

**TONY CIARELLI'S OLYMPIAN THROWS CLINIC Since 1991**

**200\_ REGISTRATION FORM**

NEW ONLINE REGISTRATION Individual	Group
<input type="checkbox"/> Coaches Success Clinic      \$100	\$90*
<input type="checkbox"/> Throw Clinic      \$90	\$80*

\*3 or more registrants paid and received by Feb. 14th will receive the group rate specified above. On Site payment Individual Rates Apply. Please pre register.

1. Coaches Name: \_\_\_\_\_
2. School Name: \_\_\_\_\_
3. Evening Tel. #: \_\_\_\_\_
5. E-Mail: \_\_\_\_\_

**\* ON-SITE REGISTRATION WELCOME**

Athletes Name:	SP	DT	PR'S	T-Size	Sch. Yr.
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
5. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

**DIRECTIONS**



**NEWPORT HARBOR HIGH SCHOOL**  
600 Irvine Ave. Newport Beach, CA 92663

From the 5 or 405 take the 55 South to Costa Mesa/ Newport Beach. Freeway will end and go to 17th street. Go east to Irvine Ave. Turn South and you will see the track and football stadium on the east side of the street. Park and walk past the tennis courts. You will see a Registration desk south of the track near the weight room.

**FREE T-SHIRT\***

**Free Technique & Training Booklet**

YOU MUST PRE-REGISTER to be guaranteed a T-Shirt. We will not Reprint or Reorder, so please pre-register by February 14th (please specify sizes on registration form)

**FREE IMPLEMENT TOTE BAG**  
(first 50 registrants only)

**METHOD OF PAYMENT**

Cash, Check or Credit Card

Make Checks payable to Tony Ciarelli

To pay with Visa or Mastercard  
visit [tonyciarelli.com](http://tonyciarelli.com)

\*all credit cards will be processed by Fitness Mojo LLC Chicago

**CONTACT INFORMATION**



REGISTER ONLINE:  
[www.tonyciarelli.com](http://www.tonyciarelli.com)



or PHONE  
please pre register by calling  
Tony Ciarelli/Erik Johnson (714) 375-3909



or MAIL  
this registration form and check or money order  
made out to:  
Tony Ciarelli's Throws Clinic  
18102 Fieldbury Lane  
Huntington Beach, CA 92647

**IMPORTANT REGISTRATION INFORMATION**

**CLINIC HOURS:**

CHECK-in Begins at 9:00 a.m.  
Clinic Begins promptly at 10:00 a.m. and lasts until 4:45 p.m.

**MEALS:**

Athletes will be expected to bring lunch or lunch money. We will have a 1 hour lunch break. There are several eateries within one block of the High School.

**SHOES & IMPLEMENTS:**

Throwing shoes are recommended for participants (Coaches too). You may bring implements.

**NEED ADDITIONAL REGISTRATION FORMS?**

If you would like additional Registration Forms you can download the form to the left or call to have it sent via Email.: [register@tonyciarelli.com](mailto:register@tonyciarelli.com); (714) 375-3909

**The ULTIMATE Throwing Experience in the U.S.A.**



Put Your Coaching and Throwing Success on Auto-Pilot, and **PR BIG TIME & Often.**



**SAT. FEBRUARY 23RD, 2008**

AT NEWPORT HARBOR HIGH SCHOOL: NEWPORT BEACH, CALIFORNIA

[www.tonyciarelli.com](http://www.tonyciarelli.com)

registration information inside!

