

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. Enclosed is a free copy of the April, 2004 issue to let you know what you have been missing.

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, Anna Norgren 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 April, 2004, 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

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June 1998
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Sept. 1998
(Vol. 1, Issue 2)

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January 1999 (Vol. 1, Issue 3)

OUT OF PRINT



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 RYTHM 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)

NCAA CHAMPS

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

FREMD 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

October 1999

(Vol. 2, Issue 2)

OUT OF PRINT



January 2000 (Vol. 2, Issue 3)

SEQUENCE ANALYSIS

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 (Vol. 2, Issue 4)

RENAISSANCE MAN

An interview with the powerlifting guru

ALEKNATHROWS LONG!

Big man struts his stuff in Texas

SOUTHERN METHODIST UNIVERSITY

Small university-Big throws program

USATF DRUG TESTING - PART 2

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

MIZZOUTIGERSTHROWS

Stalking the Big XII

THE QUIET MAN

Keep an eye on Utah State's James Parker

SMU ROLLS IN FAYETTEVILLE

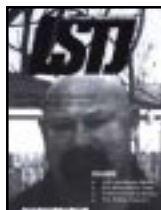
Mustangs rule the weights at NCAA Indoors

ELIMINATING OVER-ROTATION IN THE DISCUSTHROW

Bud Rasmussen attacks a common problem

COACHES CORNER

Advice to the forlorn



July 2000 (Vol. 3, Issue 1)

RENAISSANCE MAN (PART II)

Conclusion of our interview with Louie Simmons

A SOLID FOUNDATION

A look at the first Annual American JavFest

BACK TO THE FUTURE

Talent in Texas at the 2000 Jr. Nationals

A PRIMER FOR THE HAMMERTHROW

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 (Vol. 3, Issue 2)

OLYMPIC REPORT

Results and commentary

MY SUMMER VACATION

A reader shares his trip to throwers heaven

OBSERVATIONS FROM THE TRIALS

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

A THROWER'S SHORT

STORY

Size DOESN'T matter

THE ZEN OF DISCUS

THROWING

Taking it to another level

TOSSING CABERS ONTOP

OF THE WORLD

Road trippin'...to Iceland

MASTERS NATIONALS

Showdown in Eugene

STRENGTH & SPEED

Tales of the swift and strong



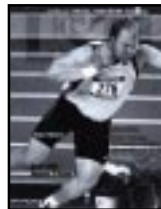
January 2001
(Vol. 3, Issue 3)

OUT OF PRINT



April 2001
(Vol. 3, Issue 4)

OUT OF PRINT



July 2001 (Vol. 4, Issue 1)

USATF CHAMPS

Changing of the guard in Eugene

WOWIN' EM IN EUGENE

Robberts rocks the world, D2

and D3 reports

LONG EXPECTATIONS

Brad Reid talks with Robberts

SUZY 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



October 2001 (Vol. 4, Issue 2) OUT OF PRINT

January 2002 (Vol. 4, Issue 3)

ONE FOR THE AGES

Interview with Al Oerter

DON'T JUDGE THE BOOK...

There's much more to John McEwen than meets the eye

DYNAMIC FLEXIBILITY TRAINING

Using bands to improve flexibility

REQUIRED READING

Train your brain with these periodicals.

THROWING THE 16# FOR OLD TIMES SAKE

Ron Summers sets new goals as a Master

THE LIFE AND TIMES OF RON MCKEE

Reminiscing about the golden age of throwing

WESTSIDE EXPERIENCE

VA shot champ tells of his training program and visit with Louie Simmons

ON A MISSION

Young Dustin Johnson could be America's javelin hope

DISCUS NOTES

Notes from L. Jay Silvester's presentation from SuperClinic 2000 in Sacramento

BLOCKBUSTER

Lyle Knudson is armed...with a VCR

COACHES CORNER

Throws tips from our cybercoaches



April 2002 (Vol. 4, Issue 4) OUT OF PRINT

July 2002 (Vol. 5, Issue 1)

