

# WESTWOOD SPORTS COMPLEX



**MARCH 5-6, 2005**

**Competition!  
Clinics!  
Exhibitions!  
Current & Former Olympians!!**

**The Ultimate Experience!!!**

For additional information, contact Mike Turk at (815) 622-6201 or via email at [spdrack@coiinc.com](mailto:spdrack@coiinc.com).

**[www.sterlingparkdistrict.com](http://www.sterlingparkdistrict.com)**

## **KING OF THE RING THROWS FESTIVAL**

The Sterling Track Club is proud to announce the 1<sup>st</sup> “King of the Ring” throws festival and clinic. On **March 5-6**, Westwood Sports Complex will be transformed into the “Midwest’s Throwing Mecca.” The two-day event will be packed with competitions, exhibits, clinics and lessons. **This is an event you won’t want to miss!**

### **COMPETITION**

We will host competition in the shot put and mini javelin for all USATF Age Groups (Sub-Bantam thru Masters including an Open division) and in the weight throw for the Young, Open and Masters divisions.

For high school competitors, there will be shot put competition in Freshman, Sophomore, Varsity and Championship Divisions as well as a three person relay. The championship division will be a unique format featuring a bracket of the top competitors with head to head competition, winner take all, as the “KING OF THE RING.” This meet is for individual competition and will not count among an IHSA school’s 18 allowable team contest dates but will count as one of an individual’s 21 allowable contests.

We will also host elite competitions featuring some of the top throwers in the USA. Some of our elite athletes will put their skills on display with live exhibitions of their talent (There will be no instruction during exhibitions).

### **CLINICS**

#### **USATF ILLINOIS DEVELOPMENT CLINIC**

The USATF Illinois Development Clinic will be held on **Saturday, March 5**. This clinic is open to throwers and coaches of all ages/divisions including masters, however, only two throwers from any one Illinois High School may participate. Shot put, discus, javelin, hammer and training for throws will be covered. Participants will receive instruction and will also have the opportunity to practice. **This clinic will feature instruction in the javelin by two-time USA Olympic Javelin Thrower, Tom Pukstys.** This event is being co-sponsored by the USATF Illinois Association.

#### **THROWS COACHES CLINIC**

A coaches clinic will be held on **Sunday, March 6**. The clinic will feature the shot put, discus and strength training as well as an introduction to the javelin and hammer throw. Coaches will be presented with in depth analysis of each area, teaching progressions and have the opportunity to observe our staff apply the principles discussed in a practical setting.

### **LESSONS**

Teaching lessons will be conducted in a learn by doing format. The teaching lessons are open to coaches and athletes in middle school, high school, college and masters. Each lesson has a different objective while all will stress fundamental principles. Since the lessons are a learn by doing format, all participants should wear appropriate attire and are encouraged to bring their own indoor implements. Participants must choose which lesson is most appropriate for them. **No more than two athletes from an IHSA school can participate in any teaching lesson.** All lessons will be conducted on **Sunday, March 6.**

**LESSONS**  
**Sunday, March 6, 2005**

**BEGINNER/INTERMEDIATE THROWER LESSON**

This lesson is designed for the thrower with 2 years or less experience or for those that want to refine basic technique from some of the finest coaches. Session topics will include shot put, discus, video analysis, strength and conditioning. In addition, all participants will have the opportunity to explore the javelin and hammer events.

**ADVANCED GLIDE SHOT PUT LESSON**

The advanced glide shot lesson is for those throwers with some experience and basic knowledge of throwing and prefer the glide shot put. Session topics will include video analysis of the glide technique, glide shot drill, shot throwing session, discus drills, video analysis of the discus, strength and conditioning. In addition, all participants will have the opportunity to explore the javelin and hammer events.

**ADVANCED ROTATIONAL SHOT PUT LESSON**

The advanced rotational shot lesson is for those throwers with some experience and basic knowledge of throwing and prefer the rotational shot put. Session topics will include video analysis of the rotational technique, rotational shot put drills, shot put throwing session, discus drills, video analysis of the discus, strength and conditioning. In addition, all participants will have the opportunity to explore the javelin and hammer events.

**ADVANCED DISCUS LESSON**

The advanced discus lesson is for those throwers with some experience and basic knowledge of throwing and prefer the discus. Session topics will include video analysis of discus technique, discus drills, discus specific training, shot put drills (glide or rotational), video analysis of the shot put, strength and conditioning. In addition, all participants will have the opportunity to explore the javelin and hammer events.

**ELITE THROWER LESSON**

The elite thrower lesson will put equal emphasis on both the shot put and discus and is designed for the more accomplished thrower. Session topics will also include strength and conditioning, throws specific training and all participants will have an opportunity to explore the javelin and hammer events.

