Introduction:

- Personal background
- Professional background
- Brief coaching highlights
Presentation Outline:

- Overview of our approach at Minnesota
- Case studies of interest
- Video Breakdown
- ‘If I had a time machine’
- Questions/Comments
Our approach at Minnesota:

- Score points at the Big Ten Championship meet
- Qualify NCAA All-Americans
Our approach at Minnesota:

- Identify kids with ‘upside’

- Develop technique
  - Teach beginning hammer/weight throwers
  - Further develop shot/disc/javelin throwers
  - Often convert gliders to rotational

- Develop athleticism
  - Improve in the weight room
  - Improve jumping and sprinting ability
  - Develop specific strength
Our approach at Minnesota:

Breakdown of our throws group:

- 10-12 guys
  - ‘Developmental’ (8-10)
    - Non-Scholarship athletes who are 2-3 years from Big Ten Level
  - ‘Blue Chip’ (2-3)
    - Immediate Big Ten level contributors
Our approach at Minnesota:

Breakdown of our throws group:

- **Current 12 throwers**
  - 7 compete in multiple events
  - 5 do a single event
    - 6 hammer throwers
    - 6 shot putters
    - 6 discus throwers
    - 1 javelin thrower (plus multi-eventers)
Our approach at Minnesota:

- **Technical session approach:**
  - Find how each individual can throw far:
    - Lots of reps
    - Experiment when appropriate
    - Broad concepts when possible
    - Allow for individuality to shine through

- **Training approach:**
  - Train to develop:
    - Olympic lifts
    - Standing long jump/standing triple jump
    - Bench/Squat
    - Over-head-backs/Between-legs-front
    - Stand throws (shot/disc)
CASE STUDY:
AARON STUDT
AARON STUDT

Collegiate Highlights:

- **Shot Put: 19.40m**
  - 3xBig Ten Champ
  - 3xNCAA All-American

- **Weight: 21.22m (69’7)**
  - Big Ten Champ
  - NCAA All-American

- **Hammer: 62m+**
  - 3rd in the Big Ten
AARON STUDT

- 65’/184’ in high school
  - ‘Blue chip’ recruit by Minnesota standards

- Wired athletically (jumping ability/speed)
  - 6’3 – 230-250lbs
  - 40-inch+ vertical jump
  - 3.30m standing long jump
  - 19.50m+ over-head-back

- Relatively mediocre max strength levels
  - 365lb-405lb 1-rep bench max
  - 500-600lb 1-rep back squat
  - 350-400lb 1-rep full clean
Case Studies: Aaron Studt

Strengths:
- Athletic Ability
- Grooved in technique
- Competed well at major meets

Weaknesses:
- Inconsistent accountability
- Avoided training he struggled with
Indoor Shot Put Progression:

- 18.06m – 2007
- 19.09m – 2008
- 19.36m – 2009
- 19.37m – 2010
- Injured in 2011
Case Studies: Aaron Studt

- If I had a time machine I’d love to try...
  - Focus on light shots
  - Emphasize sprints/jumps
  - De-emphasize max strength
Video: Aaron Studt
Wind up
Load/Sweep
Sprint
Right touchdown
Power Position
Finish/Delivery
Recovery
MICAH HEGERLE

- Collegiate Highlights:
  - **Hammer: 66.15m (217+)**
    - 2xBig Champ
    - 3xNCAA All-America
  - **Weight: 21.95m (72’+)**
    - 2xBig Ten Champ
    - 3xNCAA All-American
  - **Discus: 54.90m (180’+)**
    - Highest finish was 4th in Big Ten
MICAH HEGERLE

- 55’/185’ in high school
  - ‘Developmental’ recruit by Minnesota standards
  - Small town, multi-sport athlete

- Solid athletically
  - 6’2 – 220/260lbs
  - Very good kinesthetic awareness
  - 3.00m standing long jump/17m over-head-back

- Solid max strength levels for a hammer thrower
  - 550lb 1-rep back squat
  - 350lb 1-rep full clean
  - 240lb 1-rep snatch
Case Studies: Micah Hegerle

- **Strengths:**
  - Kinesthetic awareness
  - Pretty explosive
  - Work ethic
  - ‘Coachability’

- **Weaknesses:**
  - Inconsistent passion for training
Case Studies: Micah Hegerle

