

Potential PLUS Throwers Clinic

February 11, 2012

Itinerary:

8:30 – 9:00 Registration

9:00 – 12:00 Discuss Techniques, Drill and Strength Training

12:00 – 12:30 Lunch (Provided)

12:30 – 3:30 Shot Put Technique, Drills and Strength Training

3:30 – 4:00 Question and Answer Session

Cost: \$40 per athlete if pre-registered and paid by February 1, 2012.

\$50 per athlete if paid after pre-registration deadline.

\$7 per parent, if eating lunch at the clinic .

Suggested Items to Bring:

- Workout Clothing, Towel, Drink, Throwing Shoes,
Indoor Shot Put and/or Discus.

Athletes:

- Limited to the first 40 male or female middle school or
high school athletes.
- Confirmation will be sent by email notifying
you of successful registration.

Refund Policy: A full refund will be issued for any cancellation
received by February 6th, minus a \$10 administration fee.

No refund will be issued after February 6th.

Teays Physical Therapy Center & Potential PLUS
3910 Teays Valley Road
Hurricane, WV 25526

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Presented by Teays Physical Therapy Center Inc. and Potential Plus

About the Throwers Clinic

Do you want to learn from the best instructors in our region and one of the best throws coaches in the nation?

If you've answered yes,
the Potential PLUS Throwers Clinic is for you!

Teays Physical Therapy Center Inc. and Potential PLUS are hosting a throwers clinic for middle school and high school track and field athletes. If you have never thrown a discus or a shot put, or if you're looking to add a few more feet to your throw, this clinic will cover it all – from techniques to training. The event will be held in our indoor performance enhancement facility located in Teays Valley.

As part of the event, the clinic will include:

- Instruction on how to throw the shot put and discus, including the release and spin or glide progressions.
- Drills to use in practices to perfect your technique.
- Hands-on strength training advice to become more explosive, powerful, stronger and quicker for both pre-pubescent and teenage athletes.
- Strengthening of all major muscle groups involved in the throws and whole body conditioning using...
 - ◀ Olympic power lifts and weight lifting.
 - ◀ Body weight exercises.
 - ◀ Plyometrics and medicine balls.
 - ◀ Kettlebells.
 - ◀ Footwork and agility drills.
 - ◀ Abdominal and core exercises.
 - ◀ Balance training.
 - ◀ Much more.
- Instruction by qualified coaches and professionals.
- Lunch provided.
- A packet of training information discussed during the clinic to take with you.

What is Potential PLUS?

Designed by TPTC's professional staff, Potential PLUS is a tailored athletic performance enhancement program based on sports science research as well as practical experience and seasoned training methods. The program is designed to improve physical capabilities, allowing for optimal performance.

Brad Coleman, MS, ATC, CSCS - Lead Instructor

Brad is an athletic trainer at Teays Physical Therapy Center and Potential PLUS. During his undergraduate years at West Virginia Wesleyan College, Brad threw discus, javelin and hammer for the Bobcat track and field team and was part of the Men's 2006 & 2009 WVIAC Championship teams. Brad has his Bachelors and Masters degrees from Wesleyan in athletic training, is a NATA certified athletic trainer and a certified strength and conditioning specialist through the NSCA.



Matt Ellis - Guest Instructor

Matt attended Stonehill College, where his senior year he was the highest ranked Division II discus thrower in New England. After graduating in 2002, Matt began working at M-F Athletic Company and Perform Better in Cranston, R.I. where he quickly became the go-to person for everything involving the throwing events and training for track and field. He worked closely with Olympic athletes and high level coaches to design the Pro Line Tungsten Indoor Shot Put. Matt also worked with shoe designers at New Balance to redesign their Glide shot put shoe and Spin hammer/discus shoe.

Matt has spoken to thousands of coaches and athletic directors at many of the largest state and regional coaching clinics around the U.S. on topics such as functional training, kettlebell training for athletes, proper active warm-up, mobility drills and proper technique in the various throwing events. Articles written by Matt have appeared in coaching magazines, books and websites around the world. Matt is the former director of Bill Falk's overnight throws camp at Rhode Island College and is a member of the National Throws Coaches Association and the National Pole Vault Coaches Association. He is a certified Underground strength coach and a certified kettlebell instructor. Matt is constantly investing in is coaching and training education to bring the latest techniques to the athletes he trains.

Matt decided to leave his position at M-F in 2009 to pursue his love of training athletes and today operates Primal Athlete Training Center in Cranston, RI. Matt has an aggressive, blue-collar style to his training that improves strength, endurance, and explosive power in all athletic movements.

Registration Form

Register either by mail or at www.teaysptcenter.com and click on the Potential PLUS link.

Name: _____
Address: _____

City: _____
State: _____ Zip: _____
Email: _____
Primary Phone # _____
Age: _____ Gender: _____ Male _____ Female
Grade: _____
School: _____

Payment Info:

___ Cash/Check ___ Credit/Debit Card
Credit Card Number: _____
Expiration Date: _____

Checks payable to Teays PT Center

Directions to Teays Physical Therapy Center

Take exit 39 off Interstate 64. Turn right onto Route 34 if coming from Huntington; turn left if coming from Charleston. Follow Route 34 approximately one mile until you see our sign. We are located on the right just before Hospital Drive. Enter Potential PLUS on the dockside of the building.

Teays Physical Therapy Center
3910 Teays Valley Road
Hurricane, WV 25526

Hotels in the area

Holiday Inn Express – (304) 757-7177
Hampton Inn – (304) 760-7292
Red Roof Inn – (304) 757-6392

For more information call:

Brad Coleman at (304) 757-7293 ext 306.

Find Potential PLUS on Facebook and learn more about Potential Plus at www.teaysptcenter.com.

