

# GET UP!

Volume 11, Issue 3

September 2003

August...a banner month!

Track meets...Highland Games...Parties...Weddings



*I need to go to work to get some rest!*

This issue of Get Up! continues to unfold the “what I learned” theme. Even if you don’t throw the discus...or Highland Game or whatever...there are gems in these articles from our writers. We welcome two new authors this edition...including our youngest author ever!

**Our mission? To teach everyone:**

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance
3. All training is **complementary**.

How I spent my summer vacation

**David Witt**



*As a high school thrower, David ended up third in Kentucky’s State Meet under the coaching of Marty Mayer and Pep Stidham (God rest his soul, he died young in his 40’s of heart problems). Going to college that **didn’t** have a track program, David has competed as an open and*

*unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math.*

**Thursday June 19<sup>th</sup>.** I

jumped in my car and headed north into Ohio. About 2 hours later I pulled into beautiful

Granville, Ohio, a quaint little college town, much like the town my Grandmother lived in. I found the campus and, being it was around noon, determined that everyone was probably eating lunch. I found the cafeteria and immediately spotted a large figure sitting at a table over a tray full of food and coffee. This must be the legendary Dan John. I walk over and say “Hi”; Dan looks up at me with blank recognition on his face. Geez, you would think after writing four articles for Get Up he would recognize me. I tell him my name and the light goes on. Now we’re old friends. Dan takes me over to meet John. He also makes me feel very welcome.

We head over to the dorm and drop my stuff somewhere and proceed to the weight room. It’s a dorm room with some weights that Mike Rosenberg brought with him. I meet the legendary Mike Rosenberg, the man that turned a caber in his first Highland Competition and another contributing writer for Get Up.



Rosenberg’s “Guest Bedroom”

We start with a few overhead squats. Then we do some “Rosenbergs” which is a hang snatch followed by an overhead squat and then another hang snatch only lower, and then a full snatch from the floor. Dan says “One day you’ll thank me” and everyone else says in unison “Today’s not that day!”

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*"Today is not that day!"*

Next it's on to the Romanian Deadlift. You've probably already read about this in Get Up issue 2 No. 1. Suffice it to say, don't bend your waist. Keep the knees still and shoot your butt back. This one really works those "going away muscles", the muscles you see when someone is walking away from you. The erectors, gluts, hams, calves. The muscles that make things fly far. Gee, that seems familiar.

Soon we head down to the field for the afternoon session. Stations are set up and everybody rotates through the stations in groups. My group consists of several of us older guys and a few of the really young campers. We hit the sleds first, dragging a heavy sled for time. Mike Rosenberg is in charge at this station, and tells me I have a good time on my first try. Thanks Mike. I need all the positive reinforcement I can get.



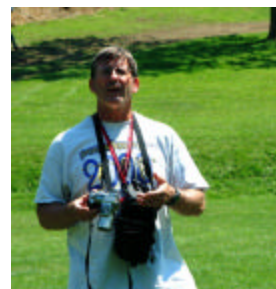
Next, the Nickerson drill with a 56 pound weight. Nickersons are basically doing the throw backwards. It takes a little bit of timing to get that weight moving, but once it does it pulls

you through the drill. I manage to catch that time perfectly on one of my first tries and get lots more positive reinforcement from the coach at that station, I think it was Ben. Ben is a really great guy that just graduated from college and a talented thrower.

On to the float-float-sting station. Here we do some FFS's with a powerball. First thing I relearned here, just because you've done some of these in the past, doesn't mean you can do them in the present. They had us count out the steps as we did this drill, it really made you stop thinking about what you were doing and just do it. I really wasn't happy with my performance in this drill. I need to do more of these in my regular training. I like the power ball, and promptly bought one later from Bill Witt.

Next station, 28 weight for distance from a South African drill. I don't turn my right foot enough. That was the major thing I needed to relearn at this camp.

