

Professional Javelin and Throwers Clinic

Date: 19th March 2011
Venue: Bandon Grammar School (BGS),
 Bandon. Co. Cork
Time: Beginner Session: 10:30- 1:00 pm
 Advanced Session: 1:30 - 3:30 pm

Reservations contact: Catherine Duggan
 0862399665;
catherinew.duggan@gmail.com
 Bandon Athletics Club

Learn how to throw ! or Learn how to throw farther !
 with Javelin/ Turbojav coach Louis, have over 25 years of javelin
 throwing and coaching experience working with beginners,
 national and international Javelin and Turbojav throwers.

Each Javelin/Turbojav Clinic contains: (hosted in and outdoor)

Session 1: Javelin and throwing technique
 Session 2: Professional throwing drills (easy to do)
 Session 3: How to train for throwing?
 Session 4: Medicine Balls – throwers staple food

- The clinic starts off by setting up a sophisticated training field marked out with coloured cones.
- Five/six different training stations are set up a circuit in the field
- The clinic makes use of the IAAF recognised Turbojav 300g-600g, designed by 2 times world javelin record holder, safe for children, easy to use and flies like a competition javelin.
- Target Throwing where social teams compete, have fun – Aim At Turbojav Targets, Target Baskets and Javelin Target Hoops.
- Javelin throwing run-up and throwing sector are set up to practice the actual run-up and throw;
- All in all the combination of brightly coloured training field setup, colourful targets mixed in with the colourful Turbojav design, makes for a very stimulating event for kids and grown-ups and professional athletes alike.



The Throwing Academy: Louis Wildenboer,
 Tel:0863939430, Email:Louisw01@gmail.com

Address: 34 The Crescent, Castle Oaks,
 Carlow, Co. Carlow



Louis Wildenboer, is a former South African Junior Javelin Champion and National Javelin Thrower, settled in Ireland for the last 10 years he has a personal bests(PBs) at Junior o/17 of 67.20m, Junior Men's level of 70.34m and at Senior Men at 72.44 and unofficially PB of 74m. After sustaining a serious shoulder injury in 1992, he recovered and continued his throwing career coming second at the South African University Championships and competing as a National Javelin Thrower up to 1998.

Louis's personal training partners between 1991-1993 included Louis Fouche, former World University Champion, Gerhard Burger World Junior Champion while he was coached during this period by Suzan Lion-Cachet former African Women's Javelin Record Holder and Koos v/d Merwe (ranked 4th in World in 1984). It is during this period that he met and competed against Tom Petranov two times World Javelin Record Holder and was coached to use the Turbojav since it's design in the early '90. He later joined Potchefstroom University's elite javelin school (1994-1998), where he joined up with international coach Terseus Liebenberg and training partner Maruise Corbet in 1994, where he was a senior member of the javelin squad that saw Maruise become World Men's Javelin Champion in 1997 throwing 88.75m.

Since moving to Ireland in 2001 and becoming an Irish citizen Louis has continued his throwing and coaching career and is a two times All Ireland Medal Winner, three times Munster Javelin Champion, former Leinster Javelin Champion and continues to hold the longest throw thrown in Ireland over the last two years at 64.90m. He also runs a coaching squad for beginner and advanced javelin throwers Lúine Celtchair (Spears of Keltar, taken from Irish Mythology), while assisting Special Olympics Ireland with the introduction and coaching of their new official Special Olympics Mini-Javelin or Turbojav event. He has also linked up with Tom Petranov and is now Official Turbojav Distributor in Ireland. Louis frequently coached the Munster and Leinster Regional Athletics Squads since 2002 and was appointed in February 2011 by Athletics Association Ireland (AAI) as a National Javelin Coach and continues to assist Special Olympics Ireland.

Reservations:

Name: _____ Name: _____

Club: _____ Club: _____

Address: _____

Fee: **€7 per athlete** Please forward to Catherine Duggan
 Bandon Athletics Club
 Mobile: 0862399665
catherinew.duggan@gmail.com

The Throwing Academy

To Schedule Clinics; Order Turbojavs or Turbojav Starter Kits contact:

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