



BC ATHLETICS
PRESENTS



2020 BC THROWS SUMMIT

11.07.20 - 11.12.20

PRESENTER

RYAN WHITING



RYAN WHITING IS AMERICAN TRACK & FIELD ATHLETE AND COACH. HE HAS A PERSONAL RECORD OF 22.28M (OUTDOORS) AND IS A TWO-TIME WORLD CHAMPION IN THE SHOT PUT, 10-TIME MEMBER OF TEAM USA, AND AN OLYMPIAN.

WHILE STILL COMPETING, RYAN BEGAN COACHING IN 2014 WITH THE WOUNDED WARRIOR PROJECT WHERE HE COACHED AN ATHLETE TO THE FINALS IN THE DISCUS AT THE 2017 PARA WORLD CHAMPIONSHIPS. SINCE THEN HE HAS GONE ON TO FOUND DESERT HIGH PERFORMANCE WHERE HE CURRENTLY COACHES:

- DARRELL HILL (USA) 22.44M
- CHASE EALEY (USA) 19.68M
- JESS WOODARD (USA) 18.61M
- NICK PONZIO (ITALY) 21.72M
- NICHOLAS SCARVELIS (GREECE) 21.05M

RYAN CURRENTLY COACHES ATHLETES FROM AGE 13 TO 68 AND PREACHES INDIVIDUALITY AND A HOLISTIC APPROACH TO THROWING. HE ALSO EARNED A DEGREE IN CIVIL ENGINEERING FROM ARIZONA STATE UNIVERSITY.