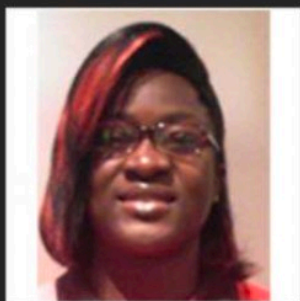



## ATHLETE PROFILE

# Auriol DONGMO



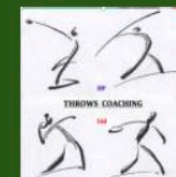
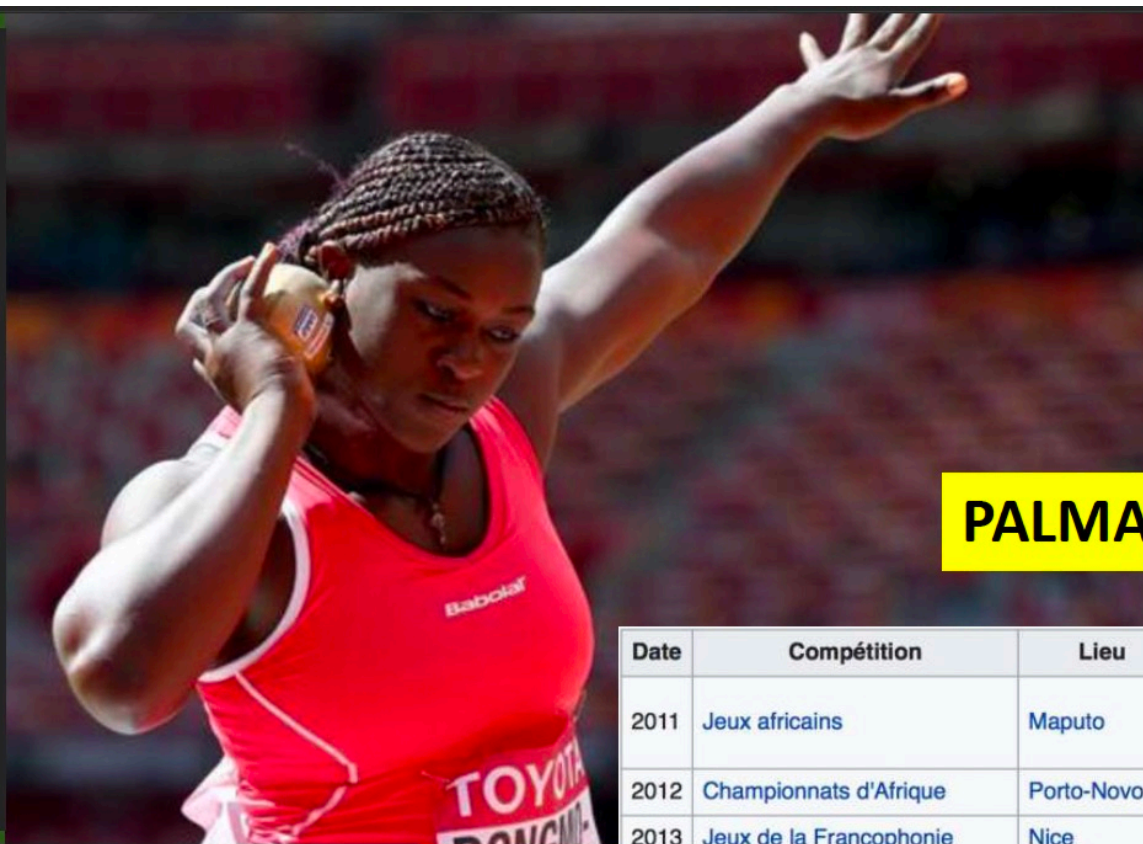
COUNTRY  Portugal

