

TONY CIARELLI'S OLYMPIAN THROWS CLINIC

2010 REGISTRATION FORM

Early-Bird Individual/Group After Feb 15th or On-site

- Coaches Clinic \$90 / \$85* \$100
- Throws Clinic \$80 / \$75* \$85

*5 or more registrants received by Feb. 15th will receive the group rate specified above.

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"/>	_____	_____	_____

For 5+ Athletes list total number of participants and T-Shirt Sizes

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 REGISTER by Feb 15th to be guaranteed a T-Shirt.

We will not Reprint or Reorder, so please register on or before February 15th (please specify sizes on registration form)

METHOD OF PAYMENT



Register Online

www.tonyciarelli.com

Make Checks payable to Tony Ciarelli

*All credit cards will be processed by Fitness Mojo, LLC Chicago.

CONTACT INFORMATION

REGISTER AT:

www.tonyciarelli.com

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 at www.tonyciarelli.com. Have questions? Email ubermensch@tonyciarelli.com

WWW.TONYCIARELLI.COM

The Clinic Guaranteed To Make You Better!



OLYMPIAN THROWS CLINIC

Elite Throws & Strength Training
Techniques for Achieving Guaranteed PR's



SAT. FEBRUARY 27TH, 2010

AT NEWPORT HARBOR HIGH SCHOOL: NEWPORT BEACH, CALIFORNIA

www.tonyciarelli.com

registration information inside!

TIME SENSITIVE

PLEASE POST-SHARE WITH COACHES & ATHLETES
EARLY BIRD DEADLINE IS FEB. 15TH. HURRY!

18102 Fieldbury Lane
Huntington Beach, CA 92647

NEWPORT BEACH, CALIFORNIA 92608



www.tonyciarelli.com

(LOOK INSIDE)

*The BIGGEST & Best
Pre-season Throws
Clinic In The USA*

TONY CIARELLI'S OLYMPIAN THROWS CLINIC



FEATURING THE WORLD'S BEST! SCHEDULED TO ATTEND:

Jared Rome 2004 US Discus Champion

Carl Brown 2003 US National Champion

Jason Tunks 13-time Canadian National Champ

Ian Waltz 05,06, 07 US Champ 04, 08 Olympic Team

Suzy Powell American Record Holder-Discus

Nick Petrucci 2003 World Team Member

1976 Olympic Gold Medalist & Discus Legend **MAC WILKINS** and **Many More**

2010 CLINIC DIRECTORS & Planned STAFF 2010



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,** 8 men over 60' in the shot, 7 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, 7 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



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. Since 1996 Erik has worked 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 CA. He is the founder of Fitness Mojo in Chicago IL, where he specializes in strength & conditioning for success professionals & athletes looking to improve their speed, 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**
AMERICAN RECORD HOLDER- DISCUS
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 -1990 Special Olympics Wheel Chair H. S. National Champion- Javelin

TWO CLINICS IN ONE!

- ✓ Throwing Technique ✓ Drills
- ✓ **WEIGHT TRAINING**
- ✓ Conditioning ✓ Plyometrics
- ✓ **How To Peak For Competition**

Who Else Wants TO BE A GREAT COACH OR THROWER?



WORK WITH THE BEST EVERY YEAR:

(Back Row): Bill Star, Mac Wilkins, Sam Lightbody, Nick Petrucci, Jason Tunks, Tony Ciarelli, Joe Bailey, Jason Tunks, Lieja Tunks, Jamie Presser, Suszy Powell, Scott Semar, Erik Johnson (Front Row): Carl Erickson, Becky Briesch, Jarrod Rome, Maryn Ciarelli, Katelyn Ciarelli, Stephanie Ciarelli, Carl Brown, Bo Taylor,

Develop Great Throwers!

PRODUCE GREAT THROWERS YEAR AFTER YEAR!

Coaches Success Clinic

People often ask "How does TONY GET SO LUCKY?"

Hard work and a consistent focus on coaching improvement have allowed Tony to become one of the luckiest and best... AND SO CAN YOU. During the clinic Tony will share all his secrets for 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 shadowing Tony Ciarelli and Mac Wilkins learning what has made each man so successful year after year. 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. Tony will walk you through:

- **The 3 Essential Fundamentals to teach your athletes in order to understand the throws.**
- **Training design to have athletes peak when it counts.**
- **5 essential drills to add 5 to 10 feet within weeks.**
- **The must have aids to increase total training volume.**
- **The Secret to dynamic and productive practices.**
- **How to turn an average athlete into an exceptional thrower.**
- **The importance of, and how to, Review Film.**

Don't forget your pen as you will want to take notes. This is an open forum for questions. 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.

ONLY \$90*

**Limited to 30 coaches
Open to Collegiate Coaches**

***WHEN YOU REGISTER BY FEB.15TH 2010**



LEARN HOW TO THROW FAR!

Throwers PR Clinic

This is a rare opportunity to be coached by Olympic Athletes. Not 1 top thrower... Not by a group of upcoming college throwers...But your chance to work with more than a half dozen of the best throwers in the US and the World.

THIS IS YOUR OPPORTUNITY TO TRAIN 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. **All Our Instructors are Ranked in the Top 10 in the US!** Hands-on instruction from US discus Champ Carl Brown, Canadian discus Champ Jason Tunks, World Team member Nick Petrucci, Jarred Rome, Ian Waltz, Mac Wilkins and Lieja Tunks. Our staff, collectively, have competed internationally, earned 28+ All American honors, and have competed in over 40 championship events. Our staff will personally work with throwers to 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 NATION. Don't miss this opportunity. It's easily worth 4 times the cost. Bring your Implements and Shoes and be ready to throw.

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.

ONLY \$80*

**Limited to 125 athletes
Open to High School & Collegiate Throwers**
***REGISTER BY FEB.15TH FOR EARLY BIRD DISCOUNT!**

