



NTCA Throws Clinic

Location: Best Western Hotel & Suites & Portage High School, Portage IN - Enter through Door M (back of the building)

Schedule - All times are Central Standard Time

FRIDAY Nov. 11, 2011

Registration: 5:00 PM – 6:45 PM @ Best Western Hotel & Suites

6:45 - 7:45 Glide Shot Put
8:00 - 9:00 Discus
9:00 Social

[John Frazier- University of Tennessee Throws Coach](#)
[Jud Logan- Ashland University Head Coach & 4 X Olympian](#)
Sponsored M-F Athletics

SATURDAY Nov. 12, 2011

Late Registration: 8:00 AM – 9:00 AM @ Portage HS

9:00-10:00 AM

Session 1 Discus
Power Training

[John Frazier- University of Tennessee Throws Coach](#)
[Tom Pukstys- 2012 Olympic Men's Throws Coach & 2 X Olympian](#)

10:15 – 11:15 AM

Session 2 Discus
Javelin
Glide SP- Learn-By-Do

Mike Pendleton- Woodmore HS (OH) throws coach
[Tom Pukstys- 2012 Olympic Men's Throws Coach & 2 X Olympian](#)
Rob Lasorsa – NTCA President

11:30 AM – 12:30 PM

Session 3 Rotational Shot Put
Weight Throw

[John Frazier- University of Tennessee Throws Coach](#)
[Jud Logan- Ashland University Head Coach & 4 X Olympian](#)

12:30 - 2:00 Lunch – Sponsored by PHS Throws Parents

2:00 – 3:00 PM

Session 4 Discus
Hammer Throw
Rotational SP – Learn-By-Do

[Sandy Fowler – University of Michigan Women's Throws Coach](#)
[Mohamad Saatara- University of Michigan Men's Throws Coach](#)
Mark Harsha – NTCA Vice President & Portage HS (IN) throws coach

3:15 – 4:15 PM

Session 5 Rotational SP
Glide SP
Discus – Learn-By-Do

[Jud Logan- Ashland University Head Coach & 4 X Olympian](#)
[Mohamad Saatara- University of Michigan Men's Throws Coach](#)
Bruce Van Horn - NTCA Vice President

4:30 – 5:30 PM

Session 6 Rotational SP
Glide Shot Put

[Jermaine Jones – Indiana University Throws Coach](#)
[Sandy Fowler – University of Michigan Women's Throws Coach](#)

Clinic Cost: \$80 in advance & \$99 after Nov. 9th

For more info and to register go to:

www.nationalthrowscoachesassociation.com

Or

Email – nationalthrows@aol.com

Call (760) 779-9148

Call (219) 734- 6727 to reserve your room at Best Western Hotel & Suites: Code “NTCA”