OUT OF PRINT

October 2002 (Vol. 5, Issue 2)

CATCHING UP WITH KATE SCHMIDT

Chatting with the javelin legend

AMERICAN RECORD-SETTERS

Kreiner bounces back, Mahon strikes again

THE FIRST MODERN DISCUSTHROWER

The little known tale of Sim Iness

SETTING THE STAGE FOR NEXT SEASON'S SUCCESS

Finnish and Russian javelin comparison and what they mean to you

BAYONNE BOMBERS

New Jersey's DiGiorgio family sizes up the glide

ADVOCATE FOR THE GLIDE

Dom DiGiorgio states his case

SHOT PUTTING: AN ANALYSIS

Shot Putting from A to Z



AMERICAN HAMMER

THROWING: A CRITIQUE

Assessing U.S. Technique

HER OWN WOMAN

World's Strongest Woman Jill

Mills

GREATER CHALLENGES

Ray Feick and the Throw-A-Thon

CLINIC ORGANIZATION 101

The makings of a successful clinic

THROWING THE DISCUS

The platter from A to Z

NOT QUITE HEAVEN, BUT STILL HEAVENLY

McQuaid crosses the pond again



January 2003 (Vol. 5, Issue 3)

BARELY CENSORED...ADAM SETLIFF

A very candid discussion with the platter leader

EVEN KUEHL

Kris Kuehl is making a name for herself

DISCUS SEQUENCE ANALYSIS

Kuehl shows how she does it

THE GIFT/THE CURSE

The Crouser brothers were blessed and hexed

FOUND HIS GROOVE

Kevin Toth is coming on strong

THE HAMMER TAKE TIME

A case study in athletic development

TALKIN' TECHNIQUE

The American Record Holder

breaks herself down

HAMMER THROW BASICS

An in depth analysis

SHOT PUT SHENANIGANS

Assorted thought on tossing iron

MANAGING/COACHING LARGE GROUPS

A look at how to handle a big roster

AMERICA'S FORGOTTEN EVENT

The prep hammer movement in Washington



April 2003 (Vol. 5, Issue 4)

NCAA REPORT

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

CONFESSIONS OF A CHALKAHOLIC

Candid discussion with

John Davis

CONFIDENCE

Mac Wilkins examines

mental preparation

MEASURING SPEED

Louie Simmons returns

THE GLEN MILLS WAY

Secrets from the prep

glide factory

BELIEVER

Aretha Hill's faith keeps her on the road toward

Olympic glory

CONNELL HAMMER FESTIVAL

Nurturing ball-and-chainers

QUALITY TIME

A reader's remembrance

JIM PAULI

Chatting with the Highland patriarch

THE SWINGS

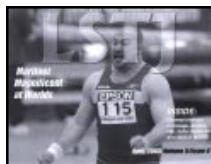
Examining the entry in the hammer

SETTING THE MARK

The Nevada Throwers Club is making a difference

FORMULA FOR THE ROTATION SHOT PUT

A mathematical evaluation of spin efficiency



July 2003 (Vol. 6, Issue 1)

NCAA D1 REPORT

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

THROW TRAINING 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 (Vol. 6, Issue 2)

ARMS RACE

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

STRENGTH TRAINING FOR THE HAMMER

Training for the ball and chain

WHATEVER HAPPENED TO...

Happenings here and there

COACHING THE HIGH SCHOOL DISCUS

A comprehensive approach

MAINTAINING THE PHYSICAL SYSTEM OF THE JAVELINTHROWER

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



January 2004 (Vol. 6, Issue 3)

STEPPING FORWARD

Rob Minnitti is looking to make his

mark

HAMMER CITY HUNGARY!

Ball and chain summit report

CHATTING WITH JOHN GODINA

Longevity, UCLA, the future and more

MAINTAINING PHYSICAL

INTEGRITY

The second in the series

CHALLENGE OF A LIFETIME

U.S. Olympic shot hopeful finds a new battle

WHEN IT COUNTS

The big guns discuss the impacts of first throw fouls

RON SIMKEW: 70'/70' MAN

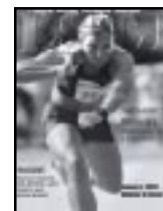
Catching up with the 1970's shot phenom

FLOWBUSTERS

How's your circle etiquette?