TIME SENSITIVE

Please Post-Share with Coaches & Athletes

Huntington Beach, CA 92647  
18102 Fieldbury Lane  
NEWPORT BEACH, CALIFORNIA 2008

THROWS CLINIC



FREE ONLINE COURSE  
[www.tonyciarelli.com](http://www.tonyciarelli.com)  
(LOOK INSIDE FOR DETAILS)  
Staff in the U.S.A.  
Respected & Impressive Throws  
Featuring The Most

**TONY CIARELLI'S OLYMPIAN THROWS CLINIC**



**WORK WITH CHAMPIONS, RECORD HOLDERS, & OLYMPIC LEGENDS, INCLUDING:**

**Jared Rome** 2004 US Discus Champion

**Carl Brown** 2003 US National Champion

**Jason Tunks** 13-time Canadian National Champion

**Ian Waltz** 2005 & 2006 US National Champion

**Suzy Powell** Current US Champ & American Record Holder

**Nick Petrucci** 2003 World Team Member

1976 Olympic Gold Medalist & Discus Legend **MAC WILKINS**

**WWW.TONYCIARELLI.COM**

# 2008 Olympian Clinic Coaching Highlights 2008



**Tony Ciarelli- Clinic Founder/Director.** Tony has coached dozens of athletes who have earned All-CIF, All-State and All-American honors. His throwing success includes: 5 National Champions, 21 California State Meet Medalists, 36 California State Meet Qualifiers, 48 men & women on All-Time Orange County list (more than any other coach in OC history). **The #1 & #2 All-Time Discus Throwers in OC & State**, 7 men over 60' in the shot, 6 men over 180' in the discus, 4 women over 140' in discus. His coaching achievements in the area of weightlifting are equally impressive. Successes include: 1 - 2000 Olympic Team member, 1 9-time World Team member, 1 10-time National Champion, 6 Junior Nationals Champions, 2 Junior World Team members, 3 Junior Pan Am Champions, 2 National Collegiate Champions, 32 Junior National Meet Qualifiers. Tony's success has earned him the respect of his peers and Tony consults with numerous nationally ranked throwers regarding their yearly training schedule including 2003 national Discus Champ Carl Brown and 2004 Olympians Jason Tunks, Jared Rome, Ian Waltz, and Nick Petrucci ( who he coaches full time).



**Erik Johnson- Co-Director/Instructor- 1993 NCAA All-American, U of Colorado, US Ranked #8 1996, #32 World List, Finalist 96' US Olympic Trials. PR 207'4"** Erik understands the value of Tony's knowledge first hand. In 1996 Erik teamed up with Tony to help grow the Throws Clinic with the goal of promoting the throws and helping to increase the number of high quality coaches and throwers in the state. He is currently the Director of Fitness Mojo in Chicago IL, where he specializes in coaching exercise science to people who seek to improve their health, strength, and overall fitness.

## OLYMPIC GOLD MEDALIST AND DISCUS LEGEND



**MAC WILKINS**  
**PR-DISCUS 232'6"**  
**PR-SHOT PUT 69'1 1/4"**  
**PR-HAMMER THROW 208'10"**  
**PR-JAVELIN 257'4"**  
**1976 OLYMPIC GOLD MEDALIST**

A 1973 graduate of the University of Oregon, Mac's career spanned 23 years ,including four Olympic teams and four world records in the discus. 1976, 1980 & 1988 U.S. Olympic Team, 1979 Pan-American Games Champion, 2nd place 1977 and 1979 World Cups, 10th 1983 World Championships

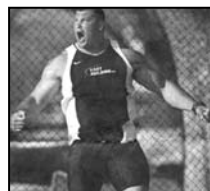
### 8 TIME TOP-RANKED US DISCUS THROWER



**IAN WALTZ SHOT PUT/DISCUS**  
**6'2" 290LBS PR-DT 226'8" PR-SP 65'11.5"**  
 2005 & 2006 US National Champion, 2004 US National Runner Up, Washington State University 8-time All-American, 3-time Pac 10 Champion.  
**CURRENT WORLD RANK #5, US LIST #1 DISCUS**



**JASON TUNKS discus**  
**6'7" 270 LBS PR 222'8"**  
**13-TIME CANADIAN NATIONAL CHAMPION**  
 Canadian National record holder 67.88m  
 3x Olympian, 2000 Olympic Games Finalist.



