

Get 'Em Before They're GONE!

Dear Throws Enthusiast,

Please allow me to take a moment of your time to introduce you to the *Long & Strong Throwers Journal (LSTJ)*. Since its inception in 1998, *LSTJ* has grown to 48 semi-gloss pages and is now mailed in an envelope to protect your valuable reading material. Year-by-year, issue-by-issue, I strive to improve the final product. Visit www.longandstrong.com to get a pdf version of a sample issue.

LSTJ continues to be the only publication in the world dedicated to the throwing events in track and field. *LSTJ* is about more than technique and training. *LSTJ* focuses on the personal side as elite athletes and coaches give insight on the keys to success and the personalities behind their achievements. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ's* interviews with top name throwers such as Adam Nelson, Aretha Hill, Erin Gilreath and Breaux Greer as well as with legends such as Al Oerter, Kate Schmidt and Michael Carter are invaluable. Whether you are a coach, athlete, official, or a high school, Open or Masters competitor, it is crucial you never stop learning!

Enclosed in this mailing is a listing of all the issues published through August, 2006, and their contents. Please take a moment or two to peruse what you might have missed. Perhaps you would like to start a subscription, or just order some back issues. All you have to do is use the order form below, it's that simple!

Looking forward to having you aboard!

Glenn Thompson

Publisher- *LSTJ* (www.longandstrong.com)



LSTJ is the official publication of the *National Throws Coaches Association*

(<http://www.nationalthrowscoachesassociation.com>)

Sept. 1998 (Vol. 1, Issue 2)

BITS AND PIECES

What's happening?

NCAAs

Coverage of Divisions I, II, and III

UP AND COMER

Finnish Putter Arsi Harju

USATFS

Godina makes a historic double

THE PHYSICAL WINDOW

Ken Sprague on Youth Training

JEREMY ALLEN

Impressive Numbers from DT Prodigy

US JUNIOR CHAMPS

Borschova remains undefeated

GOODWILL GAMES

The U.S. Takes on the world in the Big Apple

DISCUSTECHNIQUE

Masters Champ Mike Hambrick gives his formula for success

EVERYBODY'S

ALL-AMERICAN

Super Prep Nick Welihozkiy

MASTERS NATIONALS

Big performances in Maine

MASTERS PROFILE

Interview with Tom Gage

INTERVIEW WITH

KURT PAULI

The President of the North American Scottish Games Association



April 1999

(Vol. 1, Issue 4)

INTERVIEW WITH LANCE DEAL

Don't count him out just yet
START YOUR OWN THROWERS CLUB

Be a self-starter

A LITTLE SLICE OF HEAVEN

Weltklasse Am Rhein

INTERVIEW WITH LISA MISAPEKA

Truly a class act



GET BIG OR GET LOST

Gary England and American Big Guys are on the move

FOCUS, FOCUS, FOCUS

Esko Mikkola

THE RIGHT TO LEFT RHYTHM GLIDE

Technique advice from the Smiths

SUPPLEMENTING THE STRENGTH ATHLETE

Good advice on how to get the biggest bang for your buck

HOMEGROWN HIGHLANDER

Alistair Gunn comes from a long line of Scottish athletes

THE THROW BY DRILL

35 pound-weight advice

A LITTLE UNFINISHED BUSINESS

Masters Champion Carol Finsrud puts a whuppin' on the young-uns

LOUISIANA LIGHTNING

The future is bright for Reggie Griffith

THE LINEAR SHOT

Jerry "Moose" Miller shares some tips

July 1999 (Vol. 2, Issue 1)

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Sua and SMU dominate in Boise

THE DISCUS

More thoughts from Moose Miller

CONSTRUCTING A CHAMPION

Bert Sorin is on the rise

CHATTING WITH BOB WEIR

Stanford coach shares a few thoughts

THE BRITISH ARE COMING

Myercough is a Cornhusker

FINLAND'S FINEST

Mikaela Ingberg is one to watch

FREEM H.S. THROWING PROGRAM

Jim Aikens shares his secrets for success

A MAN FOR ALL SEASONS

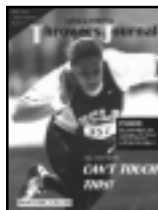
Lucais Mackay is a busy guy

REMEMBERING JOHN O'CONNOR

Before his time...

POW-WOW WITH THE CHIEF

Jim McGoldrick weighs in



VARIATIONS IN THROWING STYLE

Jeff Gorski gives the scoop on javelin techniques

THE CONSUMMATE MASTERS ATHLETE

Wendell Palmer - a model for Masters throwers

ANDRO NOT EFFECTIVE AND DANGEROUS

Controversial Andro not all its cracked up to be

January 2000 (Vol. 2, Issue 3)

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Jud Logan examines his 1984 Hammer American Record

SOUTHERN ICE

Petur Gundmunsson reemerges as a Scot

MOUNTAIN HIGH, VALLEY LOW

Randy Barnes reflects

WINDING THE WEIGHTS

Tips from "Moose" Miller

SAMMY WALKER

High School's first 70 footer

USATF DRUG TESTING

What you thought you knew, and what you don't

FUN IN FINLAND

Jeff Gorski visits to a land where the Javelin is king

1999 CELTIC CLASSIC

The inside stuff

FIELD EVENT 'JUDGE'

The best little throws club you never heard of

"THE PROSPECT OF FAILURE..."