Next, into the discus ring for a timed drill. Using a 1K, 2K, 3K, and 4K discus, do a standing throw, step-and-turn, south-african, and Nickerson drill into a full throw. Use the 1K for the standing, 2k for the step-and-turn, etc. Do all this in 30 seconds. I could only get the first three done. Later, I asked John why the time limit, and he said basically to make the athlete stop thinking and start doing. Keep them from standing around doing nothing. Get them involved.



*"More reps...more reps...more reps."*  
John Powell

Next the X-sticks. Bill Witt was at this station and right away he accused me of losing the x immediately after my windup at the back of the ring. Ok, I do. I've always been more concerned with hitting the x in the power position and coming out of that at the front. But, I'm here to learn and brought an open mind, so I play it his way. I like the x-sticks and could feel some torque with them. I'll try this out later with a discus.

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*Bill Witt...details, details, details*

Finally, we get to Brian's station. Brian immediately has me do some rotations up the hill. I can't get too far up. I really don't turn my right foot enough. Nuf said.

After the session, Bill Witt is kind enough to show me some javelin technique with a turbo jav. I was thinking about throwing javelin this year in our state games, so this was great advice. Bill is a great guy who also teaches math like I do, and you can't go wrong with that last name.

When it was all over, I talked with John for about 20 minutes. This alone is worth the trip.

After a great cookout, I headed back down to the field with my discus to practice what I had learned. Even though I was tired, the throws felt good. There was a line across the field at what I assumed was 100 feet, and going by that, my throws were very close to my seasonal best marks with a totally new technique.

That night I broke out the supplies of beverages I had brought along, along with the scotch for Dan and a bottle of good Kentucky whiskey called Makers Mark. Everyone was very appreciative. Next year I'm bringing some wings though.

The next day was Friday. After the campers left for home, we headed down for the first ever John Powell Highland Games. Being only my second Highland Games, I was able to pick up three PR's in three events. The 56 WFD, the 28 WFD and the 22 Hammer. A lot of fun was had by all and it was fun being in a games with Dan and Mike, the two who inspired me to get into this madness and buy a kilt.

After the games I spent some time with Bill Witt throwing discus from the grass up a hill.

Again, thanks Bill for spending some time with me on the discus. If you hear the grass squeaking, you're turning your foot.

Later that evening I went back out and threw some more discus. Mike's son was there, and let me tell you, that boy has some potential. I'll be looking for his name in about 6 years.



*Little Seth Rosenberg...of the Indiana Rosenbergs*

That evening I spent 3 hours talking with Brian. We shared a bathroom and I had to go through his room to get to mine since my door didn't work. We talked about everything from training to technique to family and everything. I had brought my copy of Dynamic Track and had Brian and John sign the pages with their photo sequences. Funny thing, both thought that the throws on those pages were not very good.

Saturday, I met the lovely Tiffini, Dan's wife. I wish I could have stayed around longer. I had breakfast with Bill and John. Again, talking with John was worth the price of admission. I'll never forget walking down the street with John or sitting at the table in the restaurant and wondering if the people there knew that an Olympian was in their midst. If I didn't say it enough, thank you John for the opportunity to come to your camp. Thank you Brian for the wonderful conversations and advice.

So what did I learn or relearn? Having the tapes is wonderful and advised, but you have to keep doing what is on the tapes in your workouts. Once you master a drill, keep doing that drill so that you don't lose the skill the drill is supposed to teach you. Did I mention I don't turn my right foot enough? Turn that foot! That is the one component that separates the discus from any other sport. It is also used in many Highland Games events. I'm totally revamping

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my discus technique to simplify it and hopefully make it easier. Buy a powerball. Especially one you can fill with sand to adjust the weight. Mine is at 6.5 pounds right now.

