



WORLD ATHLETICS CENTER

# **PHASE 1 THROWS CLINIC**

## **Sacramento State University - Sacramento, CA**

### **February 22nd, 2014**

**JOIN THE WORLD THROWS  
CENTER TO TAKE YOUR THROWS  
TO THE NEXT LEVEL AT OUR  
PHASE 1 THROWS CLINIC!**

At a WTC Throws Clinic, our priority is to give athletes the knowledge and experience they need to become better throwers. Athletes will learn the unique WTC drill progressions for shot put and discus, as well as the basics of full throws technique. This is a great opportunity for young throwers to learn proven technical models that produce results, and to receive top level coaching from certified WTC coaching staff.

**SIMPLE. EFFECTIVE. PROVEN.**

**Learn the system that coaches have used to produce countless champions at all levels!**

#### **CLINIC COMPONENTS INCLUDE:**

- Hands-Free Basics
- Medicine Ball Standing Progression
- Right Leg Medicine Ball Components
- Left Leg Medicine Ball Components
- Extension for Rotation Sequencing
- Linear Movement Drills
- Rotational Balance Drills
- Glide Basics
- Cone Drill Full Throw Integration
- Hurdle Drill Full Throw Integration
- Full Throw Technique



**Register At:**  
[www.worldathleticscenter.com](http://www.worldathleticscenter.com)

**For More Info Contact:**

**Nick Sheuerman**  
**650 823 5740**  
[nick@worldathleticscenter.com](mailto:nick@worldathleticscenter.com)

**Sacramento State Univ.**  
**6000 J Street**  
**Sacramento, CA 95819**



WORLD ATHLETICS CENTER

## PHASE 2 THROWS CLINIC

**Sacramento State University, Sacramento CA**

**February 23rd, 2014**

### JOIN THE WORLD THROWS CENTER TO TAKE YOUR THROWS TO THE NEXT LEVEL AT OUR **PHASE 2 THROWS CLINIC**

At a WTC Throws Clinic, our priority is to give athletes the knowledge and experience they need to become better throwers. At the Phase 2 Throws Clinic, athletes will learn advanced technical concepts that build upon Phase 1 concepts. This is accomplished by a significant increase in the amount of ring time given to the athletes, while integrating more advanced drills to help continually refine technique.

**SIMPLE. EFFECTIVE. PROVEN.**

**CONTINUE YOUR IMPROVEMENT WITH THE WTC**

#### **CLINIC COMPONENTS INCLUDE:**

- Improve Hands Free Movement and Balance
- Medicine Ball Stability
- Right Leg Medicine Ball Advanced Skills/Drills
- Left Leg Medicine Ball Advanced Skills/Drills
- Perfecting and Timing Extension for Rotation
- Advanced Linear Movement Drills
- Rotational Balance Drills
- Advanced Hurdle Drills
- New Applications of Cone Drills
- Learn to use the WTC drill pack
- Increase rotational and linear balance
- Effective Linear Drive Mechanics
- Non-Support phase alignment
- Create a true axis of rotation
- One on one coaching with certified World Throws Center coaches!



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