**JAVELIN LESSON**

The javelin lesson is designed for those that wish to gain further knowledge of the javelin with sessions on video analysis of the javelin, runway drills, throwing drills, javelin specific training, performance capacity testing and strength and conditioning. This lesson will be highly specific and will not include work in other events. There will also be a question and answer session.

**HAMMER/WEIGHT THROW LESSON**

The hammer/weight throw lesson will include sessions on video analysis of the hammer, hammer drills, weight throwing session, hammer specific training, physical capacity testing and strength and conditioning. This lesson will be highly specific and will not include work in other events. There will also be a question and answer session.

**SEE THE FOLLOWING PAGE FOR A PARTIAL LIST OF OUR STAFF.  
THIS IS THE BEST STAFF IN THE MIDWEST!**

**KING OF THE RING CLINICIANS - A partial list!**

Our staff includes Olympians, National Record Holders, All - Americans, Big Ten coaches and some of the best high school coaches.

**Tom Pukstys** – Former American Record Holder and two-time Olympian in the javelin. Tom finished 8th in the javelin at the 1996 Atlanta Games and has a personal best in the javelin of 285'10".

**Jason Tunks** - Canadian Record Holder and three-time Olympian in the discus. Jason finished 6th in the discus at the 2000 Sydney Games. Jason has been ranked among the top 10 in the world three times and has a personal best of 222'8".

**Erin Gilreath** - American Record Holder and 2004 Olympian in the hammer. Erin's personal best in the hammer is 236'7" and, in 2004, she set the World Best in the women's 20# weight throw with a toss of 78'7".

**A.G. Kruger** - 2004 USA Olympian in the hammer. A.G. was the USA 35# weight throw champion in 2003 and the runner up in 2004. A.G. posts personal bests of 260' in the hammer, 75' in the weight and 183'9" in the discus.

**Scott Cappos**- Men's Throws Coach, University of Iowa. Scott has coached numerous All America throwers in his illustrious career including two-time Olympic Shot Putter, Burger Lambrechts.

**Will Waubensee** - Women's Throws Coach, University of Wisconsin. Will's recent elite level athletes include All-America Shot Putter Steve Manz (Michigan State) and 2004 USA Olympic Decathlete Paul Terek.

**Carrie Lane** - Throws Coach, University of Virginia. 2004 NCAA Div. I Women's Track & Field Assistant Coach of the Year.

**John Zera** - Throws Coach, Purdue University. 2004 NCAA Div. I Men's Track & Field Assistant Coach of the Year. John is the coach of Nezdad Mulagebevic, 2004 Olympian in the shot put.

**Mike Gattone** - Gattone Sports Performance. Expert in the field of sports performance, specializing in Olympic Weightlifting.

**FEES**

**Entry Fee** for individuals is \$10 per person or \$40 per gender per school with unlimited entries.

**USATF ILLINOIS Development Clinic Fee** is \$40 per person.

**Throws Clinic and Teaching Lessons** are \$50 per person. There is a group rate of \$40 per person for groups with 5 or more registrations in any of our clinics or lessons.

**KING OF THE RING  
ENTRY FORM**

Name \_\_\_\_\_ Gender: \_\_\_\_\_ M \_\_\_\_\_ F  
                    First Name                      Last Name

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (        ) \_\_\_\_\_ Birthdate \_\_\_\_\_

Affiliation (Club) \_\_\_\_\_ School \_\_\_\_\_

Email Address \_\_\_\_\_

**COMPETITION**

Individual Competition (\$10 Fee, unlimited events): Shot \_\_\_\_\_ Weight \_\_\_\_\_ Mini Jav \_\_\_\_\_

High School Team Competition (\$40 Entry Fee per gender, per school) \_\_\_\_\_

**CLASSIFICATION**

USATF Age Group:            \_\_\_\_\_ Sub Bantam/Bantam (1995+)            \_\_\_\_\_ Midget (1993-94)

\_\_\_\_\_ Youth (1991-92)            \_\_\_\_\_ Intermediate (1989-90)            \_\_\_\_\_ Young (1987-88)

\_\_\_\_\_ Open (Ages 19+)            \_\_\_\_\_ Masters (Ages 30+) Specify age \_\_\_\_\_

HIGH SCHOOL CLASS:            \_\_\_\_\_ Fr.            \_\_\_\_\_ So.            \_\_\_\_\_ Jr.            \_\_\_\_\_ Sr.

