given by his native state. We are extremely saddened by Paul's passing. Paul was a brilliant coach, wonderful person, and a close friend. Our prayers are with Dr Turner's family, the Harvard coaching staff, and Harvard athletes.

For complete information [click here](#)

Rob Lasorsa

Excerpt from Article of the Month:

Mastering the grip, the release and the flat sail in the discus

By: Bruce Van Horne

At the beginning of each track season there are throwing fundamentals that have to be re-introduced to our veterans and presented for the first time to our rookies. Three basics that have a huge impact on the success of the thrower are the grip, the release, and the ability to obtain a flat sail in the discus.

The Grip- There are two standard grips used in the discus. One is the **Claw**. In this grip the athlete places the rim of the discus on the first joint of the throwing hand with the tips of the fingers resting over the edge. The thumb is placed on top of the discus in a comfortable position without letting the thumb go over the side of the rim.

[Click Here for Complete Article](#)

Drill of the Month



Half Turn Pass

Half Turn Pass – Use this drill to teach the proper movements in the middle of the circle for rotational shot put and discus.

- 1) The thrower will start with the right foot in the middle of the ring pointing at 10 o'clock and the left foot is placed where it would be in a full throw
- 2) The head is up looking at the throwing direction and the belly is pushed forward with the shoulders back
- 3) The thrower will complete a reverse 180 concentrating on driving off the left foot and bringing both knees together (cue knee to knee)
- 4) The left foot will land in the front of the ring in a toe heel relationship with the right foot.
- 5) It is critical that the right foot does not stop turning and the left foot stays inline with the body of the thrower. Do not allow the left foot to sweep out wide

[Click on Picture to Play Video](#)



Around the Circle and Down the Runway

On Sale



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to Order](#)

Website of Interest

[Dave Caster's Thoughts
on Lifting and Throwing](#)

2007
NTCA National
Conference

November 16th – 18th

Dublin Ohio

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

Congratulations to 2007 USATF Champions!

Men

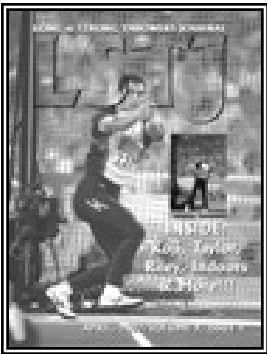
Reese Hoffa – Shot Put – 70' 5.25"
Michael Robertson – Discus – 210' 1"
A.G. Kruger – Hammer – 256' 3"
Breux Greer – Javelin – 299' 6" ***

Women

Kristin Heaston – Shot Put – 61 5.75"
Suzy Powell – Discus – 198' 11"
Brittany Riley – Hammer – 237' 7"
Dana Pounds – Javelin – 195' 8"

*** New American Record – Great Job!!! Breux

NTCA Official Publication



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Recap of the NTCA Mid West Regional Throws Camp:

Hosted by Portage High School in Indiana, the NTCA recently completed its Midwest Regional Clinic. In only its second year, the NTCA Midwest Region Clinic continues to grow with participation of athletes and coaches from 5 different states. The clinic offered sessions in glide shot, rotational shot, discus, and javelin. Coupled with the 2007 NTCA East Region Clinic in New Jersey, the NTCA looks to expand its regional learn by doing clinics across the country in 2008. Future sites and dates of all 2008 clinics will be announced in the near future. Keep checking www.nationalthrowscoachesassociation.com for details.

Website of Interest

www.coachlarryjudge.com

Submit an Article or Drill

[Click Here](#)

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Throws Safety,

By Mark Heckel, Director - NTCA Safety Program

The National Throws Coaches Association feels that safety in training and competition is just as important to the future of our sport as are changes in training and technique.

The NTCA Throws Safety Certification program is intended to provide coaches, athletes, officials and supporters of the sport with information and training in conducting safe training sessions and competitions.

With increased interest in the development of the throws, and the hammer in particular, the need for addressing safety issues is more relevant than ever.

Throws safety is an "all-the-time" thing, and should never be taken lightly. Many times, the local coach or athletic director has the responsibility for making sure that the competition arena is safe for everyone - competitors, coaches, spectators and officials.

Continue with article: <http://www.mach2k.net/ntca/safety/>

Up and Coming Throwing Stars

Michael Putman – Shot Put – 61' 7.5"
Darius Savage – Discus – 200' 7"
Emily Vannoy – Shot Put – 48' 4.75"
Emily Bernhardt – Hammer – 175' 11"
Marissa Tschida – Javelin – 158' 2"
Christopher Hill – Javelin – 226' 9"
Emily Pendleton – Discus – 162' 6"
Walter Henning – Hammer – 241' 5" – **New U.S. Junior Record**

Around the Circle and Down the Runway