



# In the Sector

The Official Newsletter of the NTCA

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

## Upcoming Events

NTCA East  
Regional Throws  
Camp

April 20, 2008

[Click Here](#)

## Website of Interest

[Master's  
Performance](#)

**Message from the President:** As the outdoor season is in full swing the NTCA would like to congratulate those athletes who had exceptional indoor seasons. Athletes such as Christian Cantwell and Reese Hoffa for their Gold and Silver medal 1-2 finish at the World Indoor Championships in Valencia, Spain; Adam Nelson for his incredible indoor campaign capped by his 73'6" World leading toss in Fayetteville; Brittany Riley throwing just short of her American Record in winning the NCAA title in the 20lb weight throw at 83' 1-3/4"; Ryan Whiting (new Collegiate Record - 71' 3-1/2") and Russ Winger (69'1 0-1/4") for their 1-2 finish at the NCAA's in the shot; Freshman sensation Walter Henning (72' 11-3/4", 35lb weight throw); the Ashland Elite duo of Kibwe Johnson (NYAC) and A.G. Kruger (Nike) for posting 9 of the top 10 throws in the 35lb weight; Lady shot-putters Jill Camarena, Abby Ruston, and Liz Wanless for providing the most exciting USATF Championship women's event; Division II NCAA Champions Robert Klenk (Ashland - 35lb weight), Tara Cooper (Ashland - 20 lb weight), Sheena Devine (Bemidji State - shotput), and Bryan Vickers (Ashland - shotput); Division III NCAA Champions Brandon Houle (Wisconsin Oshkosh - 35lb weight), Terri Schwamb (Wisconsin Oshkosh - 20 lb weight), Bobby Riley (Wisconsin La Crosse - shot), and Rachael Clark (Christopher Newport - shot); and let's not forget high school Freshman sensation Nicholas Vena smashing all kinds of records with his 66' 7-1/4" toss in the shot. On the international front congratulations go to Valeri Villi (New Zealand) for dominating the women's shot competition at the World Championships (20.19 meters) and Tomasz Majewski for setting a new Polish National Record (20.93 meters) while winning a bronze medal in Valencia.

The NTCA wishes the best of luck to all throwers in all events during the 2008 outdoor season!

*Rob Lasowa*



## Drill of the Month

**Sequence Drill** – Use this drill to teach the start of the glide

1. Start in the glide position
2. On the command of the coach "UP" lift the left leg up while straightening the right leg
3. Next the coach will say "IN" this means that the athlete needs to bring the left leg even with the right leg
4. The final command is "Glide" or "A Drill" where athlete glides and stops in the power position



Click on Picture to Play Video

*Around the Circle and Down the Runway*

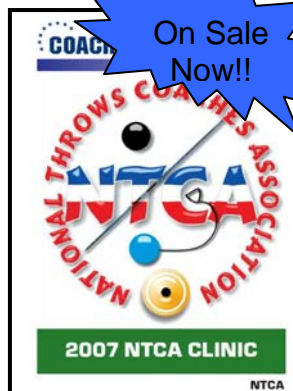
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Glide Technique By: Barry Swanson

### Glide Style Technique of Shot Putting (Long to Short)

This explanation of teaching the glide style of shot putting will stick to the "Long to Short" or otherwise referred to as "Rotate and Lift". The other technique is "Short to Long" or "Lift and Rotate". This instructional piece will include the grip and placement, power position, the reverse and the glide. Drills will be included as we go.

[Click here for complete article](#)

### REFLECTIONS OF A MASTER: AN INTERVIEW WITH DR. ANATOLY BONDARCHUK

By: Dane Miller

[Click Here for Complete Article](#)

<http://www.athleticscoaching.ca/>

### Footwork with Arizona State Throwers

[Click Here to Read Article](#)

### NTCA "Start of Track & Field Season" Sale!

Special package price

[NTCA Complete Throws DVD](#) and [2008 NTCA Throws Handbook](#)

- Buy both products and save over 20% plus get FREE SHIPPING (an additional savings of \$15)!
- Purchase the NTCA Complete Throws DVD and the 2008 NTCA Throws Handbook for only \$100!

### Ring/Sector Adjustments Article

By: Roger Einbecker

[Click Here for Complete Article](#)

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*Around the Circle and Down the Runway*