

Alex Goetz

D.O.B. 27/6/2007

Coach: Breanne Clement (hammer), Christie Baker & Denis Knowles (discus), Dan Suchy & Hayden Knowles (sprints)

Occupation: Student year 9 Westfields Sports

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

Honours:

2021 Roger Green Memorial Award

2021 NSW All Schools Champion hammer throw

2021 NSW All Schools record hammer throw

2022 Australian Junior Championships Gold medal hammer throw

2022 WAC Junior Thrower of the Year

2021 Nationally ranked in hammer throw no.1 U15, no.3 U16

2022 Nationally ranked in hammer throw no.1 U16



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)	54.46 (4kg)	42.22 (1kg)	11.42 (4kg)	12.18 (11.96 2.6)	25.03
2022 (15 years)	60.87	47.81 (1kg)		12.04	24.60

National Championships:

2021 Australian Junior Championships

U15 Hammer throw Bronze medal 43.62

2022 Australian Junior Championship

U16 Hammer throw Gold medal 60.87

U16 Discus throw 6th 47.81

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

2021 NSW All Schools

U15 Hammer throw Gold 53.41 (NSW All Schools record)

2022 NSW Junior Championships

U16 Hammer throw Silver 11.08

U16 100m heat 12.29 (-0.9)

U16 Discus throw 6th 47.08



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 was granted on the grounds hammer is not coached at Westfields Sports.

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.

Covid-19 would shut down Sydney again after the 2021 Nationals. We managed to run the Westfields Athletics Carnival and Alex performed very well in all his events. However Covid returned shortly after the Westfields Carnival and Alex would miss his second CHS season. Good news was just around the corner when Alex would compete at the postponed 2021 NSW All Schools where he would not only win his first ever State Title but would break the U15 NSW All Schools record with a massive performance of 53.51m.

Then at the NSW Junior Championships in 2022 Alex was the favourite to win being ranked number one in Australia in his age group. However circumstances would see him hit the cage three times with his only recorded throw of 11.08 which was a deflection landing in the sector. Not to be outdone Alex still had one last chance to prove himself a month later at the Australian Junior Championships. Alex was still ranked number 1 in Australia, but had never shown his dominance in a major meeting. On a rainy evening at SOPAC and as fate would have it Alex once again put his first two throws into the cage. He needed his third throw to land in the sector to remain in the competition and get the 4th and final attempt. From afar his body language did not look good. He was bent over in the foetal position holding his head between his hands. It didn't look promising. However in hindsight it appeared he was psyching-himself-up. With onlookers holding their breath Alex pulled out a third round throw that was a P.B. 56.35 and it put him in the lead. The rest of the competitors could not improve on their 4th and final throws, but Alex did. He won the National title with an incredible 60.87 m effort

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.
- Alex's NSW All Schools record throw in the U15 hammer puts him into great company of Westfields Athletes before him whom also have set State records at NSW All Schools: Dani Samuels (Stevens), John Thornell, Willy Wicks, Paul Stickler, Aleks Stoilova, Rashid Kabba, etc.
- Sister Molly Goetz is also a hammer thrower and all-round athlete as well, having won state titles in Hammer, Shot Put and Discus, as well as National titles in Hammer throw.