

Grant High School Girls Track

How far we go, Is how far we throw

I. Find Athletes

A. Recruit Size and Ability

1. Recruit Volleyball Players
2. Recruit Basketball Players
3. Spread the word
4. Build Success

B. Develop an Elite Group

1. Throwers are different treat differently
2. Pride in being in being different

C. Celebrate Success

1. Big Celebration for daily big throws
2. Big Celebration for meet broken records
3. Big Celebration for making state finals
4. Livelong Celebration for State Medal

II. Building Confident Shot Putters

A. Talk about history

B. Talk about last years throws

C. Try to play underdog (Little Grant)

D. Throw with confidence in warm-ups

III. Daily Drills

A. Heel Rocks

B. T-Squat

C. T-Squat Heel Rock

- D. T- Squat Land- Full land in power position
- E. Lands on air
- F. Lands on air over towel
- G. Lands with towel
- H. Lands with towel pull
- I. Lands with rubber cable
- J. Land and full throws with rubber cable
- K. Lands with Shot
- L. Hip-Hops on air with pant pull
- M. Hip Hops with shot
- N. Heel turns on air
- O. Heel turns into mat
- P. Heel turns pushing shot
- Q. No chin punches
- R. Headache throws
- S. Standing Throws
- T. Reverse C throws
- U. Tap and turn reverse C Throws
- V. Slow A-drill
- W. Fast A-drill
- X. Double hops
- Y. Full Throws
- IV. Second Shot Day Workout
 - A. Seated Chair Throws
 - 1. No chin punches
 - 2. Headaches
 - 3. Seated full throws

B. Standing Chair Throws

1. Standing throws
2. Lift and Chase
3. Right foot on Chair Throws

C. Standing Drills

1. Flips
2. Pounds to ground
3. Throws for height

V. Coaching Cues

1. Finish high and fast
2. Take deep breath hold through entire throw-
3. Flip shot good bye
4. Power foot to 90 degree angle

Jim Cramer- Biography

1987- Graduate of Providence Catholic High School

1987- Football Scholarship to Grand Valley State University

3- Time All-Conference Selection

2-Time All-American

Team Captain

Coached Defensive Line at Grand Valley State University

1 Year Head Football Coach and Head Girls and Boys Track Coach at Orangeville, IL

12 Years at Grand High School

7 years Girls Basketball—Assistant Coach

12- Assistant Football Coach

11 Years Head Girls Track Coach

Record- 82-12 Dual Meet Record

2 North Suburban Conference Championships

2 Sectional Championships

3 Top 8 finishes at State Track Meet

2007- 8th Place

2006- 4th Place

2005- 7th Place

71 State Qualifiers since 2001

17- State Finalists in the Shot and Discus since 2003

12- State Medals in the Shot and Discus Since 2003

