

Canyon View Throwing Coach

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Community Engagement Center

Fall 2012

**EDGE
PROJECT**

Project Summary

During the spring track season of 2012 I was a throwing coach at Canyon View High School. I knew that the school didn't have a throwing coach and so I wanted to step in and help. Throughout the track season I helped the athletes learn workouts to strengthen their muscles to reduce the risk of injury, and learn the proper throwing techniques for the shot put, discus, and javelin. I went to practice and worked with the athletes every week, and I would also go to the track meets on the weekends to see the girls compete. I had a great time coaching the girls and learned so many valuable lessons about teaching and leadership.



This is a picture of Jessica, Kaitlyn, and I at the BYU Invitational. Kaitlyn qualified for the invitational in the shot put, and was able to compete against some of the best shot putters in the state.

Project Highlights

I had a great time coaching at Canyon View High School and there are so many things that made this whole experience unforgettable:

-At the beginning of the year most of the girls didn't know how to hold a throwing implement, let alone throw it. By the end of the year the girls were competing competitively and were setting their own personal records.

-Two girls, Kaitlyn and Rhi, both broke the school record in the discus one right after the other. It was also fun to see Taryn and Jessica do so well in the Javelin. Every day they would come to practice and work diligently and they improved tremendously.

-Having the athletes I coached ask the head coach if I could come back again next year.

From My Journal

"Today was a great day! We had a lot of success at the Dixie Invitational. We had two girls beat the school discus record, one right after the other. Rhi broke the record first with a throw of 84-05, and then on her next throw Kaitlyn broke Rhi's brand new record with a throw of 86-01. It was so rewarding to finally see some of the hard work of the girls paying off."



This is a picture of me measuring the shot put at the Canyon View High School track meet. This was the first track meet ever hosted at Canyon View and Jessica and I were in charge of the shot put. It was up to us to make sure things went smoothly and the athletes followed the regulations.