

TONY CIARELLI'S OLYMPIAN THROWS CLINIC

2011 20th Anniversary REGISTRATION FORM

Early-Bird Individual/Group After Feb 10th or On-site

Coaches Clinic \$95 / \$85* \$100

Throws Clinic \$85 / \$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: S P D T P R S T-Size

Sch. Yr.

1. _____ _____

2. _____ _____

3. _____ _____

4. _____ _____

5. _____ _____

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

SPONSORED BY:



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 10th to be guaranteed a T-Shirt.

We will not Reprint or Reorder, so please register on or before February 10th (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 ARETE STRENGTH

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@tonyarelli.com

The Clinic Guaranteed To Make You A **SUCCESS!**



OLYMPIAN THROWS CLINIC

Throws & Strength Training

sponsored by: ARETE STRENGTH



SAT. FEBRUARY 26TH, 2011

AT NEWPORT HARBOR HIGH SCHOOL: NEWPORT BEACH, CALIFORNIA

SPECIAL THANKS TO OUR SPONSOR
Cal Track
www.CalTrackReconditioning.com

www.tonyciarelli.com
registration information inside!



TIME SENSITIVE

Please Post - Share with Coaches & Athletes

18102 Feldbury Lane
Huntington Beach, CA 92647



www.tonyciarelli.com

(LOOK INSIDE)

The BIGGEST & Best
Pre-season Throws
Clinic in the USA

TONY CIARELLI'S "20th Anniversary" OLYMPIAN THROWS CLINIC



FEATURING THE BEST IN THE US:

Jared Rome 2x US CHAMP 2x Olympian

Carl Brown 2003 US National Champion

Jason Tunks 13x Canadian National Champ

Ian Waltz 3x US Champ 2x Olympian

Katelyn Ciarelli UCI Throws Coach

Nick Petrucci 2003 World Team Member

1976 Olympic Gold Medalist & Discus Legend M A C WILKINS and Many More!

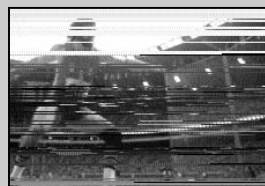


Tony Ciarelli- Clinic Founder/Director. Tony has coached dozens of athletes who have earned All-CIF, All-State and All-American honors. His throwing success includes: 5 National Champions, 21 California State Meet Medalists, 36 California State Meet Qualifiers, 48 men & women on All-Time Orange County 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, 8 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 in 1996, #32 World List, Finalist 96' US Olympic Trials. PR 207'4" In 1996 Tony coached Erik for the 1996 Olympic Trials. After that he 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 Head Strength Coach at Arete Strength In Capo Beach, in south orange county. He specializes in strength & conditioning for maximum athletic performance, strength, and Health.

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

RANKED US #1 eight times.



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 8-time All-American, 3-time Pac 10 Champion.

3x US Champ 2x Olympian



JASON TUNKS DISCUS

6'7" 270 LBS PR 222'8"

13X 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



NICK PETRUCCI DISCUS

6'5" 270 LBS PR 217'8"

2003 WORLD TEAM MEMBER
4th at 2001 USA Outdoor Championships.



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.



KATELYN CIARELLI

THROWS COACH. UC IRVINE

Katelyn was a two-time Big West Conference champion in the discus at Long Beach State, winning league titles in 2006 (154-5) and 2008 (163-6). She placed fifth in the discus at the 2008 NCAA West Regional and competed at the NCAA Championships that year. This is most impressive considering her size. Katelyn competed weighing 150 lbs on a 5'5" frame making her (pound for pound) the best NCAA thrower. After graduating from Long Beach State, Ciarelli served one season (2008-09) as assistant throws coach at Concordia University in Portland, Ore., where she worked alongside Mac Wilkins and later earned her master's in coaching and athletic administration from Concordia University, Irvine, in 2010. SHE ALSO has served as coach/instructor at several camps and clinics.



STEPHANIE CIARELLI-WEIGHTLIFTING

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 Powerlifting National record holder, 1995 qualifier USA Senior National Olympic Weightlifting Championships



MARYN CIARELLI WEIGHTLIFTING

To become a great thrower you need to focus on proper strength training. Maryn's experience is expert level. She competed in the sport of Olympic Weightlifting for about 15 years, 6 time Senior National competitor, 3 time Senior National Bronze medalist, Senior National Silver medalist, 6 time Junior National competitor, 4 time Junior National Silver medalist. 2006 National Collegiate Champion 03,05,06 USA World University Team Member. 2006 All-American 2004 Olympic Team Trials qualifier

3-CLINICS IN ONE!

- ☑ Coaches Clinic
- ☑ WEIGHT TRAINING
- ☑ THOWERS CLINIC

WANT TO ACHIEVE YOUR MAXIMUM COACHING & THROWING POTENTIAL?



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, Suzy Powell, Scott Semar, Erik Johnson (Front Row): Carl Erickson, Becky Briesch, Jarrod Rome, Maryn Ciarelli, Katelyn Ciarelli, Stephanie Ciarelli, Carl Brown, Bo Taylor,

BECOME AN ELITE THROWS COACH!

PRODUCE GREAT THROWERS YEAR AFTER YEAR!

Coaches Fast Track 2 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 our elite staff and Tony learning what has made each so successful year after year. Whether you train a high school freshman or a 30 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.

ONLY
\$95*

Limited to 30 coaches
Open to Collegiate Coaches

*WHEN YOU REGISTER BY FEB.5TH 2011

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.



LEARN HOW TO TRAIN TO BECOME A GREAT THROWER!

Throwers PR Clinic

This is a rare opportunity to be coached by Current and former Olympic Athletes. Learn Throws Drills and Weight Training Success. Not 1 top thrower... Not by a upcoming college throwers...But your chance to work with 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 multiple US Champions, Canadian discus Champ Jason Tunks, US Collegiate Coaches, former world Team members and Olympians. Our staff, collectively, have competed internationally, earned 28+ All American honors, and have competed in over 50 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 #1 ONE 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.

ONLY
\$85*

Limited to 125 athletes

Open to High School & Collegiate Throwers

*REGISTERS BY FEB.5TH 2011 FOR EARLY BIRD

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.