Lastly, get together with quality people. People interested in your sport. Whether at a meet, a training session, or a camp, get around good people. It never ceases to amaze me how good the people are in these throwing events, both in track and in highland competitions. Dan mentioned at camp that it was too bad we all lived 12 states apart from each other, and he's right. One way to get around good people is to go to these camps and I recommend it for anyone interested in throwing. I plan on being back next year and doing much better in the 2<sup>nd</sup> annual John Powell Highland Games.

*Thank you, David! Your insight about quality people might be one of the forgotten keys to success.*

## Rituals and Athletic Success

**Daniel John**

On the last day of August, I looked back over the month and realized that I had set several personal records, broke an American Record, returned to competition in the Olympic Lifts and passed my 46<sup>th</sup> birthday.

I had competed in an O lifting meet the first week, offered a long workshop the second week, zipped off to Washington, D.C. for a wedding, traveled to Fort Collins for the next week, and competed in a Highland Games the last...while having both upstairs bathrooms completely remodeled while my wife stayed in D.C. for government work.

It occurred to me that something is going right. In 1991, snatching 314, I tossed the stone at Loch Aidle 40'5". In 2003, snatching 220/231, I tossed the same stone 40'9." In Fort Collins, I tossed the disc well over 160' and added quite a bit to my personal record in the javelin. My marks as a master continue to be better than my Junior College marks and many of my Utah State marks.

I decided to figure it out. I think I stumbled on it in my hotel room in Fort Collins: rituals.

I heard at a life improvement workshop that 95-98% of one's decisions are simply done out of habit. What did you eat for breakfast? I can almost guarantee that whatever you ate was based on habit. I eat four eggs every day. Maybe you eat cereal...or simply drink a cup of coffee. Whatever. Your habits dictate what breakfast you are going to eat.

Coach Maughan told us at our opening team meeting my junior year to "make ourselves slaves to good habits." Simply, over the course of an athletic career, the decisions you make early in the process will stick with you much longer than all the insights gleaned from camps, coaches and internet newsletters.

My four eggs are a ritual. I don't think about it. Yet, those four eggs are full of protein and hold me over until lunch...sometimes longer.

Most people have a "belief" that they are entirely "self-directed." I believe that this is far from true: to experiment, especially those of you who drive cars with clutches, consciously think about the process of changing gears as you accelerate next time. You might have to visit the transmission shop after this experiment. My point? Well, most of live on automatic.

How do rituals relate to habits? The way I want to explain a ritual is this: a ritual is a conscious decision to put into order a set of rules, habits, behaviors until they turn into a habit.

I recently watched an athlete talk himself out of success. His "ritual" is simple: when he doesn't do well, his self-talk volume goes up so that we can all hear it. "What am I doing? What's wrong with me? This is terrible."

That, my friends, is a ritual. Let's talk about *positive rituals!*

### **The Months leading up to the season...**

One of the most important parts of long-term athletic success is the "off-season." One of the first things I do after each season (I break down my training into Fall, Winter, Spring and Summer...as my gym is minus degrees in January and 125 in summer) is to simply take out a piece of paper and write down my "weaknesses." My two most common weaknesses are: "I am a fat pig" and "I need to have stronger arms."

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This past year, I worked hard on both of these weaknesses. I think the improvement in my javelin throw is partially due to the rehabilitation work that extra biceps/triceps work has done for my elbow.

From this simple writing exercise, I plot out a few changes in my training, eating and recovery ideas. I noticed years ago that one of the signs of overtraining for me was the increase of my waist measurement. It wasn't just fat but also the sway of my lower back from fatigue and the lack (or exhaustion) of my core muscles. So, when I tell myself "I'm a fat pig," one of the things I also do is check to see if I burned the candle at both ends for too long. That is OFTEN the case!

This little exercise provides me the opportunity to then plot out my competitions. This next part is simple, you need the following:

- Envelopes
- Stamps
- Checkbook
- Forms for various organizations
- Applications for events

It is at this time, right after reviewing my weaknesses that I turn in the forms for upcoming competitions. I scratch those dates off of my day planner and send the forms in. Tiffini takes care of travel and tries to figure out how she can find a way to go to Chicago or Seattle, but not go to Podunkville, Nowhere, USA.