**JARRED ROME DISCUS/SHOT PUT**  
**6'4" 315LBS PR-DISCUS 222'5"**  
**PR-SHOT PUT 66'3"2004**  
**2004 US CHAMPION**  
 5th in discus at 2001 USA Outdoor Championships, Boise State 1997 NCAA Runner-up, 8-time All-American

### CURRENT WORLD RANK #9, US LIST #2 DISCUS



**NICK PETRUCCI DISCUS**  
**6'5" 270 LBS PR 217'8"**  
**2003 WORLD TEAM MEMBER**  
 4th at 2001 USA Outdoor Championships.  
**CURRENT US LIST #5 DISCUS**



**CARL BROWN discus**  
**6'4" 240 LBS PR 218'8"**  
**2003 US NATIONAL CHAMPION**  
 8th at 2003 World Championships  
 Attended Sienna Heights University 94 & 95 NAIA National Champion, 5-time All-American.

### & OTHER TOP U.S. THROWERS



**SUZY POWELL -DISCUS**  
**AMERICAN RECORD HOLDER**  
**5'11" 170 LBS PR 222'**  
 2007 USA CHAMPION; 1996 Olympic Trials champion; 6-time USA runner-up; 3-time U.S. Junior Champion; 1995 Pan American Junior Championships gold medalist



**JAMIE PRESSER- DISCUS PR-204'10"**  
 Attended UCLA 94 NCAA All-American, 1996 Olympic Trials Finalist, **US RANKED #10 1996**  
 Clinic Instructor since 1996



**JOE BAILEY- SHOT PUT PR-63'**  
 Strength & Conditioning Coach for the 2004 US Olympic Water Polo Team, Attended UCLA 4-Time NCAA All-American. US Olympic Water-Polo Strength & Conditioning Coach Clinic Instructor since 1996



**MARYN CIARELLI WEIGHTLIFTING**  
 2006 US Collegiate Champion (63K), 2006 All-American 2003, 2005 & 2006 World University Games Team member, 2001 Jr. Pan Am Games Champion, 7-time senior national Competitor, 7 time Jr. nationals Competitor



**Stephanie Ciarelli- Weightlifting Coach**  
 Stephanie runs the weightlifting portion of the clinic and for the past 13 years has been one of the top Strength coaches in California. She is currently the Strength Coach at Newport Harbor High School. Her accomplishments include: American Football Monthly's National High School Strength Coach of the Year in 2004 (only female to win this award). First female to reach Regional Coach level with USA Weightlifting. 2003 Mabel Radar Award winner for outstanding service to women's weightlifting. 2002 Meet Director of USA Junior National Championships. 43 Junior National Weightlifting qualifiers, 14 Junior National Medalists, 1 Junior National Champion, 1 Collegiate National Champion. 1975 Power lifting National record holder, 1995 qualifier USA Senior National Olympic Weightlifting Championships



**SCOTT SEMAR- Throws Coach**  
 Scott is one of the premier High School Coaches in the US. He has coached several High School All-Americans, and CA State Champions. His accomplishments include, 2 California State Team Championship Teams (Head Coach), 19 California State Individual Champions- 13 in Throws, 6 2nd Place Finishes in Throws at Cal. State Championship, 33 Section (Individual) Champions- 21 in Throws, 5 Athletes with undefeated CIF Seasons in Throws, 48 High School All-Americans, 8 National Records (Includes Overall, Age Group & Class Records), T & F News National AOY H. S., Gatorade National T & F AOY, Dial Award National Award Overall Best Athlete, Cal High Magazine- State T & F Coach of the Year - 1990Special Olympics Wheel Chair H. S. National Champion- Javelin

# COACHES & ATHLETES WILL DISCOVER

- ✓ **FUNDAMENTAL THROWING TECHNIQUES**
- ✓ **ESSENTIAL DRILLS**
- ✓ **DYNAMIC WEIGHT TRAINING**
  - ✓ **CRITICAL CONDITIONING**
  - ✓ **EXPLOSIVE PLYOMETRICS**
- ✓ **How To Peak For Championship Competition**

## BONUS: ELITE THROWS Exhibition

It's one thing to have someone teach you and its another to see it live. Watch our staff get pumped up and participate in a little friendly competition as the 200+ foot bombs start dropping. Its a great experience! You may never get this opportunity again.



