LTA

LOUISVILLE THROWS ACADEMY

A HIGHER STANDARD



# ATHLETE HANDBOOK

A HIGHER STANDARD

Learn the throw. Own your performance.



**ATHLETE HANDBOOK / WEBSITE SAMPLE**

NOVEMBER 2026

WELCOME

# Your first weeks at LTA

At your first practice, we want to see your throw and hear how it feels to you. Both help us decide where to start.

## Before practice

Bring your event list, meet dates and questions. Confirm the location, arrival time and equipment with your coach. Tell us about school practices and lifting so we understand the work you are already doing.

## At the ring

First we walk through where to wait, when to throw and how to retrieve. Then we watch the whole throw. We may use a short exercise to help you feel one part of it and bring that feeling back to a full attempt.

## Before you leave

Agree on one cue. Say it in your own words. If “push” makes you rush, tell us. Knowing what a word makes you do helps your coach choose the next instruction.

> **A QUESTION TO TAKE HOME**
>
> What did you feel on the throw you would most like to repeat? Write down the part you remember while it is fresh.

### Inside the full handbook


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CERTIFICATION BADGES

# Your progress, earned

Each badge records an earned stage in one event. Look at the level and the event together when you read it.




FOUNDATION

## Build the whole throw

Learn safe routines, establish the basics and begin describing what you feel. Physical tests are introduced as you are ready.




DEVELOPMENT

## Connect the skills

Build consistency across a series. Connect technical learning, physical preparation and competition habits.




PERFORMANCE

## Own your decisions

Use a repeatable preparation routine and manage the time between assessed throws with greater independence.




ELITE

## Execute under pressure

Refine advanced execution and reproduce performance with independence when the meet matters most.

You begin as New / Uncertified in an event. That gives your coach a starting point for the assessment and training ahead.

EVALUATION DAY

# Six throws, two rounds

Your coach records the set, observes technique and reviews what you felt. The measured attempts follow your warm-up.

| ROUND 1 | RESET | ROUND 2 |
| --- | --- | --- |
| 3 assessed throws | 5-minute break | 3 assessed throws |

## Prepare for each round

Start with general and event-specific movement. Before each round, make one imitation and two unmeasured warm-up throws. Warm-up coaching is available at every level.

## Use the competition rhythm

Take three assessed throws in each round. Rotate as you would in a meet. If you are training alone, allow 3–5 minutes between assessed attempts. Foundation and Development can receive coaching between assessed throws. Performance and Elite manage those decisions independently. Safety instructions apply immediately.

## Keep all six attempts in order

| 1 | 2 | 3 | 4 | 5 | 6 |
| --- | --- | --- | --- | --- | --- |
| 40 m | FOUL | 44 m | 42 m | FOUL | 46 m |

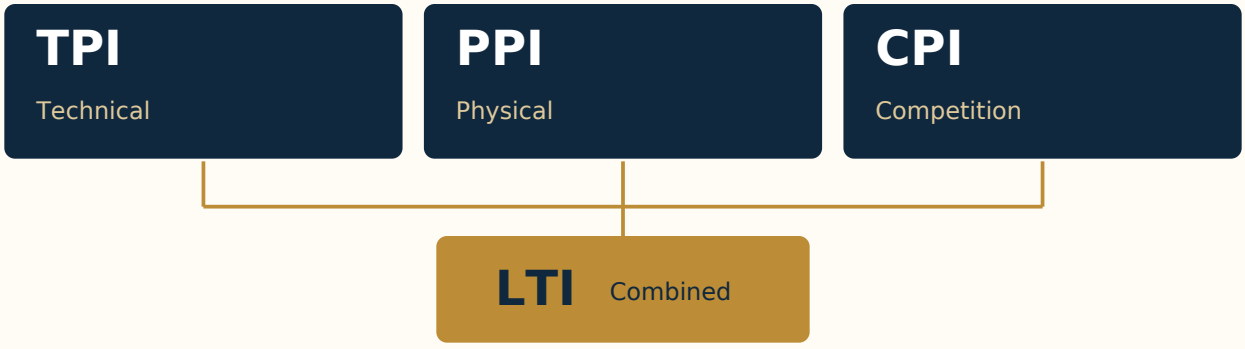
**FICTIONAL DISCUS SET**

Four legal throws. Best legal mark 46 m. Average legal mark 43 m. Your coach can review technique on all six attempts. Describe what you felt on the throw you want to repeat.

