



In the Sector

The Official Newsletter of the NTCA

Volume 2 Edition 10 Date: 12/26/07

Any Comments or Suggestions email to mharsha@verizon.net

On Sale Now!!



Seasons Greetings from the NTCA!!!

Message from the President: As 2008 arrives the NTCA would like to thank all of its members and volunteers for making 2007 another successful year. As any organization such as the NTCA grows, expenses also rise dramatically. The NTCA is committed to keeping our exceptionally low annual membership cost at its current level and existing membership benefits at a lofty and exclusive value. In order to do this the NTCA asks you to continue purchasing our outstanding educational products, attend NTCA conferences and clinics, and recruit other coaches and athletes to join. The NTCA has been devoted to giving throws coaches and athletes a worldwide voice and will persist in doing so in the future.

Rob Lavonia

Chapter 11 from 2008 NTCA Throws Handbook

The Discus
by Al Fereshetian

Website of Interest

[Team Hammer Throw 2007](#)

Nature of the Event

Because of the numerous diverse qualities necessary for success, the discus throw is one of the most complex events in all of track and field. Discus throwers must be:

- Strong
- Fast
- Explosive
- Coordinated

[Click Here for Complete Article](#)



2008 NTCA THROWS HANDBOOK



\$24.95

NTCA 2007 Conference Highlights



Quotes from the conference:

"The NTCA Conference is what Heaven should be like"
Brian Oldfield - November 18, 2007

"I couldn't be happier that I made the drive out to Ohio for this event. Getting to meet great throwers of the past and present is something I will never forget, and I learned a TON of information from all the sessions I attended. Too many incredible moments to list here, but rest assured I will be going back whenever I can."

T. Sutor

Click on Picture to Play Video



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Manipulating Sets and Reps to Maximize Strength Gains

By: Jud Logan

Throws coaches at every level preach technique as the key for long term success in all throws. This is the proper game plan, and with all good field generals, you want the newest technology and a full arsenal to insure victory. The weight room is a vital tool to increase power and maximal velocity at the point of release. Most programs are utilizing Olympic Lifts, Bench, Incline, Squat and a variety of auxiliary movements to eliminate functional weakness. Doing the right exercises is only half the job; we must also be concerned with:

- 1) How many sets? How many reps? At what intensity levels?
- 2) Is the goal Hypertrophy? Is it Max effort work? Are we peaking?
- 3) Is the total volume overtraining the athletes? Is it enough to get the job done?
- 4) How can we manipulate Sets and Reps to Maximize those goals?

[Click here for complete article](#)

Upcoming Events

Kentucky Track and Cross Country Coaches Association Clinic - January 10, 11, 12, 2008

Here is the link:

<http://www.ktccca.org/>

Illinois Track and Cross Country Coaches Association Clinic - January 12, 2008

Here is the link:

<http://www.itccca.com/clinics.htm>

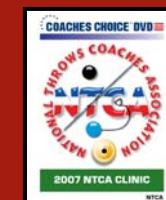
New Mexico Track and Cross Country Coaches Association Clinic - January 11 & 12, 2008

Here is the link: <http://www.nmtccca.com/>

Sale!

NTCA 2007 Conference DVD Set
\$129 plus \$16 shipping and handling
Sale ends on January 15, 2008

Regular price: \$199



<http://www.nationalthrowscoachesassociation.com/Forms/NTCA2007ConferenceDVDOrderForm.pdf>

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