There's no stopping this kid

STILL GOING STRONG!

Larry Stuart's love affair with the javelin



April 2000

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An interview with the powerlifting guru

ALEKNATHROWS LONG!

Big man struts his stuff in Texas

SOUTHERN METHODIST UNIVERSITY

Small university-Big throws program

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The real deal from USATF
FANTASY CAMP
Dreams do come true in the Northwest
IF IT ISN'T CORE...

A unique and sensible approach to throws specific training
DECISIONS, DECISIONS...

An interview with SuperPrep Katy Polansky
TOM PULSTYS SEQUENCE ANALYSIS
Jeff Gorski walks us through an 85 meter throw
BUILD IT AND THEY WILL COME
'Just Doing It' in the Northwest
MIZZOUTIGERS THROWS
Stalking the Big XII

THE QUIET MAN

Keep an eye on Utah State's James Parker
SMU ROLLS IN FAYETTEVILLE

Mustangs rule the weights at NCAA Indoors
ELIMINATING OVER-ROTATION IN THE DISCUS THROW

Bud Rasmussen attacks a common problem
COACHES CORNER

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BACK TO THE FUTURE

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A PRIMER FOR THE HAMMER THROW

The hammer from the ground up

FROM THE GROUND UP

LSTC presents a model for developing your own throws meet

SIMPLIFYING THE JAV

Richard DeStefano gives a 12 step approach to the spear

POUND PER POUND

Masters thrower Neni Lewis shows the grit of a champion

JAVELIN TECHNIQUE

Moose Miller checks in

ITS A PLAID THING...

An interview with rising Highland start Harrison Bailey

PERFECT "10"

Former gymnast is poised to rewrite the Prep record books

ONE FOUR THE AGES

Talking with Al Oerter



October 2000

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MY SUMMER VACATION

A reader shares his trip to throwers heaven

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Duncan Atwood runs down the jav comp at Sacramento

FIRST LADY

Dawn Ellerbe is on the rise

THROWING & ATHLETICISM

Decathlete Steve Fritz imparts some knowledge for throwers

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Size DOESN'T matter

THE ZEN OF DISCUS THROWING

Taking it to another level

TOSSING CABERS ON TOP OF THE WORLD

Road trippin'...to Iceland

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Showdown in Eugene

STRENGTH & SPEED

Tales of the swift and strong



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Changing of the guard in Eugene

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Robberts rocks the world, D2 and D3 reports

LONG EXPECTATIONS

Brad Reid talks with Robberts

SUZIE POWELL

A perennial favorite regroups as a post collegian

CRAIG MASBACK

USATF discusses track and field and throwing

BABBITT'S BATTALION

Talent en masse in Athens, GA

UWE HOHN

The German spear WR holder chats with Jeff Gorski

THROWING FOR BETTER LIVING

Prep star Jeremy Silverman tells of his transformation

SQUATTING FOR YOUNG THROWERS

Dan McQuaid gets down to the basics

BEATING MOTHER NATURE

Recap of the L&S Throwers Classic



April 2003 (Vol. 5, Issue 4)

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Lady Gators push their weight around

USATF REPORT

Toth emerges, Mahon survives

IAAF REPORT

Gliders prevail

THE ROAD ATHENS

Titan Games offer a new platform

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Candid discussion with John Davis

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THE GLEN MILLS WAY

Secrets from the prep glide factory

BELIEVER

Aretha Hill's faith keeps her on the road toward

Olympic glory

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Nurturing ball-and-chainers

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A reader's remembrance

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Chatting with the Highland patriarch

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The Nevada Throwers Club is making a difference

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July 2003

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Lady Gators push their weight around

LADY TARHEELS STEP FORWARD

Big Blu Crew doing big things

NCAA D2/D3 REPORT

Small schools, big performances

USATF REPORT

Many new faces atop the podium

CARLWHO?

Mr. Brown steps into the limelight

ERIKA WHEELER

Veteran nabs her first national title

MURDER'S ROW

A Prep throwing dynasty like no other

SHE'S GOT NEXT

She's the crown jewel of AGHS

AMERICAN HAMMER THROWING CRITIQUE



Installment two in the series

THROWSTRAINING CHART

Diagramming Hammer Success

THROWING THE DANISH WAY

Danish Champion Christina Scherwin

MAKING OF A NATIONAL CHAMPION

Tips from the coach of a two-time champion

A BLUEPRINT FOR THROWING SUCCESS

A comprehensive approach to maximizing your talents

October 2003

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Belarus dominates in Paris

SIGHTSEEING IN PARIS

Forget the Eiffel Tower...

