

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

WHO: 2014 Summit Instructors: Katelyn Ciarelli (UC Irvine), John Frazier (UCLA), Erik Johnson (*Golden West College*), Cory Loebl (Long Beach State), Ramona Pagel (USATF Staff), Todd Reich (Reich Personal Training), Don Turnbull (*Golden West College*) and Eric Werskey (*USA*), Julian Wruck (Australia)

WHEN: Sat. December 20<sup>th</sup> (9:30am-4:30pm) • Shot Put and Discus Sun. December 21<sup>st</sup> (10:00am-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 Parkina Lot.

Pre-registered guests will be entered into a drawing for free gifts. MISC: *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. ٠
- Registration due by December 8<sup>th</sup>. Prices are for pre-registered ONLY.
- Late or Day Of-Registration adds \$10.

## CLINICIANS

## Katelyn Ciarelli – University of California at Irvine

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

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### John Frazier – UCLA

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Coach John Frazier has guided 43 All-Americans and 4 NCAA Champions during his storied coaching career. The Head Men's Coach at his alma mater, UCLA, he works with the throwers. Prior to UCLA, Frazier guided the university throws programs at Tennessee, Arizona and Florida.

## Erik Johnson – Golden West College

One of the top private coaches in Southern California. In the past 3 years, he has coached 3 State Champions and 8 CIF Champions. Johnson is a former All-American Thrower out of Colorado and 3 time US Finalist

## Eric Werskey – USA

A HS and Collegiate All-American. One of our nations top throwers with a personal best of 66'. Currently training at the Chula Vista Olympic Training Center under the direction of legendary throws coach Art Venegas.

#### 3 Cory Loebl – California State University at Long Beach

Loebl has produced an amazing 5 All-Americans during his seven years at Long Beach. Loebl 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 areatest throwers of all time. Pagel is a 12 time U.S. National da de la composición de la composi Composición de la comp

Champion and former American Record Holder in the Shot Put. Not only a areat 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, he produced three of the finalists.

## **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.

### Additional renowned coaches and elite will be in attendance. Please check the website for the latest on our outstanding clinicians!

# **REGISTRATION FORM**

Please return with registration fees by 12/08/14 to avoid late fees

TOTAL	\$	s	S			\$				s	\$
BOTH DAYS	011\$ 🗖	□ \$80	□ \$180			۵ <sup>۲۲:</sup> □ \$75 \$				TOTAL QTY: X \$30	TOTAL DUE
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DAY 1 Shot/Disaus	□ \$70	🗖 \$50	01 IŞ 🗖			<sup>01Y:</sup> 🗖 \$45				Order SIZE(S):	
	Coach/Parent	Individual Athlete	Coach & Athlete	Athlete with Coach Name:		Additional Athletes w/Coach	Athlete Name(s):			VS Athletics Throwing Shoe Pre-Order SIZE(S):	
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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





<u>December 20th, 2014</u> 9:30 am to 4:30 pm Shot / Discus

December 21st, 2014 10:00 am to 4:00 pm Hammer / Javelin