



# 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 Annual Conference

November 16-18, 2007

[Click Here](#)



\$24.95

Click to Register for NTCA Conference

### Message from the President:

The NTCA is honored to announce its 2007 Throwers Hall of Fame Class. The combined careers of Wilbur "Moose" Thompson, Connie Price-Smith, and Al Feuerbach lasted for five glorious decades.

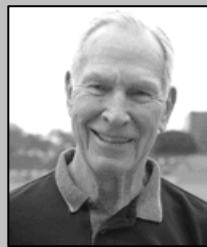
The 2007 NTCA Throwers Hall of Fame Induction Ceremonies will take place on November 18 as part of the NTCA Annual Conference & Clinic.

Also being recognized are the 2007 NTCA Throwers of the Year: Reese Hoffa and Brittany Riley.

We look forward to seeing everyone at this year's conference!

*Rob Lasorsa*

### 2008 Hall of Fame Inductees



Moose Thompson



Connie Price-Smith



Al Feuerbach

### Conference Reminders

Columbus Marriott Northwest Hotel: \$104 per night  
Call (614) 791-1000 and ask for the National Throws Coaches rate

Coming to the conference early? Louie Simmons has invited conference registrants to attend a pre-conference workshop on Friday morning (8:00 AM) at Westside Barbell free of charge! For more information, contact Rob Lasorsa at [rlasorsa@dc.rr.com](mailto:rlasorsa@dc.rr.com) or (888) 527-6772

NTCA products will be available for purchase for a substantial discount at the conference

Have a question for an NTCA Hall of Fame Member? Submit your question at Mac Throw Video (use this link: <http://macthrowvideo.com/index1030.html>)

New! NSCA CEU's are offered at the 2007 NTCA Conference.

.1 credit hour per 1 hour of attendance at any Strength, Conditioning, Training, or Fitness sessions (.7 total possible CEU's)

Male Thrower of the Year

Reese Hoffa

Female Thrower of the Year

Brittany Riley

*Around the Circle and Down the Runway*

## NTCA 2007 Conference Schedule

### Friday, November 16

4:30PM – 5:30PM

Nick Osbourne Functional Training for Maximal Strength & Power Output	Mark Heckel NTCA Safety Certification – Part I	Steve Sarigiannis Using Medicine Balls as a Training Device
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5:40PM – 6:40PM

Louie Simmons Development of Special Strengths & How To Defeat the Speed Barrier	Gary Aldrich Shot put Teaching Progressions	Tom Petranoff Javelin Skills and Drills
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7:00 PM – 8:00PM

Jud Logan Manipulating Sets and Reps for Maximum Strength Gains	Nathan Fanger Discus Skills & Drills	John Kenneson Javelin Teaching Progressions
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8:20 PM – 9:30PM

Brian Oldfield The Oldfield Spin	Mac Wilkins The Wilkins Discus Technique	A.G. Kruger 35lb & 20lb Weight Throws
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9:45PM – 10:30PM

NTCA Welcome Social sponsored by Coaches Choice Videos & Books

### Saturday, November 17

8:30 AM – 9:30 AM

Mark Heckel NTCA Safety Certification – Part II	Matt Ellis Kettlebell Training	Mark Mirabelli Teaching Progressions for the Javelin
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9:45AM – 10:45AM

Carrie Lane Fundamentals for High School Throwers	Barry Swanson Shot-putting – Getting Beginners to Throw Far, Fast!	James Peterson 10 Health Related Mistakes That Even Smart Track Coaches Make
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11:15 AM – 12:15PM

Larry Judge Core Training for Superior Sports Preparation	Coach Mac 12 Week Off-Season Weight Training Program	Scott Cappos Glide Shot - Basic Technique
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1:00 PM – 2:00 PM

Reese Hoffa 2007 Hoffa Training Regimen	L Jay Silvester Jay Silvester Discus Fundamentals	Hal Connolly American Youth Hammer Throwing - The Steps to Olympic Medals
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2:20PM – 3:00PM

"Seven Decades of U.S. Shot-putting" Moose Thompson, Al Feuerbach, George Woods, Brian Oldfield, Connie Price Smith, Reese Hoffa		
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### 3:15PM – 4:15PM Autograph Session

4:30PM – 5:30PM

John Smith Rotational Shotput – Training Taller Athletes vs Shorter Athletes	John Powell Discus Teaching Progressions	Al Schoterman "Right Sided" Hammer Technique
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5:45 PM – 6:45 PM

Jeff Chakouian Developing Combination Throwers	Nick Osbourne Functional Training for Maximal Strength & Power Output	Scott Bennett Correcting Common Errors of Rotational Shotput Technique
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### Sunday, November 18

9:00 AM – Noon

Hall of Fame Breakfast, Athlete of the Year Presentations, Hall of Fame Induction Ceremonies		
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