To me, this is a ritual. Now, the wheels are turning!



## The week before competition:

In my humble opinion, most people spend months prepping for competition then toss it all away the last week. My rituals the week of competition are this:

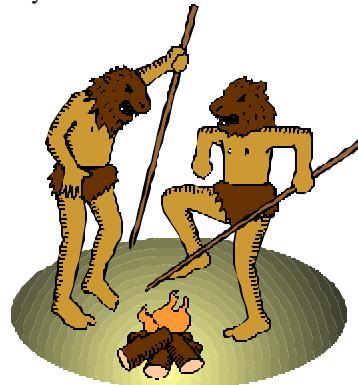
- Don't get a haircut
- Squat snatch with only 95 pounds three days that week for a nice number of reps and sets

- Three days before I leave or compete, gather up everything I need and double check to make sure I have everything.

"Don't get a haircut?" I learned this trick from a book, "Everybody is an Athlete." Maffetone, the author, noted that he had absolutely no evidence for this, but he found that people didn't do well with new haircuts. As he thought this through, especially with distance runners, he noted that many of his runners competed week in and week out for months. If you can't spare one weekend to get your haircut, you are obviously overtraining or overcompeting.

So, last week, I broke my own ritual. Part of owning a ritual is knowingly breaking the ritual! I got my hair cut, fully aware that this would have galactic repercussions. I broke several of my personal records that weekend and won "athlete of the day."

What is good about the haircut thing is that now I plan a haircut two to three weeks before an event. In other words, long before I step on the ring, platform or field, I am prepping my success. This is a ritual!!!



The light workouts in the weight room and some easy drilling with the particular sport that I will be competing are hard earned lessons. Since turning 30...during the Reagan Administration...I have noticed that I really need to back off going into competition. I fully subscribe to the Tommy Kono theory that "it is better to be undertrained than a little bit overtrained." I can pull out a tough lift or throw if I am fresh, but no way if I am beat up!

Save it for the competitions!

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Finally, I can't think of a more important ritual than packing and preparing early. Paul Northway had a laminated check list that he had hooked to his equipment bag. Before each meet, he would add each item and check them for wear and tear. He also had a spare set of shoelaces...a good idea I must finally adopt!

## **Rituals when things go bad...**

I drove about eight total hours to get to Fort Collins. My right hip hurt. The hotel was...and I am being gracious...a dump. There were no "fast food" places around and I was hungry. The guy who was supposed to measure my implements was angry because I stood on the wrong side of the table. I hadn't seen Tiff in three weeks and she had just got off a plane to go home. I was miserable the night before the Nationals.

The same exact think happened at the Masters National Olympic Lifting meet a year or so before. I had a long list of problems from long flight delays to a noisy neighbor.

Well, what do you do? In Fort Collins, a funny thing happened. I turned on the television and there was an ad for the new Anthony Robbins program, "Get the Edge." It made me laugh because that immediately kicked on the associations that I needed. In Robbins' language, I needed leverage to change my neuro-associations!

My rituals when things go bad? First and foremost, I have my mantra from Coach Maughan: "I always throw best on my last throw." For O lifting, think the last clean and jerk. No matter what happens, until it is over, I never judge an event. In other words, wait until you are in the car driving home before you say this was good or bad. My "overriding" ritual for bad days is to wait a little longer before judging it a bad day!!!

My next ritual is to consciously learn something or meet someone new. I know that I place a high value on learning, so when I get in trouble I go out of my way to learn something...anything. This little trick pulls me up...and makes the day worth living.

The most important "ritual" may not seem like a ritual but it is simply this: stick to the plan!

