

## Creating A Throwing Culture

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Family

### Benefits

- Builds numbers
- Gets your best athletes out and competing
- Becomes easier to maintain
- Builds a tradition
- Ultimately it helps the kids: college, life skills, etc.

### What Does Throwing Culture Look Like?

- Kids supporting each other
- A true "family" feel
- Athletes pushing each other to be better in practice every day
- Kids that enjoy being around each other

### This is not all-inclusive

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|--|---|
| Food! Thrower's BBQ  | Make them coach/ encourage each other             |
| Celebrate victories and PR's   | It's way easier if you have the right kids buy in |
| Struggle together-<br>Weightroom, especially<br>explosion-specific lifts | Food!   |
| Weightroom Competitions<br>(Farmer's carry, hanging leg<br>lift, etc.)   | T-Shirts  |
|  | Anything that makes them feel special (not in a   |

### I don't have all the answers

- Honestly, the type of kids are the biggest catalyst.
- Any suggestions/ideas I missed?