



2011 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: *2011 Summit Instructors:* Katelyn Ciarelli (UC Irvine), Sean Fury (Elite Athlete), Cory Loebel (Long Beach State), Ramona Pagel (USATF Staff), Todd Reich (Reich Personal Training), Tony Salerno (UC San Diego), Dorian Scott (San Diego State), Ian Waltz (Elite Athlete).

WHEN: Sat. December 17th (9:30am-4:30pm) • **Shot Put and Discus**
Sun. December 18th (10:30am-4:00pm) • **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 Gymnasium
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. Please park in the Gothard Parking Lot.

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.

	DAY 1 Shot/Discus	DAY 2 Hammer/Javelin	BOTH DAYS
Coaches/Parents	\$70	\$50	\$110
Athletes	\$50	\$40	\$80
Coach & Athlete	\$110	\$80	\$180
Additional Athletes w/Coach	\$45	\$35	\$75

- For groups of 6 or more please call for pricing.
- Registration due by December 9th. 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

CLINICIANS

Katelyn Ciarelli — *University of California at Irvine*

This second 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.

Sean Fury — *Elite U.S. Athlete*

Fury is the USATF 2010 Men's Javelin Champion with a best of 267'09" set at the Mt. SAC Relays this past April. A graduate of Dartmouth ('05), Fury is a front runner to capture a spot on the 2012 US Olympic Team.

Cory Loebel — *California State University at Long Beach*

Loebel has produced an amazing 5 All-Americans during his six years at Long Beach. Loebel himself was a 3 time NCAA Qualifier at Long Beach State and a Community College All-American.

Ramona Pagel — *Former Elite U.S. Athlete/American Shot Put Record Holder*

One of America's greatest throwers of all time, Pagel is a 12 time U.S. Champion and former American Record Holder in the Shot Put. Not only a great coach, but one of the most respected throws coaches who currently oversees Women's Javelin High Performance/Development.

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.

Dorian Scott — *California State University at San Diego*

Scott, begins his first year at San Diego State after coaching at Florida State. Scott is a 2008 Jamaican Olympian, 2 time World Championship Finalist and Jamaican National Shot Put Record Holder at 66'09".

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 an expert in helping student-athletes matriculate to a four year university, through scholarships and financial aid.

Ian Waltz — *Elite U.S. Athlete*

Waltz is a 3 time US Champion and 8 time NCAA D1 All-American while at Washington State University. Is one of the top 10 discus throwers in the world with a personal best of 226'01" in the discus and 65'11.5" in the Shot Put.

MANY MORE TO COME!!

Please check the website for the latest on our outstanding clinicians

REGISTRATION FORM

Please return with registration fees by 12/09/11 to avoid late fees

TOTAL	BOTH DAYS	DAY 2 Hammer/Javelin	DAY 1 Shot/Discus	Additional Athletes w/Coach Athlete Name(s):	Additional Athletes w/Coach Athlete Name(s):
\$	<input type="checkbox"/> \$110	<input type="checkbox"/> \$50	<input type="checkbox"/> \$70	Qty: <input type="checkbox"/> \$45	Qty: <input type="checkbox"/> \$35
\$	<input type="checkbox"/> \$80	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50	Qty: <input type="checkbox"/> \$80	Qty: <input type="checkbox"/> \$75
\$	<input type="checkbox"/> \$180	<input type="checkbox"/> \$80	<input type="checkbox"/> \$110	Athlete with Coach Name:	
\$	TOTAL QTY: <input type="checkbox"/> X \$30		TOTAL QTY: <input type="checkbox"/> X \$30		TOTAL DUE \$
VS Athletics Throwing Shoe Pre-Order				SIZE(S):	TOTAL DUE \$

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 Maveick • Anaheim, CA 92806**

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



A T H L E T I C S

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

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



A T H L E T I C S

Presents



*Golden West College
Huntington Beach, CA*

December 17th, 2011
9:30 am to 4:30 pm
Shot / Discus

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Hammer / Javelin