**CLINICS & LESSONS**

USATF Illinois Development Clinic (**Sat. 3/5**) \$40 \_\_\_\_\_

Throws Clinic & Learn By Doing Teaching Lessons (**Sun. 3/6**) \$50 \_\_\_\_\_

**Clinic/Lessons Group Discount Rate (5 or more participants) is \$40 per person.**

Please Choose One:

\_\_\_\_\_ Intermediate Throws Lesson            \_\_\_\_\_ Advanced Glide Shot Lesson

\_\_\_\_\_ Advanced Spin Shot Lesson            \_\_\_\_\_ Advanced Discus Lesson            \_\_\_\_\_ Elite Throws Lesson

\_\_\_\_\_ Coaching Clinic            \_\_\_\_\_ Javelin Lesson            \_\_\_\_\_ Hammer/Weight Throw Lesson

**NOTE: No lesson can have more than two students from the same Illinois High School team.**

Registration forms and applicable fees should be sent to:

**Sterling Park District  
Attn: King Of The Ring  
P.O. Box 958  
Sterling, Illinois 61081**

Please read and sign the waiver form on the back.

**KING OF THE RING**

**WAIVER**

The Sterling Track Club, Sterling Park District & USATF is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Sterling Track Club, Sterling Park District & USATF continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant’s safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment to consult a physician before undertaking any physical activity.

**WARNING OF RISK**

Track & Field is a sport which challenges and engages the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury. Understandably, not all hazards and dangers can be foreseen. Because track & Field is a sport played with little or no equipment and because it puts great demands on stamina, the very nature of the game of Track & Field is hazardous and risky. Such risks and dangers include but are not limited to the acts of falling, contact with other participants, inadequate or defective equipment, failure in supervision or instruction, unsportsmanlike conduct of players and spectators, dangerous or defective playing conditions such as slippery substances on or off the track surface, incorrect footwear, horseplay, carelessness, and all other circumstances inherent to the sport of Track & Field. In this regard, it must be recognized that it is impossible for the Sterling Track Club, Sterling Park District & USATF to guarantee absolute safety.

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I sustain as a result of participating in any and all activities connected with or associated with this program/activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Sterling Track Club, Sterling Park District & USATF, including its officials, agents, volunteers and employees (herein collectively referred to as “Parties”).

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

PLEASE PRINT Participants Name \_\_\_\_\_ Date \_\_\_\_\_

Participants Signature \_\_\_\_\_  
(18 years or older or Parent/Guardian)

## **KING OF THE RING Schedule of Events**

### **Saturday, March 5**

- 9:00 am Registration
- 10:00 am Competition begins for all Age Group,  
High School, Open and Masters Divisions.
- 1:00 pm Competition begins in Elite Divisions.
- 2:00 pm USATF Development Clinic.
- 4:00 pm High School Championship Flights.
- 5:00 pm Olympic/Elite Athlete Mixer.  
(All Welcome!)

**Note-** Saturday's time schedule is tentative and could change based on the number of entries.

### **Sunday, March 6**

- 10:00 am Registration
- 11:00 am Throws Clinic  
&  
Learn By Doing "Teaching Lessons"
- 5:00 pm Event ends.

**Call Mike Turk (815) 622-6201 or email Mike  
at [spdtrack@coiinc.com](mailto:spdtrack@coiinc.com) for more information.**

## **DIRECTIONS TO WESTWOOD SPORTS CENTER**

**From The East:** Take I-88 West to Illinois 40 North (exit 41). Turn right on to Illinois 40 into Rock Falls. Follow IL-40 through Rock Falls and go over the Rock River Bridge into Sterling. IL-40 will become 1<sup>st</sup> Avenue once in Sterling. Follow 1<sup>st</sup> Avenue until you reach a "T" intersection (CGH Medical Center will be right in front of you at the "T"). At the "T", turn left on LeFevre Road. Follow LeFevre Road for about 2 miles until you reach Westwood Drive. Turn right on Westwood Drive and Westwood Sports Center will be on your right.

**From The North:** Take I-39 South to I-88 West to Illinois 40 North (Exit 41).

**From The Southwest:** Take I-74 West to I-88 East to Illinois 40 North (Exit 41).

**From the West:** Take I-80 East to I-88 East to Illinois 40 North (Exit 41).

## **HOTEL INFORMATION**

**Country Inn & Suites**  
2106 First Avenue  
Rock Falls, IL 61071  
(815) 625-3200

**Holiday Inn**  
2105 First Avenue  
Rock Falls, IL 61071  
(815) 626-5500

Both hotels are located just off I-88 at exit 41. There is also a Super 8 at exit 41. Additional hotels in the area are located in Dixon, IL, approximately 12 miles east of Sterling.

## **AIR TRANSPORTATION**

For our long distance travelers, the nearest airport is about a 50 minute drive to Moline, IL (MLI). Chicago's O'Hare Airport is about a 1.5 hour drive.