



*February 6, 2006    Week 1    Volume 1*

Welcome to the first weekly e-newsletter of the National Throws Coaches Association  
Please forward this newsletter to fellow coaches, athletes, officials, and track & field fans.

To opt out of this newsletter press the Reply button and type UNSUBSCRIBE in the subject line

Purchase the just released NTCA Complete Throws DVD at  
[www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com)

2006 NTCA Annual Conference & Clinic  
November 10–12, 2006  
Columbus Marriott Northwest hotel  
Information at [www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com)

New membership changes with great additional benefits. Go to  
[www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com) for more information

Upcoming NTCA Clinics:  
“Learn-By-Doing” East Regional Throws Clinic  
Sunday, April 23, 2006  
Brick Township High School in Brick, New Jersey  
Clinic is open to all coaches and athletes. Call 1-888-527-6772

## **Membership News:**

### **LONG AND STRONG THROWERS JOURNAL NAMED OFFICIAL PUBLICATION OF THE NTCA!**

The NTCA has joined forces with Glenn Thompson's LSTJ bringing greater benefits to NTCA members. New members or those who renew their current membership now receive a one-year subscription (4 issues per year) to the Long and Strong Journal. This is just one of the many new benefits for NTCA members. To view all membership information go to [www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com)

## **NOW AVAILABLE!**

### **THE NATIONAL THROWS COACHES ASSOCIATION COMPLETE THROWS DVD**

**THE MOST COMPREHENSIVE THROWS DVD EVER PRODUCED!**

**ALL EVENTS COVERED!**

**OVER 7 HOURS OF INFORMATION!**

The Complete Throws DVD covers the following subjects: Shot-put Teaching Progressions; Rotational Shot-put Biomechanics; Discus & Rotational Shot-put Teaching Progressions; Advance Discus Techniques; Javelin Skills & Drills; Hammer Skills & Drills; Strength Training; Power Development & Speed Training; Medicine Ball Training

Contributors include: Tom Pukstys (Former Javelin American record holder); Jud Logan (4 X Olympian; Former Hammer American record holder); Mike Young (USA Track & Field Biomechanist; Assistant Coach-US Military Academy at West Point); Rob Lasorsa (President & Founder – National Throws Coaches Association); Knute Hjeltnes (3 X Discus Olympian; Throws Coach-US Military Academy at West Point)

**Price: \$99.95\* plus \$10.00 (shipping and handling) - \$109.95**

\*National Throws Coaches Association members receive a 10% discount  
(\$89.95 plus \$10 shipping and handling).

**To order call 1-888-527-6772 or go to [www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com) and click on the “Shop” button in the left hand column.**

## **Dates for 2006 Conference Announced!**

### **NATIONAL THROWS COACHES ASSOCIATION 2006 ANNUAL CONFERENCE AND CLINIC**

**NOVEMBER 10<sup>TH</sup> – 12<sup>TH</sup>, 2006**

**COLUMBUS MARRIOTT NORTHWEST  
(DUBLIN, OHIO)**

**Conference Open To Coaches, Athletes, Officials, & Fans!**

**Early Bird Registration Special: \$149 – Members & Non Members  
(Early Bird Registration Special ends June 30, 2006)**

Pre Registration Costs: (Must Register Prior To October 27, 2006)

NTCA Members: \$159 / Non Members: \$179

Registration after October 27, 2006: \$199 (Members & Non Members)

Register at [www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com) or call (888) 527-6772

Clinic begins at 4:00 PM on Friday and ends at Noon on Sunday

#### **Price Includes The Following:**

Admission to Conference

Certificate of Attendance

Conference Expo

NTCA Safety Certification Course (optional)

Conference Clinic Notes (\$25 Value)

NTCA T-shirt (\$20 Value)

Hall of Fame Breakfast ticket (\$15 Value)

Second Annual NTCA Thrower's Hall Of Fame Induction Ceremonies (\$25 Value)

Hotel Rates: \$99 per night - Call (614) 791-1000

Ask for "**National Throws Coaches**" Rate

The NTCA Conference is open to coaches and competitors of all levels, officials, and fans. The clinic will include seminars, film analysis, learn by doing sessions, demonstrations, and lectures.