Before competition, I write out little reminders in my notebook. For O lifting meets, I write out my warm up "hopes" and my first two lifts:

<u>Snatch</u>	<u>Clean and Jerk</u>
60	60
70	100
80	
90	
<b>Platform:</b>	
100	130
110	140
???	???

These are from my notes from the Nationals.

Well, I was *way* behind after the snatch because I missed my attempts after the opener. To stay in the comp, I would have to pull a big clean and jerk. My thought process, though, went like this:

"You suck. You choke. You stink. I'll show them. I will take my opener with a million pounds and win...and then..."

Then, the ritual kicked in. Okay, so it will come down to one lift, so? Get two on the platform first, then take what you need to win. Stay with the plan!

I have been at track meets where a thrower will ask me to critique their warm ups then try to change tech during the contest. Stay with the plan!

## **Rituals when things go right...**

- Enjoy it...you earned it.
- Be thankful
- Be very thankful
- Smile
- Stick to the plan...it ain't over until you drive away!



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## MY THANKSGIVING

Wes Kersey ( WesII)  
*.Wes is a 42 year old reborn thrower from  
Memphis, Tennessee.  
This is his first year back in throwing and he  
competed in two highland games*



Nope, this is not a documentary on turkey eating, but a play off a Don Henley tune that you may or may not know. Basically the song says he's tired of waiting for the appropriate time to give thanks for the good things and for the bad things that have made him better. I agree.

I am thankful for the guys and gals I have met on the internet that share all their training info both bad and good. I am thankful for HIT as it allowed me to find other ways of training that do work. I am thankful for the EZ Board discussion boards and their moderators who keep the trolling to a minimum and basically embarrass the idiots back into their caves. I am thankful for the high caliber competitors of all ages, who know you lift or throw about half what they do, that help you anyway. I am thankful for the writings of Dan John, Gary Valentine, Jason Keen, Coach Mac, MLL and others who have influenced my ever changing routines. I am thankful that I have discovered the "Magic Pill" is called sweat and hard work and to quit my whining and squat, push and pull.

I am thankful for the post and efforts of SM2K (John Preston) and Mike "Rosey" Rosenberg, who continually inspire me with their "*Show Up, Don't Quit, and Ask Questions*" dedication to the cause and for Suzanne "Riot Boo" Burgess who is a living

testament that "Real Women pump iron, pick up boulders and pull sleds". I appreciate the opportunity to compete on the same field with the likes of Chad Braden, Myles Wetzel, and Kent Durso and even though not accomplished enough to carry their jocks, they encouraged me none the less. I value phone calls from Danny John to explain to me about RDLs and exactly what a raptor sounds like. I am thankful for the guys that have a 40 foot 56 WFD or a 15 foot WOB. Although I will never accomplish either, I am thankful that I can get out and throw to see what I can do and for the advise on improving. I am thankful for the heat and humidity of my garage gym that allows chalk, Olympic lifts and anything else that I want to do, and training in a public gym (periodically) spending my time in the squat rack while the others entertain themselves (and me) on the hamster cages and doing tricep kickbacks. I am even thankful for the people that will come up to me while I am squatting and whisper "You know you need to use a belt".

I am thankful for the tightness of the iron and throwing crew and all the readers of this newsletter who get out there and make attempts, some large, some not so large but attempts, that's what counts.

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat" **Theodore Roosevelt**

I think that is what Nike means by "Just Do It" and I am thankful that we can and do.