- If I had a time machine I’d love to try…
  - Stick with what worked in early years
  - Keep with the discus throughout
  - Emphasize light hammers sooner
Video: Micah Hegerle
Entry
90 of 1st Turn
180 of 1st Turn
‘Catch’ of 1st Turn
Zero of 2\textsuperscript{nd} Turn
90 of 2\textsuperscript{nd} Turn
180 of 2\textsuperscript{nd} Turn
‘Catch’ of 2nd Turn
Zero of 3rd Turn
90 of 3rd Turn
180 of 3rd Turn
‘Catch’ of 3rd Turn
Zero of 4\textsuperscript{th} Turn
90 of 4th Turn
180 of 4th Turn
‘Catch’ in 4th Turn
Zero of Release
90 of Release
Release
CASE STUDY:
QUENTIN MEGE
QUENTIN MEGE

- Collegiate Highlights:
  - **Hammer:** 67.49m (221’+)
    - 2xBig Champ
    - 2xNCAA All-America
  - **Weight:** 20.36m (66’8+)
    - Highest finish was 5th in the Big Ten
QUENTIN MEGE: SUMMARY

- 61-63m with 16lb prior to Minnesota
  - ‘Blue Chip’ recruit by Minnesota standards
  - My first international athlete
  - 4.0 Engineering Student

- Solid athletically
  - 6’2 – 220/230lbs
  - Very good kinesthetic awareness
  - Great technical foundation
  - 3.00m standing long jump
  - 17m over-head-back

- Mediocre max strength levels for a hammer thrower
  - 430lb 1-rep back squat
  - 310lb 1-rep full clean
  - 220lb 1-rep snatch
QUENTIN MEGE: SUMMARY

Strengths:
- Student of the event
- Exceptional kinesthetic awareness
- Well rounded athletically
- Great communicator

Weaknesses:
- Weight room
- Disliked the weight throw
Hammer Progression:

- 61.87m – 2009
- 63.10m – 2010
- *63.31m – 2011
- 67.08m – 2012
- 67.49m – 2013 (prior to injury)

*First year at Minnesota
Case Studies: Quentin Mege

- If I had a time machine I’d love to try…
  - Stay healthy senior year
  - Not compete in the weight
  - Increase daily volume of specific strength
Video: Quentin Mege
90 of 1\textsuperscript{st} Turn
180 of 1st Turn
‘Catch’ of 1st Turn
Zero of 2\textsuperscript{nd} Turn
90 of 2^{nd} Turn
180 of 2nd Turn
‘Catch’ of 2\textsuperscript{nd} Turn
Zero of 3rd Turn
90 of 3rd Turn
180 of 3^{rd} Turn
‘Catch’ of 3rd Turn
Zero of 4th Turn
90 of 4th Turn
180 of 4th Turn
‘Catch’ of 4th Turn
Zero of Release
90 of Release
Release
# Hammer Comparisons:

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Hammer Training Age</th>
<th>PR with 7.26k</th>
<th>Height/Reach</th>
<th>Body Weight</th>
<th>Standing Long Jump</th>
<th>Standing TJ</th>
<th>Power Clean 1-rep</th>
<th>Back Squat 3-rep</th>
<th>Snatch 1-rep (training)</th>
<th>Training 5K</th>
<th>Training 6K</th>
<th>Training 14lb</th>
<th>Training 16lb</th>
<th>Training 18lb</th>
<th>35lb Weight PR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quentin Mege</td>
<td>12 Years</td>
<td>67.49</td>
<td>6'1'/6'2'</td>
<td>220-230lbs</td>
<td>3.01</td>
<td>8.66</td>
<td>(140k) 308lbs</td>
<td>(185k) 405x3</td>
<td>(100k) 220lbs</td>
<td>77-78m</td>
<td>70-72</td>
<td>66-68</td>
<td>64-65m</td>
<td>*60-62</td>
<td>20.36m</td>
</tr>
<tr>
<td>Micah Hegerle</td>
<td>5 Years</td>
<td>66.15</td>
<td>6'2'/6'4'</td>
<td>230-240lbs</td>
<td>3.08</td>
<td>8.51</td>
<td>(160k) 352lbs</td>
<td>(227k) 500x3</td>
<td>(110k) 240lbs</td>
<td>73-75m</td>
<td>70-72</td>
<td>66-68</td>
<td>63-64m</td>
<td>57-59</td>
<td>21.95m</td>
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Questions/Discussion