AT THE SPEED OF LIGHT

Don't blink or you'll miss this Florida youngster



DR. BOB: A MEMORABLE CHARACTER

Montana Master is loving life and track
WEL(DING) ROUNDED

There's soooo much more to Ruth Welding
WEST SIDE TRAINING FOR THE HEAVY EVENTS
Highlands training with an explosive emphasis

April 2004 (Vol. 6, Issue 4)

PRELUDE TO HUNGARY

Cantwell and Hoffa in a dress rehearsal...

NEW BLOOD IN BUDAPEST

...for the big show in Hungary

NCAA'S

Dominant in their fieldse in

THE INCOMPARABLE DALLAS LONG

A blazing shot star from a

golden era

CHANGES

Catching Up With Andy

Bloom

BATHROOM HUMOR

Tales from the john

THROWS MAN(UAL)

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



July 2004 (Vol. 7, Issue 1)

NCAA D1 REPORT

Downpours couldn't stop the stars in Austin

NCAA D2 REPORT

Southern California stars

NCAA D3 REPORT

Encore Performances

WHO WOULD'VE KNOWN?

Erin Gilreath: walk-on to hammer AR

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

The incredible tale of Carl Brown

A QUARTER CENTURY OF SPEAR THROWING

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

Take it from a doctor

INDOOR PORTABLE

THROWING FACILITIES

Build it yourself!



October 2004 (Vol. 7, Issue 2)

THROUGH THE FIRE

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

Paul Jensen returns for more hammer analysis

A SHORT/LONG GLIDE FOR THE YOUNG THROWER

An alternative for young throwers

January 2005 (Vol. 7, Issue 3)

BROTHERS IN ARMS

Rivals Ian Waltz and Jarred Rome share a goal, and a
friendship

COME TOGETHER

2004 National Throws

Coaches Association

Conference

KEY ELEMENTS OF WORLD

RECORD DISCUS

TECHNIQUE

Fundamentals from the Danish national coach

TRAINING THE OLYMPIC LIFTS IN SEASON

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

THE TOE TURN IN THE HAMMER

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

JAVELIN SEQUENCE

Roald Bradstock breaks himself
down

CAMPWOODSKE

Hammer road trippin' to Ashland

OUT OF THE FOG

A national perspective on the

youth hammer

WASHINGTON HAMMER: THE

2004 SEASON

Recapping a successful year in

the Pacific Northwest

REMEMBERING IN A BIG WAY

A special athlete is commemorated at a special meet



January 2005 (Vol. 7, Issue 4)

USATF INDOOR CHAMPS

Gilreath's quasi-WR and Men's shot highlight in
Boston

NCAA INDOOR CHAMPS

Its Candace Scott...again!

A WORK OF ART

Olympic finalist Casey Malone

blends throwing and art

AU CONTRAIRE

Back to basics with Dan John

THE CONTRARIAN APPROACH TO

THE DISCUS

Learning the platter...Dan John's
way

THE MAKING OF A THROWS COACH

Bud Rasmussen's road to coaching success

HURRICANE CLASSIC HAMMER TRAINING CAMP

Hammerheads converge in Charleston, SC

FROM ASHLAND TO ATHENS

jackie jeschelnig worked her way to the top

PUTTING IT ALL IN PERSPECTIVE

Retired hammer champ Kevin McMahon reflects

DRIVEN

Prep Phenom Ryan Whiting will let nothing deter him

IDEAR JOURNAL...

Its All In There

THE MAKING OF THE MIDWEST THROWING MECCA

The King Of The Ring is a huge success in Illinois

COMBINATION LIFTS FOR IN-SEASON TRAINING

A synergistic approach to working out

THE POSITIVES OF THE PREP HAMMER THROW

The movement marches forward



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