*This is Wes's first article and we sure appreciate his insights. Wes is another in a long line of people who don't just talk about training but have jumped in and got out on the field and "just did it!"*

*Wes is a great addition to our writing staff. Payment includes a free subscription to Get Up! and a full membership in the Murray Institute for Lifelong Fitness (MILF).*

*Thank you again!*

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## Three years at Discus Camp

Steve Hnat

*Steven Hnat is a High School Junior from Floyd Central High School, Southern Indiana, three year camper and John Powell's throwing camp. "I've been throwing the discus since 7<sup>th</sup> grade and have been lucky enough to have been a two time state competitor finishing 14<sup>th</sup> in discus 2003. I am small in the throwing world at 5'11" 165lbs."*



*Steven and 2003 NCAA shot put champion from Nebraska Becky CAMP 2001*

I was going to be entering high school the coming year and arrived at camp thinking I was very knowledgeable of throwing the discus and shot put. WRONG...After meeting John Powell and Brian Oldfield who were people whom I had spent many hours researching and analyzing their throws I realized that my knowledge base would soon multiply by many times in my week at camp and I was ready. The next coach that I came across was the man himself Dan John who was introduced to the camp body as the lifting man who would answer all of our lifting questions.

### POWER BALL

I came to throwing camp to throw the discus and ended up with a power ball that was weighing in at nearly 12lbs. I was now informed that this would be my implement for the remaining week and I would learn to love it.

### CAMPS CONCEPT

Dan lead our first session and gave us the concept of working your throws and drills from the ground up, meaning that your start with

your feet moving to the hips-abs-shoulders-and focal points.

### FOUR STEP THROWING

Next came our introduction of the way to throw the discus in four easy steps. Since I was always told that throwing was one of the most complex movements in sports I was ready for this.

#### 1) **Stretch**

Stretch your arms wide and back as far as you can feel the pull in your chest. Now twist your upper body back forming an "X" with your shoulders and hips

#### 2) **Twist**

Twist your feet out of the back never lifting them off the ground

#### 3) **Lift**

Lift the right leg. This allows you to force yourself to push or run to the center of the ring, building up the throw with the idea of slow-to-fast. If you reach the center of the ring and have not driven off the left leg you are now unable to turn on the right foot and will never create any power in your throw.

#### 4) **Twist**

Twist on the right foot rotating it 360 degrees in the center all the way threw the release of the discus.

Now Dan explains to me that if you take a short step out of the back to the middle of the ring you allow both feet to be on the ground at the same time. This is a good thing because now you can push with the left leg rotating 360 degrees into the power position.

### THE YEAR AFTER CAMP

I left camp in 2001 with a full notebook and a many new friendships with the coaches from camp who too are campers themselves always willing to interact with the camp and share there valuable knowledge to those who are willing to listen.



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Summer passed and the concepts of camp fell into the back of my head. Now into January 2002 thoughts of track began to filter into my head. As I read my notebook and throwing logs I began to get excited as this was my freshman year and I was out to make a name for myself.

Spring came and went leaving behind new PR's and a trip to the state finals in the shot put. I was done with school and it was time for camp.

## **CAMP 2002**

Going into my 2<sup>nd</sup> year of camp I was open to ideas and wanting to take in as much as possible. Camp started on a Sunday with an evening session which evolved the filling of power balls and then throwing them through the field goals using running south africans.

## **CONCEPT FOR CAMP 2002**

After tripping and nearly falling on my face by holding onto the ball too long, one of the coaches told me to sink into the throw. I said ok and joined the line again. On the next throw I threw one of the biggest scoops I've ever done pulling my arm along with it, but I did sink more. Now the sinking would be told from a different point of view by screwing your foot down into the ground. Now I refer to it as walking down the steps here in my training.

## **WHY I ASKED**

By screwing the right foot down into the middle of the ring it provided an easy way to incorporate the legs along with creating torque in the "X" accelerating throughout the throw. This one small idea has opened many new doors for me and makes throwing very simple.

## **SESSIONS**

The next sessions would be geared towards the four-step approach.

1) Stand 2) Step and turn 3) South African 4) Full

## **RHYTHM**

Some months later I was day dreaming about throwing and it hit me. I need to do my warm up in the order of the four-step approach. I

went to the shelf and pulled out John's video and put it in. I wanted to see if the four step approach if done in order created an even rhythm. Watching the tape I listen to the sounds created by Carol Cady's feet and came up with my own concept I would use.

