



12/09/2024

2025 Long and Strong/Scott Krall Throws Clinic

Saturday March 15th, 2025 @ Milton Hershey High School

Spartan Center Gym/Parking Lot E

This is a great way to kick off your outdoor field and track season! This is a learn-by-doing throwing clinic with exceptional coaches in the events of shot put, discus throw, javelin and hammer/weight. Training techniques, drills and tips will be provided in both groups and individually.

SCHEDULED/FEATURED CLINICIANS

DISCUS

Warren Taylor - Thaddeus Stevens, 22 NJCAA III All-Americans (15 in throws), 11-time USATF Masters Champ

Jon Wirth - four year clinic attendee, six year scholastic coach under Bill Witt

Ryan Hart - former Shippensburg University discus record holder, D2 All-American

Bryan Pearson - PSAC Outstanding Field Athlete, D2 All-American, Shippensburg University record holder, Upper Dublin



JAVELIN

Kurt Dunkel - Shippensburg University throws coach, Athletic Hall Of Fame, national qualifier

John Pacovsky - Shippensburg University, 3xtime All-American, D2 bronze medalist, Cumberland Valley

Jeff Gorski - 1977 UNC grad, 3xAll-ACC in javelin, former USATF High Development chair

Kyle Felpel - 2012 PIAA triple medalist - shot (gold), javelin (silver), discus (bronze). SEC shot medalist.

Christian Pavlovich - Messiah College, 4xNCAA qualifier, TheJavelinBreakdown



SHOT PUT (ROTATIONAL)

Glenn Thompson - Shippensburg, Joe Kovacs, Ryan Whiting, Kyle Long 6 PIAA records, 17 PIAA champs

B.J. Mobley - Personal coach, rotation specialist

Josh Patulski - Syracuse University, Ground Up Throws, personal coach



SHOT PUT (GLIDE)

Frank Squibb - USATF, coached 2 x NCAA champ, 13 PSAC Champs and 12 All Americans

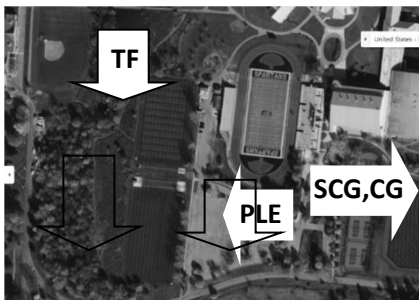
Grant Smith - NJCAA National Champion, Shippensburg University record-holder, NCAA D2 place winner

Adam Theilmann - Cumberland Valley and Penn State, throws coach for East Pennsboro



WEIGHT/HAMMER

Troy Herr - Masters and Highland Games champion



Host/Coordinator

Roger Smith - Head Coach - Milton Hershey Track and Field

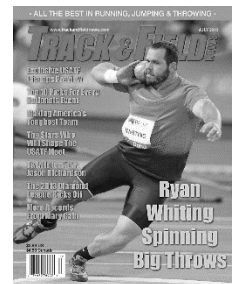
Clinic Facilities

Copenhaver Gym (lunch activities) - **CG**

Spartan Center Gym (meeting, drills) - **SCG**

Throwing Fields (2 practice football fields) - **TF**

Parking Lot E (parking) - **PLE**



SCHEDULE

8:00AM Registration - **SCG**

9:00AM General Introduction - **SCG**

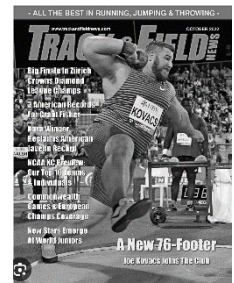
9:20AM General Warm-up, Event Assignments - **SCG**

10:00AM Technical Throwing/Training - **PLE, CG, TF, SCG**

12:00PM Lunch and Presentations - **CG**

1:30PM Afternoon Drills Training - **CG, TF, SCG**

3:45PM Dismissal - **PLE, CG, TF, SCG** (from practice event site)



Informed Consent and Assumption of the Risk For Visiting Athlete or Coach at the Long and Strong/Scott Krall Throws Clinic

I, _____ (PRINT - Name of Participant) and _____ (PRINT - parent/legal guardian of participant is under the age of 18), grant permission for the PARTICIPANT to participate in the Long and Strong/Scott Krall Throws Clinic at the Milton Hershey School. The PARTICIPANT (and parent/legal guardian if applicable) recognizes that there are inherent risks and hazards associated with the performance of athletics and that no amount of reasonable instruction and supervision will prevent all injuries. By signing this Informed Consent and Assumption of the Risk form, the PARTICIPANT (and parent/legal guardian if applicable) acknowledges that he or she understands and appreciates the risks and hazards associated with track and field, including those related to the Long and Strong Throws/Scott Krall Throws Clinic. This includes the potential for serious or permanent injury to all bodily organs and functions. In accepting this risk, the PARTICIPANT (and parent/legal guardian if applicable) expressly and explicitly releases any and all claims as a result of participation in the Long and Strong/Scott Krall Clinic, including claims for medical expenses that may incur for treatment for injuries sustained by the PARTICIPANT. The PARTICIPANT (and parent/legal guardian if applicable) assures the directors of the clinic that he or she has adequate health insurance necessary to provide for and pay any medical costs that directly or indirectly results from participation in the Long and Strong/Scott Krall Throws Clinic. The PARTICIPANT (and parent/legal guardian if applicable) also agrees to indemnify and hold harmless, the Milton Hershey School, representatives and employees, from any and all claims for any loss or damage incurred as a result of participation in the Long and Strong/Scott Krall Throws Clinic. By my signature below, the PARTICIPANT (and parent/legal guardian if applicable) intends to be legally bound and certifies that he or she completely understands this document.

Date _____ Participant Signature

Date _____ Parent/Legal Guardian (if under 18) Signature

Payment – Please Check Circle

- ☐ \$70 received by March 14th, 2025
- ☐ \$75 received by March 14th, 2025
- ☐ \$300 received on March 15th, 2025 (group discount)
- ☐ \$325 received on March 15th, 2025 (group discount)

Group Discount name (must be 5 or more) Middle school, high school, college and Masters athletes. Make checks payable to **Long & Strong Throwers Club**, and mail to: **Glenn Thompson, 517 Redwood Street, Harrisburg, PA 17109**
Thrower60@aol.com, (717) 512-6693

- Registration and indoor sessions will take place at the Spartan Center, so arrive early
- Athletes divided into groups based on ability level
- Clinic will be held regardless of weather - we will adapt to weather conditions.
- Average temp on this day is 48 degrees
- Bring your own throws implements/shoes
- Javelin is thrown from grass so bring appropriate spikes
- Bring warm clothing, towels, gloves, hats Directions Milton Hershey School, Spartan Center

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In Memory of Coach Scott Krall

Coach Krall coached at Cocalico HS for 16 years. Athletes he coached have won 5 PA State Championships in the throws. He mentored many athletes over the years including those from competing schools. He was an advocate and driver of this clinic to help throws coaches connect with one another and helped developing athletes have exposure to many training ideas many athletes over the years including those from competing schools. He was an advocate and driver of this clinic to help throws coaches connect with one another and helped develop athletes. To know him was to love him.

