JVLN

FREE ONE HOUR VIRTUAL CLINIC

Javelin 101

Wednesday, December 9 · 7:00 PM CT

No charge · Recorded for anyone who can't make it

Maggie Malone-Hardin
3× Olympian
Olympic Trials record holder

Sam Hardin
2× Olympic Games Coach

Our goal is to **grow javelin across the country and invest in the next generation of US throwers**. This hour is about taking what we've learned across our careers and putting it back into the coaches who may not know the event yet, and into the athletes and clubs building toward their own goals.

WHAT WE'LL COVER

60 minutes

1. **Evaluating a throw**
   What we look at first, in what order, and how to tell which thing is actually costing distance
2. **Drills we actually use**
   The ones we come back to, what each is for, and how to run them at your own practice
3. **Strength and programming**
   Weight room, plyos and mobility, and how javelin fits alongside the other throws
4. **Open Q&A**
   We ask what you need help with when you register, and build this part around your questions

For coaches, clubs, parents and athletes, anywhere in the country.

Register free

forms.gle/TrkFxKbKNuqDxP3G9

Scan the code or use the link. Registering is how we know what to cover, and how we send you the recording.

OR JOIN ON THE NIGHT

us06web.zoom.us/j/82940079666?pwd=qApNHRk2TShncZdkKg1PgmEoGitrhB.1