American Record holder- Suzy Powell 14 Time Canadian Champ- Jason Tunks

## Become A Legendary Coach! PRODUCE GREAT THROWERS YEAR AFTER YEAR!

### Auto Success Clinic- With BONUS Breakout Sessions.

How Would You Like To Learn How To Produce 60 Footers And 185+ Throwers Year After Year, Just Like Tony? Each Year Tony openly shares all his secrets for maximum coaching success. Apply the information you receive at this clinic and you WILL be able to make average throwers exceptional and good throwers into champions. You'll spend the day personally working with the staff and have the opportunity to listen to Tony Ciarelli, Mac Wilkins, and others discuss and share inside secrets as to what has made each man so successful year after year. Tony Won't miss what Mac has to say and neither should you. Whether you train a high school freshman or a 28 year-old world class thrower the fundamentals and approach are the same. Knowledge will allow you to make the most of talent when it comes your way. You Will Learn:

**ONLY \$100** Limited to 30 Coaches Open to Collegiate Coaches

- **THE 3 ESSENTIAL FUNDAMENTALS YOU MUST TEACH YOUR ATHLETES TO MAXIMIZE THEIR THROWS.**
- **OPTIMUM TRAINING DESIGN TO HAVE ATHLETES PEAK WHEN IT COUNTS.**
- **5 ESSENTIAL DRILLS THAT WILL ADD 5 TO 10 FEET WITHIN WEEKS.**
- **THE MUST HAVE AIDS THAT MAXIMIZE EVERY PRACTICE.**
- **THE SECRET TO DYNAMIC AND MASSIVE PR'S.**
- **HOW TO TURN AN AVERAGE ATHLETE INTO AN EXCEPTIONAL THROWER.**
- **THE CRITICAL IMPORTANCE OF, AND HOW TO REVIEW FILM.**



Don't forget your pen as you will want to take notes. MAXimize the opportunity. Walk around the clinic and view our staff as they instruct drills, weight training, and demonstrate the throws. You will view the coaching experience from an entirely new perspective. This program is guaranteed to advance your coaching ability by at least 5 years.

## Learn How To Become A Record Setting THROWER!

### Throwers Ultimate PR Clinic

This is a rare opportunity to be coached by Olympic Athletes. This is your exclusive opportunity to work with the best throwers in the World. SPEND THE DAY WITH THE BIGGEST & THE BEST- This experience will put you on the fast track to throwing success. Throwers will be divided into groups based on their PR. Each group will have the opportunity to work with our World Class Staff. Virtually All of Our Instructors are **WORLD!** You will receive Hands-on instruction from US discus Champions Jarred Rome, Ian Waltz, Carl Brown, Canadian discus Champ Jason Tunks, World Team member Nick Petrucci, Olympic Legend Mac Wilkins and American Record holder Suzy Powell. Our staff, collectively, have competed internationally, earned 40+ All American honors, and have competed in over 50 championship events. Our staff will personally work with each young thrower and teach them how to reach the next level by critiquing their throwing, instructing drills, and explaining what has made each of them so successful. This Clinic is "hands down" the **BEST 1 DAY CLINIC IN THE U.S.A.** Don't miss this opportunity. It's easily worth 4 times the cost. Bring your Implements and Shoes and be ready to throw.

**ONLY \$90** Limited to 125 athletes Open to High School & Collegiate Throwers FREE Shot Put/Discus Tote Bag for the 1st 50 registrants

*You'll be Ready for new PR's within weeks.*

## YOU'LL LEARN:

- The 3 fundamentals of the Shot Put
- The 3 fundamentals of the discus
- 5 drills to add 5-10 feet
- How to practice for peak results
- How to get to the big meets
- How to become a big time thrower.

