



**THROWING ZONE ATHLETICS**

**CATALOG 2022**

[www.turbojav.com](http://www.turbojav.com)

# Welcome to Throwing Zone Athletics

Was established to provide coaches and throwers of all throwing disciplines the technology and high quality equipment necessary to enhance their training and performance. Throwing in the zone is a spiritual and physical experience. Throwing in the zone is achieved when your training, your mind, your body, and sole come together in an effortless power of motion and energy that produces that perfect throw! The Turbojav was originally designed in 1991 and has since progressed with 6 different models to where we are today. The original purpose of the Turbojav was to provide a safe training implement to teach children of all ages the basics of the javelin throw. The Turbojav has been aerodynamically designed by Tom Petranoff and an engineer that designs missiles for one of the largest missile making companies in the world. After extensive research and development, Throwing Zone is proud to present you with the finest product possible.

*We are excited to present our new range for 2022-2023! It includes amazing new colors for our 300 to 600g range, and new products such as the Turbodiscus, Turbohammer, Turboshot and Turbosleeve.*

Everyone can use any of our Turbojavs: Throwing Zone throwing programs are for all age groups and all abilities, Abled, Disabled or Special Olympics. The bases of our programs teach basic skill levels while having fun in a safe environment. Turbojav Mini Javelin throw games (the best training for kids) is designed for both the beginning and advanced thrower and its focus is to teach the specific skills and drills needed to be a successful athlete in any throwing event. In addition, each athlete learns about how to train and develop core strength, body awareness, weak side-strong side and center of gravity leverage.

Why use the Turbojav / Turbojavelins: Turbojavs fly equivalent to the real javelin. In a biomechanical study done by the University of Japan they found that the Turbojavelin and the Javelin flights are 98% similar. It will improve your accuracy and distance. They are safe for all ages and abilities and easy to transport. Very resistant and resilient with a great design and a variety of vibrant colors. It's affordable compared to real javelins. You can use it indoors as well as outdoors, all-year round and it's a fun product for young and old.

Our Turbojavs are Made in the USA.

Our Turbojavs are made with a medical grade of Polyethylene plastic. All models come with a soft rubber nose and are available in 300g, 400g, 500g, 600g, 700g, and 800g. The Turbojav is sturdy and durable as well as safe and affordable. The Turbojav can be thrown both indoors and outdoors. They come in a variety of colors and can be unscrewed for easy transport.

## What is the Turbojav?

Turbojav is a throwing implement designed to develop correct throwing technique. Turbojav teaches the basic fundamentals and mechanics associated with the javelin throwing event. The Turbojav was originally designed to teach beginner javelin throwers the same throwing fundamentals in a safe and fun environment. Our Javelin Games were designed to be used for not only for distance throwing, but also used for target throwing, and weak side throwing, Turbojav is also ideal for the more advanced athlete to use as a training implement to improve their accuracy and technique. They are made a special soft nose, non-marking, which enhances the safety feature and allows it to be also thrown indoors. Our Turbojavs comes in various weights, from 300 grams to 600 grams. Elementary /Primary schools and Special Olympics use 300/400g. Middle schools and some high schools use 500/600g. Our 700g and 800g are for high schools, college, masters, elite and Unified Sports. Each Turbojav comes in a variety of vibrant colors, it also can be unassembled for easy transportation.



Turbojav are revolutionizing athletics and sport education with a 100% track record on safety and progress. It is also ideal for the more advanced athlete to use as a training implement to improve their accuracy and technique. It has a soft nose, which enhances the safety feature and allows it to be also thrown indoors. It's a perfect tool to improve the throwing mechanics for baseball to football, as it teaches technique and improves skills and accuracy!



## NEW COLORS



### 300g (SKU TBJ3) -OFFICIAL IMPLEMENT

The 300g is our lightest weighted Turbojav, it weights 300 grams and is 28” long. This is the official weight in Junior Olympics sub bantam and midget age groups. High school athletes of all ages use the 300g to practice as it is lighter and less demanding on the arm and elbow. Using this weight allows for target practice to gain fundamental basic skills needed to throw far. The lighter weight allows for speed training as well as learning about “the whip”. The 300g is where athletes start the basics then work their way up to the 600g and 700g TurboJavelins.

## NEW COLORS



### 400g(SKU TBJ4) -

The 400g Turbojav weights 400 grams and is 28” long. This is the official weight in European club level athletes and is a great product to train with as you get stronger and need more weight.

## NEW COLORS



### 500g(SKU TBJ5) -

The 500g Turbojav weights 500 grams and is 42” long. USA and Canadian middle school as well as South African primary and Peru secondary school athletes use this weighted Turbojav. As the length starts to increase the difficulty of the throw increases as well. This is a great implement to use to start with before you are introduced into the TurboJavelins and real Javelins.

### 600g(SKU TBJ6) -

The 600g Turbojav weights 600 grams just like the real women's Javelin and comes in either 42” or 72” in length. Although this is not the same length as the womens Javelin it will fly the same distance if not further.Training with the 600g will help teach the athlete before they move onto the real womens Javelin.



