**East Buchanan Intensive Throws Clinic**

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

**DATE:
Sunday, March 3 2024**
**TIME:
Registration at the door 8:30-9:00.**
**Opening remarks as close to 9:00 as possible and closing remarks will be between 3:30 and 4:00.**
**WHO:**
**Coaches and Athletes**

**COST: Cash Preferred. If paying by check please make checks payable to BRAD WYMER
Cost for the clinic is $75.  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:
East Buchanan High School**

**414 5th St N, Winthrop, IA 50682** [https://www.google.com/maps/place/East+Buchanan+Community+School/@42.4748051,-91.7402539,16.31z/data=!4m5!3m4!1s0x87e4d74956236c51:0x618a0bb523c69117!8m2!3d42.4759955!4d-91.7371656](https://www.google.com/maps/place/East%2BBuchanan%2BCommunity%2BSchool/%4042.4748051%2C-91.7402539%2C16.31z/data%3D%214m5%213m4%211s0x87e4d74956236c51%3A0x618a0bb523c69117%218m2%213d42.4759955%214d-91.7371656)

**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.**

**General Drills For the Shot Put and Discus**
**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:** (Time Permitting)
**Developing the throwing athlete**

**Brad Wymer**
**Solon High School**
**Track and Field**

**USATF Level II Throws Certified**

**USATF Olympic Development Emerging Elite Selection 2009**

**Assistant Coach of the Year recipient**
**Paralympic Discus F64 Former World Record Holder**

**Former 4A** **State Meet Record Boy's Discus 192’6”**
**Former State Meet Record Girls Discus 156’4”**
**Former State Meet Record Girls Shot Put 4th Iowa All Time Best 48’7”**
**Former All time Iowa Record Girl's Discus 166’10”**

**1 Paralympic Games Discus Finalist Tokyo 2021 (5th Place)**

**4 All Americans**
**19 State Champions 13 Drake Relays Champions**
**12 State Runners-up                         3 Drake Relays Runners-up**
**Multiple State Place Winners**

**Multiple Drake Relays Place Winners**