

## National Throws Centre- Kamloops

In March 2009 Athletics Canada announced Kamloops would be the National Throws Centre. With the hiring of Dr. Anatoliy Bondarchuk in 2005 by the Kamloops Track and Field Club , the facility at Tournament Capital Centre ( which includes the indoor throws and weight room ) clubs throwing program performances and the performance at the Beijing Olympics in throws made it a good fit.

In the centre there are approximately 10 athletes training full time. Athlete performance has increased under the coaching direction of Dr. Bondarchuk to include:

-Three Senior Carded athletes coached to World Championship Team Berlin in August 2009: Sultana Frizell, Jennifer Joyce and Dylan Armstrong of which Sultana made the final in womens hammer.

-5 Medals at National Senior Championships , gold, silver and bronze in Womens hammer, Gold and Silver in Mens Shot Put .

3 medals at BC Championships : Gold silver and Bronze in womens hammer .

-One new BC Record in Womens Hammer by Jennifer Joyce in July Madrid Spain, 70.35

-New Canadian Record by Sultana Frizell in June at the Prefontaine Classic of 72.07. in womens hammer.

-Pacific Series -seasonal best by Dylan Armstrong 20.92 in the mens shot put at Victoria International.

-4<sup>th</sup> place Womens Hammer by athlete Megann Vandervliet-Rodhe at the Francophone Games in Beirut in September.

The Senior Carded athletes started out the season by attending the Athletics Canada camp in Arizona completed in various parts of USA and Europe and then attended the Athletics Canada Training camp leading up to the World Championships.

The Kamloops Blazers Sports Society has provided monetary support for a new hammer area which includes four new circles. This will be used starting spring of 2010 and the location will be exclusive to hammer throwing only.

The Centre is looking to recruit to bring in more talented throwers at the junior level and will look at more opportunities in the future.

Respectfully submitted,

Judy Armstrong