



# This Spring, Throw it Far Summit Throws Club

## The Throws Events

Spinning, throwing, heavy work, hand/grip strength, balance and body awareness are all components of what is commonly referred to as the throwing events in track and field. The Summit Throws Club will focus on three main events - shot put, discus and hammer.

## Practice is Tailored to Each Child's Skill and Strength Level

The Summit Throws Club is open to all students ages 1<sup>st</sup> through 12<sup>th</sup> grade. Beginners to the sport will be taught the basics of shot put, discus throw and weight throw (modified hammer throw). Students who were previous members will advance in their technique. Lessons will be tailored by Coach Damien Kalvar to the skill and strength level of all participants. Throwing events work on improving core strength, hand/grip strength, balance, motor planning and body awareness.

Proper technique, movement within the throwing circle and drills with and without implements will be the primary focus - weight training is not. This club is meant to be a unique, fun, low pressure introduction to the throws events.

The club hosts an All Summit Meet which will be held May 17<sup>th</sup>. This fun event showcases what the throwers have learned in an Olympic style competition - complete with medals.

## Throwing Implements

Special sized and weighted adaptive throwing implements will be provided so that any student in

**2019 Spring  
Session Runs  
March 7 - May 16**  
All Summit Meet  
will be held May 16<sup>th</sup>



**Sign Up Online at [Summit-Academy.org](http://Summit-Academy.org)**

1<sup>st</sup> through 12<sup>th</sup> grade can participate in the club. Please note that no child will throw a weight that they cannot control safely.

## Meet the Coach

Inducted into the Cardinal Athletic Hall of Fame in 2007, Damien Kalvar was a track and field athlete specializing in the hammer and weight throws at the University of Louisville. He later returned to coach the throws events at UofL for five years and continues to coach on a private basis at Southern Indiana Throws Club. Coach Kalvar is a member of USA Track and Field and a certified Team USA SafeSport coach.

Coach Kalvar and his wife Audra are also Summit Academy parents who started the club in 2013 to

provide sport and social opportunities in a safe and fun setting.

## Get in the Circle!

Everyone can be a thrower! All club practices will be held on campus behind the gym on Thursdays from 3-4 pm. The spring season will run **March 7 - May 16**. Each implement will have three weeks of instruction and the session will end with a throws meet on May 16<sup>th</sup>. In case of rain, practice will move to inside the gym. Special throwing shoes are needed due to the spinning and rotational movements and have been incorporated into the registration fee. Due to the specialty of the event, it is not guaranteed that shoes can be provided for everyone - if we cannot procure throwing shoes, tennis shoes will be the acceptable alternative.

Sign up online at [summit-academy.org](http://summit-academy.org).  
Registration is \$75.

**Questions?  
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