

## **Senior Coaches Committee Throws Report 2006**

**By  
Richard Collier & Caroline Hay**

2006 continued as another outstanding year in Throws for BC. This year we set one national & provincial record. BC Throwers did extremely well in Provincial, National and International competitions.

The Throws Committee would like to acknowledge Nolan Trey Henderson for setting a new Canadian & BC Youth record in men's hammer with a throw of 67.45m.

### **National Team Throwers:**

1. Jennifer Joyce: Commonwealth Games Silver Medallist.
2. Dariusz Slowik: Commonwealth Games Bronze Medallist
3. Novelle Murray: NACAC Team Silver Medallist
4. Krista Woodward: NACAC Team Silver Medallist
5. Elizabeth Gleadle: World Junior Team
6. Curtis Moss: World Junior Team

### **Juvenile Throws Report:**

Ten 2006 BC Legion team Throwers came away with 14 medals. Four of the team were midget age athletes (15year old)

Athletes who received medals at Canadian Legions were: Quinn Erickson (1gold & 1 bronze), Angus Taylor (3 medals – 2 silver and 1 bronze), Nicolle Fraser (1 gold), Nolan Henderson (2 gold and a new Youth hammer record), Laura Macauley (2 bronze), James Lee (1silver), Katelyn Green (1silver), Emma MacCorquodale (1gold), Kyle Nielsen (1silver).

Of the 10 Throwers there will be 7 returning next year. Our BC Throwers should again dominate the throwing events next year 2007.

### **Junior Throws Report:**

BC sent 12 Junior Throwers to the National Championship in Sherbrooke Quebec, of the 12 athletes 6 were Juvenile athletes.

Athletes that reached the podium are: Nolan Trey Henderson (gold), Laura Macauley (bronze), Emma MacCorquodale (silver), Kyle Nielsen (silver), Curtis Moss (gold), David Skermer (silver), Lara terLaak (silver), Rochelle Kokako (gold), Chelsea Payne not on the BC Team (bronze) and Elizabeth Gleadle (gold and a new meet record).

Next year Canadian Junior Championships will be held in BC and this will more than likely give our athletes an advantage over other throwers from across Canada.

### **Seniors Throws Report:**

BC senior team qualifying standards for throws are one of the highest and not many throwers qualify to be on the BC Senior team. This year only 3 athletes actually made

standard to go to senior nationals. Three other athletes made the team with closeness to standard. Several Throwers from BC went to the Senior Championships either as a nationally carded athlete or as a club athlete. BC team members Dylan Armstrong (gold medallist in shot put), Novelle Murray (silver medallist in women's discus) and Graham Morfitt who sustained injury in the competition but still managed to finish in 5<sup>th</sup> place. All other BC team members did well for their first time on a BC Senior team. All made it into the finals.

BC athletes on the podium are:

Jennifer Joyce (silver medallist in women's hammer), Krista Woodward (gold medallist in women's javelin), Dariusz Slowik (gold medallist in men's discus) and Crystal Smith (gold medallist in women's hammer).

**Summary:**

- This year BC Athletics, with the leadership of Ron Bunting as the Technical Manager Track and Field, hosted 2 level II throws certification courses. One was held on Vancouver Island with 11 coaches in attendance and the second held in Abbotsford with 5 coaches in attendance.
- Given the performances at the 2006 BC Summer Games and the Junior Development Championships, Throws look very promising with many excellent up and coming Throwers.
- Women's Shot Put still remains to be our one weak event in Throws. All other events do well and we need to focus on developing our Women Shot Putters. We need to identify prospective athletes and encourage them in the event. We also need to be sure that they stay in Shot Put when the transition from Junior Development to Juvenile. Perhaps a Throws Coach Symposium would help to get the problem resolved. I would ask all interested BC Throws Coaches to get in touch with me (rcollier@lynx.bc.ca) so we can set something up in the spring.

I would like to again acknowledge the work and dedication of all the BC Throws coaches in helping our athletes to achieve an outstanding year.

For additional results and rankings go to the BC Athletics or Athletics Canada websites.

Respectfully -  
Richard Collier  
Caroline Hay