

The Truro Lions Track & Field Club presents:

What's your SUPER POWER?

A "Throw Like A Girl" clinic

with Team Canada's Shot Putter

Sarah Mitton



Facilitators: Sarah Mitton (Shot Put), Jodi Langley (Discus), Jessica Bartlett (Javelin), & Temi Toba-Oluboka (Hammer/Weight Throw)

Assistants: Chelsea MacIsaac (Throws), Mira Alexander (Javelin)

BIO's

Sarah Mitton, Lead Facilitator

Event: Shot Put

"I like spreading positive messages around not only being a female athlete, but a female thrower!"

- * Bachelor of Science (Biochemistry Major) from University of Windsor
- * will be competing at the 2019 IAAF World Athletics Championships on Oct 2nd in Doha, Qatar
- * 2019 Pan-American Game finalist— 6th place
- * current Canadian U23 Record holder for Shot Put at 18.52m
- * 2019 Gold medal for Canada at the Summer Universiade in Napoli, Italy
- * 2019 Silver medal at the Canadian National Championships, Montreal
- * 2018 Silver in Shot Put at the Canadian National Championships, Ottawa
- * 2018 Gold in Shot Put at the USports Track & Field Championships and was named USports Female Field Athlete of the Year
- * 2018 Athletics Fred Tees Canadian University athlete of the year
- * 2017 Gold in Shot Put at the Canada Summer Games
- * owns University of Windsor female Shot Put record
- * double Gold in Shot Put and Weight Throw at OUA
- * 2015 Pan American Junior Championships - 4th in Shot Put
- * 2014 Silver at Legion Youth Nationals, Gold at NSSAF Provincials
- * numerous female Athlete of the Year awards, ANS records
- * Currently a full-time athlete training/competing in the Shot Put event. Competed in all Throws events as a University athlete but also has AC rankings in 12 different events including Heptathlon, over the past 9 years.

Jodi Langley

Event: Discus

- * Master of Science Degree from the University of British Columbia, Bachelor of Kinesiology from Acadia University
- * Current StFX Track & Field Throws & Sprints Coach; Course Lecturer, Lab & Skills Instructor, Department of Human Kinetics at St FX University
- * AUS 2019 Women's T&F Volunteer Coach of the Year
- * Club Certified Throws & Sprints Coach
- * Strength and Conditioning Coach
- * XTFC Co-head Coach
- * Previous Head Throws Coach of Okanagan Athletics Club
- * 4x AUS medalist in the Shot Put event
- * 4x Canadian Nationals Finalist (Discus)
- * 2x Canadian Jr National Finalist (Discus)
- * Canada Games 2013 (Team Alberta, Shot Put & Discus events)

Favourite memory - my first Nationals with the Legion team, or anytime I travelled with a team and seeing how others train and adapt accordingly. A specific memory would be my first senior nationals (when I was a first year junior) and watching Dylan Armstrong throw 22.22m! I retrieved that shot put when he threw it, as a volunteer, and then I competed the next day and saw him watching the event and I threw a PB! Now as a coach I have spent a bit of time with him back in B.C. when my athletes were competing against his athletes, so it shows the full circle that a lot of athletes experience. I looked up to him for years, now working alongside him and still going to him for advice.

My biggest influence is hands down Steve Wohlmuth, he not only taught me a lot about throwing but had a huge impact on my life. Steve showed me the importance of working in a community and giving back to the community in any way I can, taught me a lot about coaching, as well when I was at X he would help out a lot as I was working on refining my skills at a coach.

Jessica Bartlett

Event: Javelin

- * Bachelor of Education (Secondary) from St FX University, Bachelor of Arts (Sociology/Anthropology & Canadian History) from Dalhousie University
- * Currently coaching alongside Iain LaPointe for the past 4 years (where I get all my coaching wisdom) with CEC high school and the Truro Lions Track & Field Club
- * NSSAF Provincial Championships: Grade 10 (2011)- Gold; Grade 11 (2012)- Gold; Grade 12 (2013)- Bronze
- * Legion National Championships: 2009- 6th (U16); 2010- Gold (U16); 2011- Silver (U18) 39.52m; 2012- Bronze (U18) 40.38m
- * Canada Games 2013 Sherbrooke, Quebec: 2013- 12th, 38.04m

When I was in my graduating year of high school, I received a phone call from a recruiter from the states (same recruiter who recruited local athlete, Eric Banks) and offered a scholarship for a university in South Carolina. After long talks with my family and conversation with Iain LaPointe (my coach at the time), I decided to attend a local university in Halifax where I remained close to my family and home.

Favorite memory: throwing with Team NS at Canada Games in Sherbrooke, Quebec. Getting to throw with and against Chelsea Whelan (who won a gold medal at this meet), was a fantastic and fun experience.

Temí Toba-Oluboka

Event: Weight Throw

- * Current Dalhousie University 4th year Psychology Student
- * 2x AUS winner in Weight Throw
- * 2019 Bronze medalist in Shot Put
- * 2x USports competitor
- * Top 10 finish at 2019 Usports
- * 2018 Provincial medalist in Hammer and Shot Put

A memorable moment for me in sport was last season when I threw 16.22m at my season opener which helped me begin my Indoor season with a Top 5 ranking and later entering USports ranked 7th



Saturday, October 19th, 2019

1:00-4:00pm

Truro, NS

(TAAC Grounds or Cougar Dome, TBA)

1:00-1:50pm presentation, facilitator panel Q & A

1:55-2:10pm group warm-up

2:15-4:00pm event training. Athletes will have the opportunity to participate in 1-2 events /4. Please arrive prepared for activity with layers of clothing and appropriate footwear, water and snacks.

4pm group photo, autographs

Pre-registration required on-line via [trackiereg](http://trackiereg.com). An event t-shirt will be provided to the first 30 who register. Open to all females Junior High through University.

#WeAreLions