



Throws & Jumps Workshop | Kinetic Training

Designed for coaches and athletes alike, this interactive workshop leverages science-based kinetic chain principles to provide the well-balanced foundation for athletes to perform better in any sport. The workshop includes an fundamental overview of functional body movements and specific movement and exercises designed to help throwers (all over the shoulder rotation sports) and jumpers (all sports involving vertical momentum).

Intro to Kinetic Training

Kinetic Training is a precise and comprehensive full-body functional strength and conditioning training system. It involves compound whole body exercises with a focus on movement.

Bio-Mechanics

Bio-mechanics are the mechanical parameters of human motion. In sport this can help to improve performance and reduce injury by means of optimizing movement patterns.

Functional Strength

Functional strength training (resistance exercises and body weight movements) help athletes become stronger, more flexible and more physically balanced.

Neuromuscular Memory

Also known as Muscle memory, this is the process that when signals from the brain are sent to the muscle, a pathway becomes established and this process becomes semi-automatic.

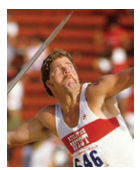


Instructors



Jeff Loescher

Jeff received his teaching degree in Exercise Physiology from the University of Nebraska - Lincoln. While there, he was a four-time letterwinner and All-American high-jumper, where his indoor best of 7'6" stood for 23 years. He was also the first ever Big 8 Conference Decathlon Champion and served as Team Captain for two years. Jeff now combines his degree with his passion for educating young athletes on the science and benefits of proper body mechanics.



Tom Petranoff

Tom is a two-time Olympian and Javelin World-record holder (1983 & 1986) and was ranked in the Top 10 Internationally for over 10 years. He is also the inventor of the TurboJav, a throwing implement designed to facilitate proper throwing technique. His TurboJav program is currently used by the AAU, USA Track & Field and the Special Olympics. Tom's coaching career includes his position as 1996 Paralympic Games Head Coach as well as coaching several Olympic trial qualifying athletes.

Friday, April 21, 2023 | 5:30p - 7p

\$40 per person

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