



Texas Throwers Club

Feb 25, 2023 Throwing Clinics at Atlas Field, Texas

The Texas Throwers Club will be hosting hammer throw, shot put, discus and javelin clinics on Saturday, Feb 25, 2023 at Atlas Field, Lockhart Texas. All age groups and throwing levels are welcome. Each training session will be limited to 8 throwers and will last approximately 90 minutes. These are hands-on sessions and throwers need to come prepared to throw. Each session except for the beginner hammer session, is \$20.00 payable to the coach conducting the session. Scholarships are available for young throwers who need assistance with clinic fees. We have a great line up of coaches for each of the clinics and look forward to a full day of throwing and training. It is anticipated that all of the clinics will fill up, so if you plan on attending, please make every effort to attend. To register please send me an email at either darrelharriman@hotmail.com or texasthrowers2020@gmail.com. Tell me the clinic(s) you want to attend (hammer, discus, sp or javelin) and your skill level. We will attempt to have all youth throwers in the same clinics. Once a throwing session is filled, that session will be closed to entries.

The tentative schedule is:

1. 9 am **beginner hammer** for those who have never thrown the hammer. **No fee.**
Coached by Carol Finsrud and Darrel Harriman
2. 10 am **Hammer session one** (ideal for young throwers) Coached by Sara Ramos.
3. 11:30 am **Hammer session two.** Coached by Tim Miller.
4. 1.00 pm **Discus session one.** Coached by Darren Flynt.
5. 2:30 pm **Discus session two.** Coached by James Lee.
6. 4:00 pm **Javelin session.** Coached by John Allen
7. Time TBD **Shotput session.** Coached by Tim Miller. If needed will hold two shot put clinics.

Clinic Coaches:

John Allen: John is a masters level javelin throwers who threw for the University of Louisiana Monroe in his collegiate days where he achieved NCAA All American status while throwing the javelin 250 feet. He currently competes in the M70 age group where is consistently ranked as one of the top javelin throwers in the US.

Carol Finsrud: World and American discus record holder in the F60 and former World record holder in the F50 age group. Has won numerous World and American gold medals in masters discus, hammer, weight throw, shotput and throws pentathlon. Made three Olympic trials as a discus thrower. Carol has competed at such a high level that the Masters Lifetime Achievement Award is in her name.

Darren Flynt A coach at All American throwing club in Katy, Texas. The club specializes in youth throwers. Darren is currently coaching 4 nationally ranked junior high and high school throwers, including the national record holder in the boys 15-16 shot put. Former World-Ranked Professional Highland Games Competitor. National Champion in 35 Pound Weight Throw at Azusa Pacific University, contributor to several team national championships in the shot put, discus throw, and hammer throw. Also threw at the University of Nebraska where contributor to National and Big 8 Championship team wins in Track and Field. Junior College State Meet Finalist in the Hammer Throw at Bakersfield College. Nationally ranked high school shot putter, discus thrower, and powerlifter.

James Lee: James Lee is a fanatic of the throwing world, especially discus. He has a personal best on the 2k discus of 193 feet, six inches. Growing up in west Houston he graduated from Spring Woods High School and, as a walk on, threw his way on to the top 5 all-time discus throwers list at the University of Houston. At UH he also became a Conference USA champion and was consistently in the top 20 performers in the NCAA. After a 10 year stint away from the sport, James is back on the grind and is looking for another personal record! He was coached by Tom and Kyle Tellez and William Blackburn at UH and also draws a lot of his approach from the excellent teachings of Dave Wollman.

Tim Miller: While at Texas A&M Kingsville and San Angelo State University Coach Miller guided 50 conference champions and 33 All-Americans including 7 national champions, 5 conference record holders, 1 national record holder, 1 Olympic finalist, and dozens of school records. On the team side, Miller was part of 3 conference championship teams, and 1 NCAA championship (TAMUK Outdoor Men's 2018). In addition, he was the first recipient of the NJCAA DIII National Asst. Coach of the year in 2009 while at Erie Community College. Coach Miller was a 3 year letter winner for the Fredonia State(NY) Blue Devils Track and Field team (Class of 2008)

Sara Ramos: Sara earned División II All American honors in the hammer at Angelo State while throwing the hammer 60meters. She set the Angelo State hammer throw record with a mark of 195'-8", or 59.64m... She placed third in the NCAA Outdoor National meet in the hammer throw with a distance of 192'-1", or 58.54m. Thus earning First Team All-American honors for her performance at the national meet.