

2nd Annual Waverly-Shell Rock Intensive Throws Clinic

Please RSVP to wymr.brad@iowacityschools.org with how many coaches and athletes will be attending. Please indicate which clinic you are RSVPing for.

DATE:

Sunday March 8th

TIME:

Registration at the door 8:30-9:00.

Opening remarks as close to 9:00 as possible and closing remarks will be between 4:00 and 4:30.

WHO:

Coaches and Athletes

COST: If paying by check please make checks payable to BRAD WYMER

Cost for the clinic is \$70. Lunch will be included in this price. 1 Coach is free with 3 athletes

A DVD has been produced which includes footage of all of the drills and additional drills each with explanations of the purpose of the drill. This DVD will be available at the clinic for the clinic price of \$30.

WHERE:

Waverly-Shell Rock High School

[https://www.google.com/maps/place/Waverly-Shell+Rock+High+School/@42.7210898,-](https://www.google.com/maps/place/Waverly-Shell+Rock+High+School/@42.7210898,-92.4940499,16z/data=!4m8!1m2!2m1!1swaverly+shell+rock!3m4!1s0x87f009b2e0393b05:0x158ee03ca396ca2a!8m2!3d42.7214578!4d-92.486694)

[92.4940499,16z/data=!4m8!1m2!2m1!1swaverly+shell+rock!3m4!1s0x87f009b2e0393b05:0x158ee03ca396ca2a!8m2!3d42.7214578!4d-92.486694](https://www.google.com/maps/place/Waverly-Shell+Rock+High+School/@42.7210898,-92.4940499,16z/data=!4m8!1m2!2m1!1swaverly+shell+rock!3m4!1s0x87f009b2e0393b05:0x158ee03ca396ca2a!8m2!3d42.7214578!4d-92.486694)

The format will be "Learn by Doing". Technical philosophy and analysis of a segment of the throw will be immediately followed by coaches and athletes addressing drills that teach that aspect.

Shot Put:

Power Position Fundamentals

Glide Technique

Analysis and Technique Development

Rotational Shot Put

Analysis and Technique Development

Discus:

Introduction to the discus – Techniques and considerations for the front of the ring.

Starting the full throw/Developing the transition from the back of the ring to the middle of the ring.

Transitioning from the middle of the ring to the throw.

Weight Room and Throws Specific Strength Training:

Developing the throwing athlete (If time permits)

Brad Wymer

Solon High School

Track and Field

USATF Olympic Development Emerging Elite Selection 2009

Assistant Coach of the Year recipient

State Meet Record Boy's Discus 192'6"

Former State Meet Record Girl's Discus 156'4"

Former State Meet Record Girl's Shot Put 3rd Iowa All Time Best 48'7"

Former All time Iowa Record Girl's Discus 166'10"

1 Paralympic Discus 2017 Junior World Champion

1 Paralympic Games Discus Finalist Rio 2016 (8th Place)

4 All Americans

19 State Champions

13 Drake Relays Champions

12 State Runners-up

3 Drake Relays Runners-up

Multiple State Place Winners