

Carl D Shields, M.S.



Carl D. Shields, M.S., was born in 1953. He is a retired IT professional, having run his own consulting business for 25 years. He has competed in master competitions, placing first in the hammer throw in the 2006 Nationals. In addition to his own competitions, he led hammer clinics as a volunteer for novices at a local university for 6 years.

Having met Yuri in 1975 at the World University Games in Rome Italy, Carl reconnected with Yuri at the 2019 12th Rock Hammer Clinic. After several discussions, Yuri agreed to allow Carl to author his own books using Yuri's images.

Carl has written two books about Yuri's 3-turn technique. The first is a guidebook with steps to follow to learn the technique and "**Throw like Yuri.**" The second delves into the physics, biomechanics, and physiology of the "**Ukrainian Swing Technique.**"

During the 2020 COVID lockdown, Carl and his training partner, Stas Snyder, set up a workout area in Carl's backyard. They put up a website TheHammerBall.com and posted videos to demo drills during COVID and later videos for Beginners.

In the Spring of 2021, Carl asked Yuri to help him get back into the circle. Yuri developed a routine for him to follow and they had zoom meetings on a weekly basis. They discussed what Yuri told Carl in 1975 and how they could use this to train Carl to "Throw Like Yuri."

Unfortunately, Yuri passed away on September 14th, 2021. With the agreement of Yuri's daughter, Alexia, Carl continued to follow what Yuri had told him and created the series of videos, "Throw Like Yuri." The series has been moved in 2022 to its own website ThrowLikeYuri.com. Carl has continued to train and make additional videos to answer questions from throwers who want to "Throw Like Yuri."

Carl was inducted into the Cornell University Athletic Hall of Fame in 2013. The text follows:



Carl's photo with his induction into the hall of fame

"Carl Shields was a two-time All-American in track, placing fourth in the hammer throw at the 1974 NCAA outdoor championships and fifth a year later. He won the outdoor Heptagonal championship in 1975 and placed second in 1974 in that event. Shields won the college shot put competition at the 1975 Penn Relays. At the outdoor IC4As, he placed fourth in the shot put and sixth in the hammer in 1975 and was fifth in the hammer in 1974. He placed third in the hammer at the Meet of Champions in 1975, posting the school's second-best all-time throw. At the indoor IC4As, Shields was fifth in the shot put as a junior and eighth as a senior. He was a starting offensive tackle on the 1972 varsity football team that went 6-3."