

Alex Goetz

D.O.B. 27/6/2007

Coach: Breanne Clement (hammer), Christie Baker, Denis Knowles, Dan Suchy

Occupation: Student year 8 Westfields Sports

Club: Joined Westfields A.C. 2020/21 season

Honours:

2021 Roger Green Memorial Award

2021 WAC Junior Thrower of the Year

2020 NSW All Schools Bronze medal hammer throw

2021 NSW Junior Championships Bronze medal hammer throw

2021 Australian Junior Championships Bronze medal hammer throw

2020 Nationally ranked in hammer throw, discus throw & 60m

Two WAC records in U14 and U15 Hammer throw



Progression

Year (age)	Hammer throw	Discus throw	Shot Put	100m	200m
2020 (13 years)	44.91 (3kg)	38.34 (1kg)	11.67 3kg	13.04	28.29
2021 (14 years)	43.62 (4kg)	38.45 (1kg)	11.42 (4kg)	12.57	26.13

National Championships:

2021 Australian Junior Championships

U15 Hammer throw Bronze medal 43.62

State Championships

2020 ACT Championships

U14 100m 5th 13.82 (2.6)

U14 200m 4th 28.29 (1.1)

U14 Discus throw 4th 25.00

U14 Javelin Bronze 20.38

2020 NSW All Schools

U14 Hammer throw Bronze medal 36.78

U14 Discus throw 22nd 24.47

U14 200m 5h 26.68 (-1.5)

U14 100m 7h 13.04 (0.3)

2021 NSW Junior Championships

U15 Hammer throw Bronze 40.82

U15 Discus throw 7th 33.20

Brief History

Accepted into Westfields for commencement in 2020 Alex was quick to get involved in athletics with his first competition for WAC being the 2020 ACT Championships just weeks into his first term at Westfields Sports. He travelled to Canberra and returned home with P.B.'s in all events including a Bronze medal in Javelin throw. Like all his colleagues in year 7 he would experience the most disrupted start to high school ever with Covid-19 forcing the cancellation of the entire CHS season. He would miss the Westfields, SSW Region, NSWCHS, Schools relays and NSW Schools knockout. Thankfully Covid-19 would settle down and Athletics NSW would make the brave decision to recommence the season in the middle of October albeit a few weeks later than usual. Alex was also fortunate to have the NSW Throwers club recommence in August and this would become a haven for him to hone his throwing

skills. It was at this time that he was discovered by Breanne Clement who had been coaching Alex's extremely talented sister Molly in hammer throwing. Alex sought permission to be coached by Breanne and because Westfields cannot allow hammer throwing on site due to safety issues, it was only fair to grant consent; on the understanding that in all other events Alex would be coached by WAC coaching staff.

In the mean time Alex's enthusiasm for improving his performance in all events saw his most successful season ever. He improved in 'leaps and bounds' in 100m, 200m, long jump, high jump, shot put, discus throw, javelin throw and of course Hammer throw. However, most surprising was his sprinting when he eventually broke the 13 second barrier in 100m and gained a National ranking in 60m. Nevertheless, Alex's hammer throwing was becoming ever increasingly better by the week.

By the time the NSW Juniors had come around Alex was ranked with the best in Australia and successfully picked up the Bronze medal in the U15 Hammer throw. Interestingly he had to convert to the heavier 4kg implement only weeks earlier and was now throwing the hammer as far, if not further, than his best with the lighter 3kg weight. Now selected in the NSW team for the Australian Juniors Alex was up against the best in the country. At the time of competition Alex was only ranked just inside the top 10 in the Nation, so his 3rd place finish to grab his first ever National medal was extra special.

At the time of writing Covid-19 has shut down Sydney again and we are looking at another hopefully postponed (not cancelled) season. We managed to run the Westfields Athletics Carnival and Alex performed very well in all his events. Alex is a very talented, enthusiastic athlete with a big future.

Some Interesting Facts:

- Alex is one of very few athletes in WAC's history to be Nationally ranked in both throws and sprints at the same time.
- In his second year at Westfields Alex has broken the hammer record for his age in each year
- Alex won two major awards at the 2021 WAC Presentation Night: Junior thrower of the year and the Roger Green Memorial Award
- After winning the Bronze medal at the 2021 NSW Juniors', Alex was not a strong favourite for another medal at the Australian Juniors. Despite this he confidently P.B'd and took his first ever National medal.
- Alex's first ever State titles (ACT, NSW All Schools and NSW Juniors) produced three out of three medals with a 100% strike rate.