



## 2009 VS ATHLETICS THROWS SUMMIT

**WHAT:** Two separate one day clinics. Learn the throws from several of America's top coaches. Don't miss this opportunity to get work with these top coaches and athletes! Learn proper technique, conditioning, drills, training and much more...

**WHO:** 2009 Summit Instructors: David Dumble (*Arizona State*), John Frazier (*Tennessee*), Ramona Pagel (*US Record Holder*), Todd Reich, Boldi Kocsor (*San Diego State*), Katelyn Ciarelli (*UC Irvine*), Cory White (*USC*)

**WHEN:** Sat. December 19<sup>th</sup> (9:30am-5:00pm) • **Shot Put and Discus**  
Sun. December 20<sup>th</sup> (10:30am-4:30pm) • **Hammer and Javelin**

**WHY:** This clinic gives athletes/coaches an opportunity to learn and improve under the tutelage of some of the world's top coaches and athletes. Learn new drills and proper technique. Coaches will have an opportunity to listen to our speakers and observe them work with the athletes. Athletes will have the opportunity to rotate to stations and work with several different coaches and athletes. Our clinic history proves that our clinic date/time is the best time for coaches and athletes to learn and take what they have learned and put it to use before the track season gets under way.

**WHERE:** Golden West Community College  
15744 Golden West Street • Huntington Beach, CA 92647.  
*The clinic will begin both days in the gym which is located in the middle of campus off of Golden West Avenue near Parking Lot and Entrance B.*

**MISC:** Pre-registered guests will be entered into a drawing for free gifts. *VS ATHLETICS* will have a booth at the clinic with big discounts. *Advocate* will also be present at the clinic.

### PRE-REGISTRATION/CLINIC FEES:

	DAY 1 Shot/Discus	DAY 2 Hammer/Javelin	BOTH DAYS
Coaches/Parents	\$70	\$50	\$100
Athletes	\$50	\$40	\$80
Coach & Athlete	\$110	\$80	\$190
Additional Athletes w/Coach	\$45	\$35	\$75

- For groups of 7 or more please call for pricing.
- Registration due by December 8<sup>th</sup>. Prices are for pre-registered ONLY.
- **Late or Day Of-Registration adds \$10.**

PLEASE MAKE CHECKS PAYABLE TO: **DON TURNBULL**

**MORE INFORMATION:** Please call 714.337.5480  
or e-mail [trakn@yahoo.com](mailto:trakn@yahoo.com)

## CLINICIANS

### John Frazier - *University of Tennessee*

John Frazier has coached at several top universities and has helped rewrite the record books at each school he has coached at. He has guided the careers of over 30 All-Americans during his 20 year coaching career.

### David Dumble - *Arizona State University*

Dumble enters his 9<sup>th</sup> season in coaching and has already worked with 14 NCAA Champions and 50 All-Americans. He has also been a major force in turning the Sun Devils program into a national powerhouse.

Ramona Pagel - USA Women's Throws High Performance Chairperson One of Americas greatest throwers. Pagel is a the US Women's Shot Put Record Holder and a 12 time National Shot Put Champion. This phenomenal athlete has also been extremely successful coaching at the college and elite level. A staff member of several USATF National Teams and Development Staffs.

### Todd Reich - *Reich Personal Training*

Reich is regarded as one the premier Javelin Coaches in the country and has coached at the collegiate and elite level. He is a 2 Time US Champion and 1996 US Olympian, who has coached several All-Americans and elite throwers. At the 2008 Olympic Trials, three of his athletes qualified for the final.

### Seilala Sua - *California State University at Northridge*

Is regarded as one of the greatest American Female Discus Throwers. Sua captured an unprecedented four NCAA Division 1 discus titles, along with several NCAA shot titles, while at UCLA. She also captured three US Championships in the discus.

### Boldi Kocsor - *San Diego State University*

As a thrower at UCLA was a two time All-American. Kocsor is regarded as one the next great throwing coaches. He has experience working with throwers at several camps and clinics.

### Katelyn Ciarelli - *University of California at Irvine*

This first year coach was a 4 time West Regional qualifier while at Long Beach State University. She trained under the great, Mac Wilkins at Concordia Univ.-Portland and in high school trained under her Dad, legendary throws coach, Tony Ciarelli.

### Don Turnbull - *Golden West College*

Clinic Director, Don Turnbull has been involved with the club team from UCLA and has coached at Mt. SAC & Golden West College, working with over a dozen All-Americans. He is expert in helping student-athletes matriculate to a four year university, through scholarships and financial aide.

**MORE TO COME!!**

## REGISTRATION FORM

Please return with registration fees by 12/08/09 to avoid late fees

	DAY 1 Shot/Discus	DAY 2 Hammer/Javelin	BOTH DAYS	TOTAL
Coach/Parent	<input type="checkbox"/> \$70	<input type="checkbox"/> \$50	<input type="checkbox"/> \$100	\$
Individual Athlete	<input type="checkbox"/> \$50	<input type="checkbox"/> \$40	<input type="checkbox"/> \$80	\$
Coach & Athlete	<input type="checkbox"/> \$110	<input type="checkbox"/> \$80	<input type="checkbox"/> \$190	\$
<i>Athlete with Coach Name:</i>				
Additional Athletes w/Coach	<input type="checkbox"/> \$45	<input type="checkbox"/> \$35	<input type="checkbox"/> \$75	\$
<i>Athlete Name(s):</i>				
VS Athletics Throwing Shoe Pre-Order				TOTAL QTY: <input type="checkbox"/> X \$30
SIZE(S):				\$
<b>TOTAL DUE</b>				<b>\$</b>

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

E-MAIL \_\_\_\_\_ @ \_\_\_\_\_

Please make checks/money orders payable to: **DON TURNBULL**  
and mail to: **Don Turnbull • 2751 East Maverick • Anaheim, CA 92806**

www.winterthrowclinic.com

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**WHERE ALL  
THROWERS  
COME TO  
MEET AND  
LEARN!**



VS Athletics will have a number of special equipment deals at the Throws Summit! Pre order VS Throwing Shoes for only \$30 with your registration form.

Please check our website for Summit Updates!  
[www.winterthrowsclinic.com](http://www.winterthrowsclinic.com)

**VS THROWS SUMMIT**  
c/o Don Turnbull  
2751 East Maverick  
Anaheim, CA 92806



*Presents*



*Golden West College  
Huntington Beach, CA*

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9:30 am to 5:00 pm  
Shot / Discus

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