- 1) Stand  
1 beat from the one movement
- 2) Step and Turn  
2 beats 1-turn 2-throw
- 3) South African  
3 beats 1-drive to middle 2-turn

3-throw

- 4) Full  
4 beats 1-wind 2-drive to middle 3-turn 4-throw

That's why John says rhythm is such a big deal and always has classical music playing during camp.

## **PROBLEM WITH MY NEW WARM-UP**

As the year began to really get going I abused the South Africans no longer running/driving into the middle but rotating losing all the power that would allow me to sink down into the throw. So I took out the South Africans and added the Nickerson drill losing the rhythm aspect but giving me more confidence.

## **ROSENBERG'S STATION**

- 1) Sled Drag
- 2) Ball Carry
- 3)

### **Farmers Walk**

This was a fun station, but man did it leave you winded. I took these drills home and made it into a fun practice for the team, and added into that the jogger knots.

## **JOHN'S ANSWER THAT CHANGED MY THOUGHT PROCESS**

The one thing from camp that has stuck with me since that day was one answer John gave me. For the better part of the past year I had been blocking with the left leg, but only my toes were on the ground and I felt I was losing power because of it causing a left leg bend. I went to John and asked him how can I keep my whole foot down and he calmly replied "I don't know, but when you figure it out come back and tell me." I took a step back when the man with

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all the answer gave me that answer. Through the conversation he led me into realizing that everyone has their own throwing style and way of going about getting it done. This made me think for a long time to come. In my conclusions here I find that while watching tape or another thrower you can always find some error that can be pointed out as needed to be fixed, but you need to not only find the error but the cause of it which could take you all the way back to the very beginning of the throw.

## FIXING MY BENT LEFT LEG

After trying to find the beginning of my problems that was leading to my bent left leg, we found that a long drive phase out of the back left my feet very close together often less than 12 inches. This made be left foot very slow causing me to lose the "X" because I had already started to throw before my feet where all the way down. I now have the understanding of why John couldn't answer my question along with a thought process to use while training.



*Breaking 50 feet as a FRESHMAN!*  
**CAMP 2003**

I prepared for camp 2003 by making a heavy power ball of around 16lbs using iron shot and sand. I figured I would give myself and mental and physical battle this year. The evening session went as yeas past pointing out that I was still throwing in a very vertical position and needed to settle into the middle. The next few workouts were completely dedicated to Nickerson Drills *Stretch-one-two-three-point-one-two-three* by now I thought I

had "mastered" the drill when the coaches decide to throw in the Nickerson using our off throwing hand. So I was back to zero on my ability to do the Nickerson, But doing them backwards made me think the throw through and perform the motion more correctly without bad habits.

## THROWING DOESN'T HURT

This was the next major point that came from John saying that "If you're throwing or lifting motion is hurting, change it."

This would soon come in an example from my nightly euchre partner and Penn State thrower Aaron Ross who spent something like three hours throwing the 35lb weight trying to beat a mark set early in the day by Mike. He was doing only South Africans and during one of your conversations he seemed not as tired as he should have been. This takes me back to John's statement in that he had a good technique and his foot work was creating the power rather than his arm allowing him to last that long. This also seems to have applied to John's career allowing him to complete at an international level well into his 40's.

## HILLS AND TIRES

Next in out rotation would be Brian Oldfield's Station. He introduced the camp to a new drill that will be applied to my training. He had us hold the tire in out throwing hand and rotate up the hill like we were doing a version of float-float-sting. Wow this turned out to be tough because you had to hit the drive phase right as you were facing up hill or you would be completely thrown off balance and get your earned earful from Brain. I am lucky enough to have a hill leading down to my high school throwing area and it will be uses for this drill many times in the future. This all came from three years of camp and a notebook full of ideas and innovative drills that are applied to my personal training.

*This is just excellent, Steve. Not only your insights...but your writing skills, too. Keep it up!*

Published by Daniel John

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