

National Throws Centre – Kamloops

The National Throws Centre in Kamloops had a very successful year as we continue to follow the strategic plan set out by Athletics Canada; which is to produce podium (and Top 8) results at the 2011 IAAF World Championships and the 2012 Olympic Games or - on the Para-Athletics side - at the 2011 IPC World Championships and the 2012 Paralympics Games.

A secondary mandate for the Centers is to look forward to 2016 and implement related strategies for the development of athletes and coaches leading to the RIO Olympic Games. This will be done as well but not at the expense of reaching our London 2012 high performance goals.

Kamloops National Throws Centre, lead coach,, Dr Anatoliy Bondarchuk, produced and coached Dylan Armstrong to history getting a silver medal at the World Championships in Daegu Korea. Armstrong was Bondarchuk's 31st medallist at an Olympic or World Championship event, however the first athlete in Canada to ever get a medal in a throwing event at a World Championship. Armstrong held #1 position of longest throw in the world this year with a personal best of 22.21 at Canadian National Championships in Calgary in June. Armstrong also won the IAAF Diamond league and a gold medal and games record at the Pan American Games in Guadalajara Mexico in October 2011. Sultana Frizell, also won the silver medal at Pan American Games and had a personal best this year of 71.46 . Megann Rodhe had a personal best of 67.03 in Mt Sac in April and Justin Rodhe tossed 20.17 in the shot put. Crystal Smith threw the hammer 69.50 in August. There is strong future for these athletes coming in to the Olympic Games in London in August 2012.

In January 2011, a high performance camp was held in Phoenix for throws athlete Sultana Frizell and Dylan Armstrong along with Dr Bondarchuk. In April prior to the competitions season starting, a camp was also held at the Olympic Training Centre in Chula Vista, Armstrong, Frizell and for part of that camp, Megann and Justin Rodhe attended as well. Then before World Championships another camp was held in Chula Vista. Many of our Centre athletes took part in the National Track Series across Canada this past season to seek personal bests.

Dr Bondarchuk has approximately 14 athletes training to make the 2016 Olympic Games in Rio in throws, our future looks bright as we work together to put athletes on the podium for Canada. This past year three new athletes moved to Kamloops to train full time with Dr. Bondarchuk, National Junior Gold Medalist in Hammer, Adam Keenan from Victoria, Western Canada Games Gold Medalist Taryn Suttie in Shot Put from Saskatoon, and Hammer and silver medalist at Canadian National Juniors in hammer Spencer Prince from Langley BC.

Dr Bondarchuk continues to work with athletes daily to improve Canada's podium performances in the throws events. Canadian throws athletes are welcome to come and train anytime at the centre. Thank you to the City of Kamloops, Athletics Canada, BC Athletics and Pacific Sport Interior along with many other organizations that have helped support the centre athletes to achieve podium performances as we work together going in to London 2012 and Rio 2016.

Respectfully submitted,

Judy Armstrong
Manager, National Throws Center, Kamloops, BC