FIELD OBSERVATIONS

Hear it from the athletes

ATRULY WELTKLASSE

WELTKLASSE

McQuaid crosses the Atlantic again

KREINER UPS AR AT PAN-AMS

US leader takes some scalps

YIN AND YANG

A physics analysis of the men's disc leaders

UNMASKED TALENT

Reese Hoffa is like no other

WORKING THE EARTH

The rotational shot, Buckeye style

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Training for the ball and chain

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COACHING THE HIGH SCHOOL DISCUS

A comprehensive approach

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JAVELIN THROWER

An in-depth look at the javelin movement

BIG TURNOUT IN EUGENE

An update on the Washington HS hammer

PATIENCE AND PERSISTENCE

An update on the Washington HS hammer

ARE YOU ADDICTED TO THROWING?

Analyze this!

CONFESSIONS OF A ROOKIE COACH

Coaching is a learning experience as well

HIGHLAND EXPERIENCE ABROAD

Harrison Bailey gives his world view

CLASSROOM WITHOUT PENCILS

A camper reviews the John Powell experience



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NEW BLOOD IN

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...for the big show in

Hungary

NCAA'S

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in

THE INCOMPARABLE DALLAS LONG

A blazing shot star from a golden era

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Memoir excerpt from Harold Connolly

THE JOURNEY FOR OLYMPIC GOLD

Memoir excerpt from Harold Connolly

OUT OF THE CLOSET

The renaissance of the American youth hammer

FAMILY TRADITION

This time its Leif breaking records in Utah

ANDERS AXLID

Chatting with the Swedish throws coach

THE RIGHT LEG IN DISCUS THROWING

Maximizing leg sweep for better technique

CASTING A LARGE SHADOW

The Twilight Throwers have a model worth following

A BLUEPRINT FOR THROWING SUCCESS

Key considerations for your training plan



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Downpours couldn't stop the stars in Austin

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"...THE PERSON I'M GOING TO BE"

The incredible tale of Carl Brown

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Roald Bradstock recalls three decades of jav throwing

SMALL BUT MIGHTY

Little Rhode Island is a hammer giant

WELL-ROUNDED

Brian Chaput is a rising U.S. jav star

A SPECIAL GATHERING

Master HT'ers get after it in Modesto

THE AMATEUR BIOMECHANIST

Paul Jensen returns for more hammer analysis

SHOULDER CARE IN THE JAVELIN THROW

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INDOOR PORTABLE THROWING FACILITIES

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Olympic hopefuls battle weather and pressure in Sacramento

DREAMING OF WELTKLASSE

Men's jav and discus tune-up for Athens

GLORY AND SHAME

Cuban women dominate, three champions deposed

OLYMPIC NOTEBOOK

Olympians share their stories

U.S. TEAM REPORT

The inside scoop from the team coaches

INSIDE STUFF

Don Babbitt takes us with him at the Olympics

INTERVIEW WITH CHARLES POLIQUIN

World famous trainer talks throws training

BAD HAIR DAY

Roald Bradstock recalls three decades of jav throwing

THE AMATEUR BIOMECHANIST

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An alternative for young throwers



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2004 National Throws Coaches Association Conference

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A smart approach to explosive training

MEDICINE BALL TRAINING FOR THROWERS

Effectively working the core

THE DISCUS WORLD'S SHOOTING STAR

Olympian Dick Cochran's brief, but very successful career

2004 SUMMER JAVELIN FESTIVAL

Another successful clinic and competition

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An alternative entry for the hammer MEDICINE BALL TRAINING FOR THROWERS Effectively working the core DEVELOPMENT OF THE SOFT-STEP JAVELIN TECHNIQUE

Maximizing your finish with the spear

A SHORT/LONG GLIDE FOR THE YOUNG THROWER

Part two in the series

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Roald Bradstock breaks himself down

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A WORK OF ART

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FROM ASHLAND TO ATHENS

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Retired hammer champ Kevin McMahon reflects

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Prep Phenom Ryan Whiting will let nothing deter him

IDEAR JOURNAL...

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COMBINATION LIFTS FOR IN-SEASON TRAINING

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THE POSITIVES OF THE PREP HAMMER THROW

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DUAL THREAT

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HIGH SCHOOL HAMMER

A seasonal wrap-up around the U.S.

NOW'S THE TIME!

Start thinking javelin for 2006

DEVELOPING DISCUS TECHNIQUE

Technical points for the platter

DOWNLOAD CENTRAL

Talking with the internet vaultkeeper for throws footage

GETTING A CLEAN FLIGHT WITH THE JAVELIN

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OVERLAPPING SECTORS

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WHERE DO WE GO FROM HERE?

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FAST TRACK TO THE TOP

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THE OUTSIDER

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KNOCKIN' AT THE DOOR

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A GENTLEMAN THROWER

The career of a great Master

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Strength, Power and Speed

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TEACHING THE JAVELIN

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Understanding the block

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