FROM EVIDENCE TO SCORES

# How the evaluation becomes LTI

Your coach reviews movement, physical testing and execution as separate components, then combines complete compatible scores.




## CPI accounts for the set

The Competition Performance Index compares your best legal evaluation mark with a matching reference and deducts for fouls. All six attempts and the reference are needed. Meet marks are kept separately to review transfer.

## LTI uses the selected level’s weights

The LTA Thrower Index combines the three scores. Technique carries more weight early, competition more at advanced levels. Advancement uses the destination level’s profile.

**MINIMUM LTI BY CERTIFICATION LEVEL**

| Foundation | Development | Performance | Elite |
|---|---|---|---|
| No LTI minimum | 65 | 80 | 95 |

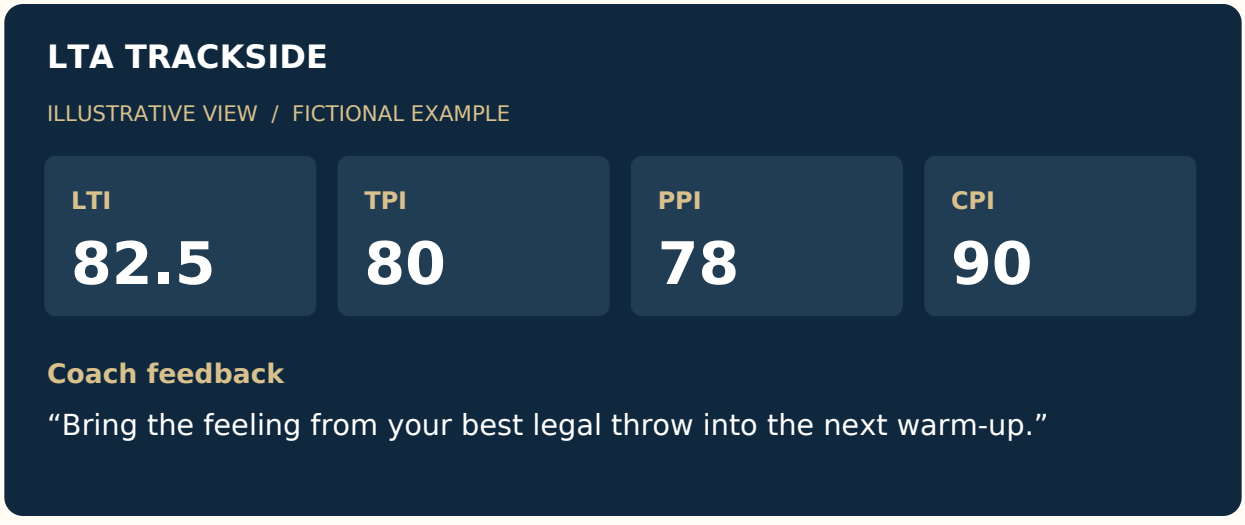
Your event lead reviews two consecutive qualifying assessments and confirms your safety and rule knowledge before awarding the badge.

An unavailable component leaves LTI open. A complete score supports the conversation about progress and certification alongside the coach’s review.

TRACKSIDE DASHBOARD

# Keep the conversation connected

Trackside connects coach and athlete results. Access is being introduced through coach-provided invitations.




## What your coach shares

Your athlete view shows results and feedback your coach has approved and shared. Read the event, implement, date and provisional labels alongside the scores.

## How a result reaches you

The coach saves, reviews and approves the assessment, then chooses when to share it. Corrections preserve the earlier history.

> **BRING A QUESTION TO PRACTICE**
>
> Ask what changed in the throws behind the score. Use your journal and coach-provided results while athlete access is being prepared.

YOUR MACROCYCLE

# A year built around your meet

A macrocycle is the training year. LTA normally plans 42–46 active training weeks around your competition calendar, with recovery included.

**JUL–SEP**

### Early offseason

Psychological → Physical → Technical

**OCT–DEC**

### Late offseason

Physical → Technical → Psychological

**JAN–MAR**

### Early competition

Technical → Psychological → Physical

**MEET-LED**

### Late competition

Psychological and technical together

**APR–JUN**

### Championship period

Technical execution with mental support

**YOUR CALENDAR SETS THE TRANSITIONS**

The months show the usual school-year rhythm. Late competition is the build-up toward your priority championship. The precise transition and peak follow your meet dates, development and readiness.

The priorities change emphasis while all three areas stay in the plan. Your coach may adjust the emphasis when assessment evidence shows you need something different.