### 700g(SKU TBJV7) -

The 700g Turbojav weighs 700 grams and is 72" long. This Turbojavelin is between the weight of the mens and women's Javelin. This is a great product for women to use for heavier throwing while training. The TurboJavelin is harder to throw as you must throw through the point. This TurboJavelin will correct their wrong doings by not flying far when they throw incorrect. The TurboJavelin will wobble if the athlete cannot throw through the point or if they throw with a misdirection of power. It is a great corrective tool.



### 800g(SKU TBJV8) -

The 800g Turbojav weighs 800 grams just like the real men's Javelin and is 72" long. This TurboJavelin is a great training tool for women to use as a heavy implement that creates the feeling of their 600g feeling a lot lighter when they throw. Men use this as a training tool to learn to throw through the point and not around their center of gravity. This TurboJavelin will correct their wrong doings by not flying far when they throw incorrect. The TurboJavelin will wobble if the athlete cannot throw through the point or if they throw with a misdirection of power. It is a great corrective tool.

### Accessories

**Noses:** The tip of the Turbojav is made of soft elastomer rubber which will leave no marks. Available in a variety of colors.

**Bags:** Long bags- Drawstring bag-

Made of durable 210D polyester with two brass rivets on the front for long-lasting use.. White drawstring cinches the bag shut and keeps their items secure. Carry using the 32" black nylon sling strap.. Size: 35-1/2" x 23".

**Targets:** 28 inches x 28 inches and made of # 4m polyurethane heavy duty material. These durable plastic targets can be hung for target practice and for target games.

**Gell Ball:** 4 lbs 6" diameter come in blue. The Gel Filled Medicine Ball is the softest, most pliable medicine ball. Made with a roto molded vinyl shell, the textured cover makes this ball easy to catch. Great for use with a medicine ball rebounder! This textured 4 lb ball is safe and easy for catching.

**Turbo JAV Training DVD:** 13 Minute basic introduction on throwing the Turbojav





## TURBOSHOT

Turboshot is a Polyethylene ball with liquid filling available in 4 Pounds or 2 kilos. The Turbo-Ball is sturdy, durable, safe and affordable. The TurboShot can be thrown both indoors and outdoors. It comes with a special UNI-GRIP printed hand that shows proper positioning of fingertips (right and left hand). We use USA colors in a combination of blue/red vibrant colors. It is a throwing implement designed to develop correct throwing technique and mechanics for baseball, softball, football, cricket and many more sports. Turboshot teaches the basic fundamentals and mechanics associated with finding your stroke and doing the volume of drills to get the weak side and strong side balanced. Turboshot has been designed to teach beginner throwers fundamentals in a safe and fun environment. Our Shot/Hammer/Med ball/Discus Games are designed to be used for distance throwing and target throwing. Turboshot is made with durable rubber with Sharkskin grip non-surface marking materials. The hammer net and discus nets are custom made for durability and safe usage. Check our website in next two weeks we will have all products ready to ship. It is fun, safe and durable.

## TURBOHAMMER

Weights 2500 Gram. 18" Inches long. Easy to transport, can be used indoors and outdoors. Our Turbohammer is made of heavy duty rubber skin filled to 2kilos or 4.4 lbs. of special gel liquid that is chemical free and nontoxic. The Turbohammer is sturdy and durable yet soft and very safe to be thrown both indoors and outdoors. The ball can be taken out of the net and has unique printed fingers that shows proper positioning of finger tips of both left and right throwing hand. The split color of blue/red ball will give you feedback of by seeing the proper spin of the ball in reverse. Like a basketball, the spin is important for good throws and results. The Turboball is also an excellent training medicine ball. It is also the Hammer ball that goes in net.

Turbohammer can be adjusted using our 1-2-3 durable Turboshots.

## TURBODISCUS

Weights 300 and 500 Gram. 18" Inches long. Our Soft Turbodiscus is made of heavy duty rubber skin filled to 2kilos or 4.4 lbs. of special gel liquid that is chemical free and nontoxic. The Turbodiscus is sturdy and durable yet soft and very safe to be thrown both indoors and outdoors. The ball can be taken out of the net and has unique printed fingers that shows proper positioning of finger tips of both left and right throwing hand. The split color of blue/red ball will give you feedback of by seeing the proper spin of the ball in reverse. Like a basketball, the spin is important for good throws and results. The Turboball is also an excellent training medicine ball. It is also the Hammer ball that goes in net.





## CONES

Durable, colorful cones will help you set up your THROWING ZONE. Comes in sets of 24



## RUBBERBANDS

Durable, Rubberbands come in short and long (size??) versions. Comes in sets of 24, including durable metal clips.24



## ULTIMATE TURBOJAV THROWING KIT

TURBOJAV/300, 600 AND 800G  
TURBOBALL  
TURBOHAMMER  
RUBBERBANDS (2)  
TURBOSLEEVE



## TURBOSLEEVE

Durable, washable and resistant sleeve will help you throw correctly over the shoulder.