

**Senior Coaches Committee - Throws Report 2007**

Submitted by Richard Collier &amp; Tom Nielsen

As in past years BC throwers had outstanding performances for 2007. This years report will highlight new records and list our podium athletes from Canadian and International Championships. It will also report on the first International Throws Conference held in North America, in Windsor Ontario. Further results and rankings can be found on the BC Athletics or Athletics Canada websites.

**Pan Am Games 2007:**

Dylan Armstrong: gold medallist men's shot put

Dariusz Slowik: bronze medallist men's discus

**Canadian Senior Championships:**Dylan Armstrong 1<sup>st</sup> Men's shot PutDariusz Slowik 2<sup>nd</sup> Men's discusCrystal Smith 2<sup>nd</sup> Canadian women's hammerKrista Woodward 1<sup>st</sup> Women's javelinBrooke Pighin 2<sup>nd</sup> Women's javelin**Canadian Junior Championships:**Angus Taylor 1<sup>st</sup> men's hammer & 2<sup>nd</sup> in men's discusKyle Nielsen 1<sup>st</sup> men's javelinEmmalynne Maccorquodale 1<sup>st</sup> women's hammerLaura Macauley 1<sup>st</sup> women's javelinBrooke Pighin 2<sup>nd</sup> women's javelinNicolle Fraser 3<sup>rd</sup> women's javelinLara TerLaak 2<sup>nd</sup> women's discus**Canadian Legion Youth Championships:**Angus Taylor 1<sup>st</sup> men's hammer & discus / 2<sup>nd</sup> in men's shot putLaura Macauley 1<sup>st</sup> women's discusNicolle Fraser 1<sup>st</sup> women's javelinEmmalynne Maccorquodale 1<sup>st</sup> women's hammerSarah Gallagher 2<sup>nd</sup> women's hammer**15 year olds:**Jade Richardson 2<sup>nd</sup> in women's discus & 3<sup>rd</sup> in women's shot putFlorence Clifford 3<sup>rd</sup> women's discusDell Ingvaldson 1<sup>st</sup> men's discus & 2<sup>nd</sup> in men's shot putSpencer Prince 3<sup>rd</sup> in men's shot putAlex Dumont 3<sup>rd</sup> in men's discusCody Parker 2<sup>nd</sup> in men's javelin**Western Canada Games:**Brooke Pighin 1<sup>st</sup> women's javelinElizabeth Gleadle 2<sup>nd</sup> women's javelinCurtis Moss 1<sup>st</sup> men's javelin \*\* new meet recordKyle Nielsen 2<sup>nd</sup> men's javelinTim Markloff 3<sup>rd</sup> men's javelinLara Ter Laak 1<sup>st</sup> women's discus & 3<sup>rd</sup> women's hammerDavid Skermer 3<sup>rd</sup> men's discusJames Rose 3<sup>rd</sup> men's hammer

This committee would like to congratulate all of our throwers who were close to the podium and placed in the top 5 at Canadian Championships as well as those that attended the Pan Am Juniors and the World Youth Championships.

**Records Set 2007:**

Dylan Armstrong: BC Native record in shot put  
Old record: 20.62m new record pending 20.72m

Angus Taylor: BC Native and Open Category Youth / Juvenile 1.5kg & 1.61kg Discus.  
Old records 1.5kg 52.84m new record pending 56.41m  
Old record 1.61kg 52.66 new record pending 52.90m

Crystal Smith: Canadian and BC Native women's hammer record pending.  
Old record 68.48m new record 68.60m

Krista Woodward: Canadian and BC Open & Native women's senior javelin pending  
Old record 55.31m new record 56.06m

Elizabeth Gleadle: Canadian and BC Open & Native women's junior javelin pending  
Old record 51.76m new record 52.36m

**International Throws Conference:**

2007 marked the first International Throws conference held in Windsor, Ontario on September 29<sup>th</sup> and 30<sup>th</sup> with coaches from across Canada, Australia, Europe and the US. The conference was sponsored by the Canadian Athletics Coaching Centre along with Athletics Canada and VS Athletics. BC Throws coaches Tom Nielsen, Harold Willers, Graham Morfitt, Richard Collier and Ron Bunting attended. The conference offered over 20 presentations along with practical and technical sessions.

Presenters included:

- Dr Ekkart Arbeit: (Germany)  
More than 25 years with the G.D.R. competitive sport system and as a coach inside the GDR Athletic Federation developed numerous both male and female World Champions and Olympic gold medallist, including most of the world record holding athletes in discus and shot put.  
Dr. Arbeit covered the German models of developing athletes from beginner to elite, as well as development of strength and power for throws.
- Dr Anatoly Bondarchuk: (Ukraine)  
1972 gold medallist and developed the Russian national team hammer program from 1976 to 1992. He also has coached numerous gold medallists at the World and Olympic Championships and coached the world record holder in hammer.  
Dr. Bondarchuk covered all the aspects of the hammer throw.
- Kari Ihalainen: (Finland)  
Head coach of the Finnish javelin program from 1990 to 2005 and considered one of the greatest javelin coaches in history. During his time as head coach his Finnish javelin throws won 13 Olympic, World and European Championships.  
Kari Ihalainen covered all the aspects of the Finnish javelin training.
- Don Babbitt: (USA)  
Coach Babbitt is currently one of the world's premier throws coaches, having coached eight Olympians in the throwing events in 2004. His athletes currently include Adam Nelson two-time Olympic silver medallist and 2005 World Champion, Reese Hoffa 2006 World Indoor Champion. He also coaches Breau Greer 7 time US Champion and record holder.  
Coach Babbitt covered the rotational shot put mechanics but most important he covered what a thrower has to endure traveling between Europe and the US for various indoor and outdoor meets.

**Summary:**

Again we excel in most throwing events but struggle in one event. The event I am referring to is the shot put. BC has one of the top shot putters in the world in Dylan Armstrong but we have no depth in most categories. 2007 does show improvement with four medals in the Juvenile Legion Championship.

BCA needs to appropriate funds to bring elite Throws coaches. Don Babbitt has expressed a willingness to come up to BC and give a clinic. We need to take advantage of these offers.

Other things we need to address is our Level 2 and 3 certification process. We need to develop a Level 2/3 certification for each of the four throwing events. Other countries host high performance IAAF seminars and take 7 to 10 days per event, giving detailed instruction. In Canada we only take 2 ½ days to cover all throwing events.

This committee would like to thank all of our throws coaches here in BC for their dedication and commitment to their athletes and the throws events in 2007.