DATE OF BIRTH 03 AUG 1990

ATHLETE'S CODE 14523980

## PROGRESSION

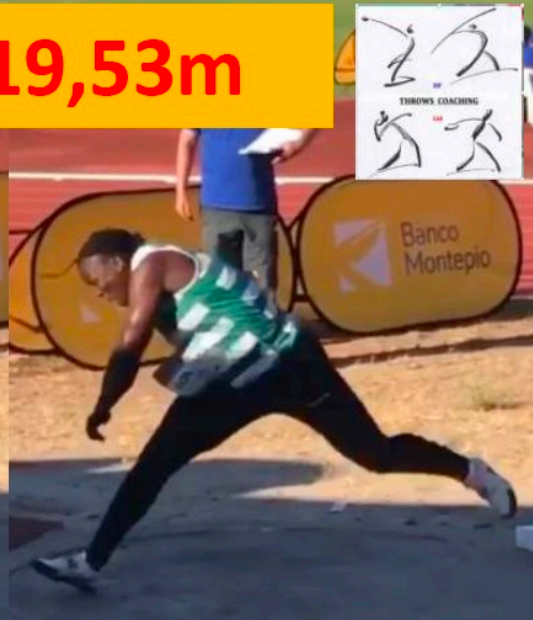
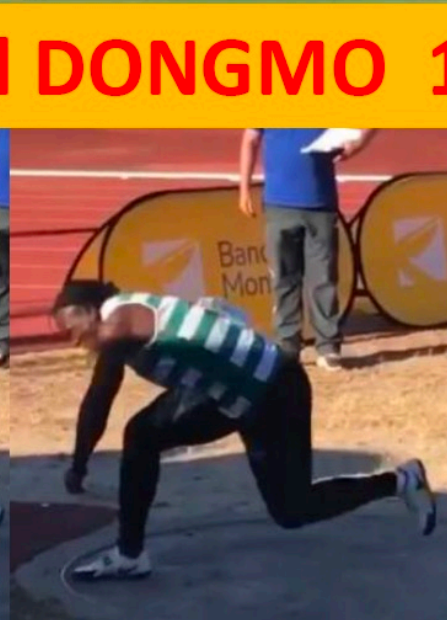
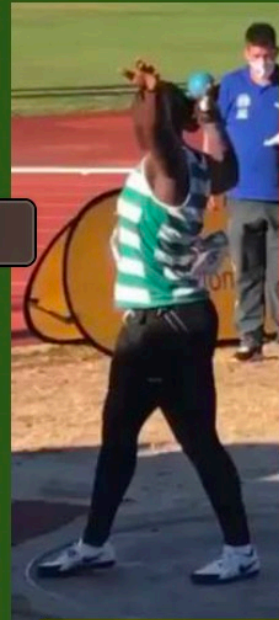
Year	Result	Location	Date
2020	19.53	Estadio Universitario, Lisboa (POR)	08 AUG 2020
2019	17.90	Lisboa (POR)	21 JUL 2019
2017	18.37	Arena Caixa, Sao Bernardo do Campo (BRA)	03 JUN 2017
2016	17.92	Estádio Olímpico, Rio de Janeiro (BRA)	12 AUG 2016
2015	17.64	Mungyeong (KOR)	04 OCT 2015
2014	16.84	Le Grande Stade, Marrakesh (MAR)	14 AUG 2014
2013	15.30	Nice (FRA)	14 SEP 2013
2012	15.41	Porto Novo (BEN)	01 JUL 2012
2011	16.03	Maputo (MOZ)	15 SEP 2011



## PALMARES

Date	Compétition	Lieu	Résultat	Épreuve	Marque
2011	Jeux africains	Maputo	5 <sup>e</sup>	Disque	40,34 m
			1 <sup>re</sup>	Poids	16,03 m
2012	Championnats d'Afrique	Porto-Novo	3 <sup>e</sup> 10	Poids	15,41 m
2013	Jeux de la Francophonie	Nice	3 <sup>e</sup>	Poids	15,30 m
2014	Championnats d'Afrique	Marrakech	8 <sup>e</sup>	Disque	41,35 m
			1 <sup>re</sup>	Poids	16,84 m
			7 <sup>e</sup>	Poids	16,50 m
	Coupe continentale	Marrakech	7 <sup>e</sup>	Poids	15,77 m
2015	Jeux mondiaux militaires	Mungyeong	3 <sup>e</sup>	Poids	17,64 m
			5 <sup>e</sup>	Disque	45,14 m
2015	Jeux africains	Brazzaville	1 <sup>re</sup>	Poids	17,21 m
			7 <sup>e</sup>	Disque	47,00 m
2016	Championnats d'Afrique	Durban	1 <sup>re</sup>	Poids	17,64 m
			12 <sup>e</sup>	Poids	16,82 m
2017	Jeux de la solidarité islamique	Bakou	1 <sup>re</sup>	Poids	17,75 m
			1 <sup>re</sup>	Poids	17,68 m

# SHOT PUT TECHNIQUE LINEAR : Auriol DONGMO 19,53m



Starting position

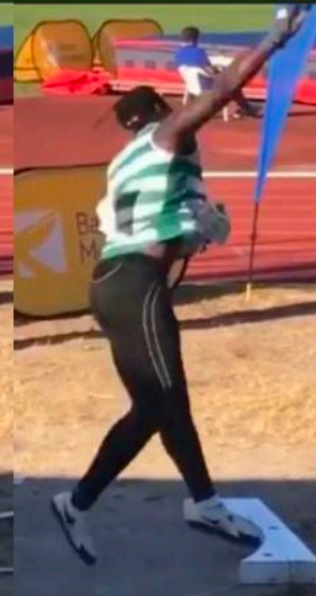
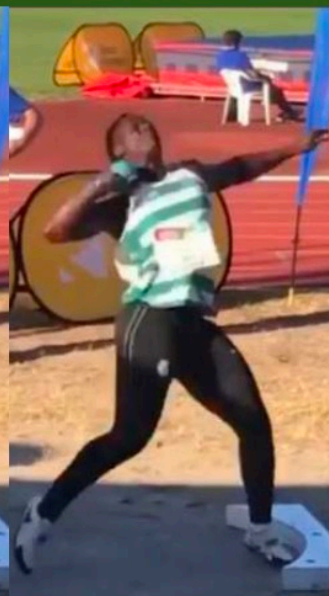
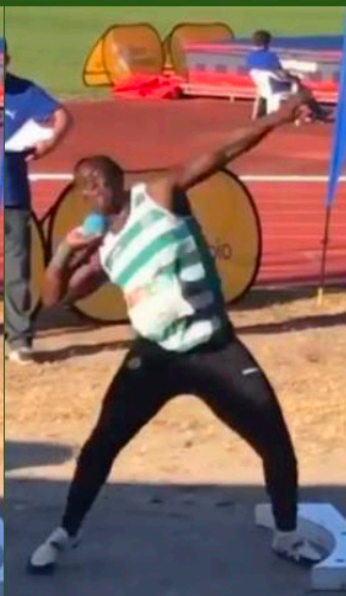
Starting position Crouch

Rocking on right foot start

Crouch

Left leg drive

Full legs split



Right foot landing

Left foot landing

Building tension

Delivery

Follow through



Starting position

Starting position Crouch

Rocking on left foot start

Crouch

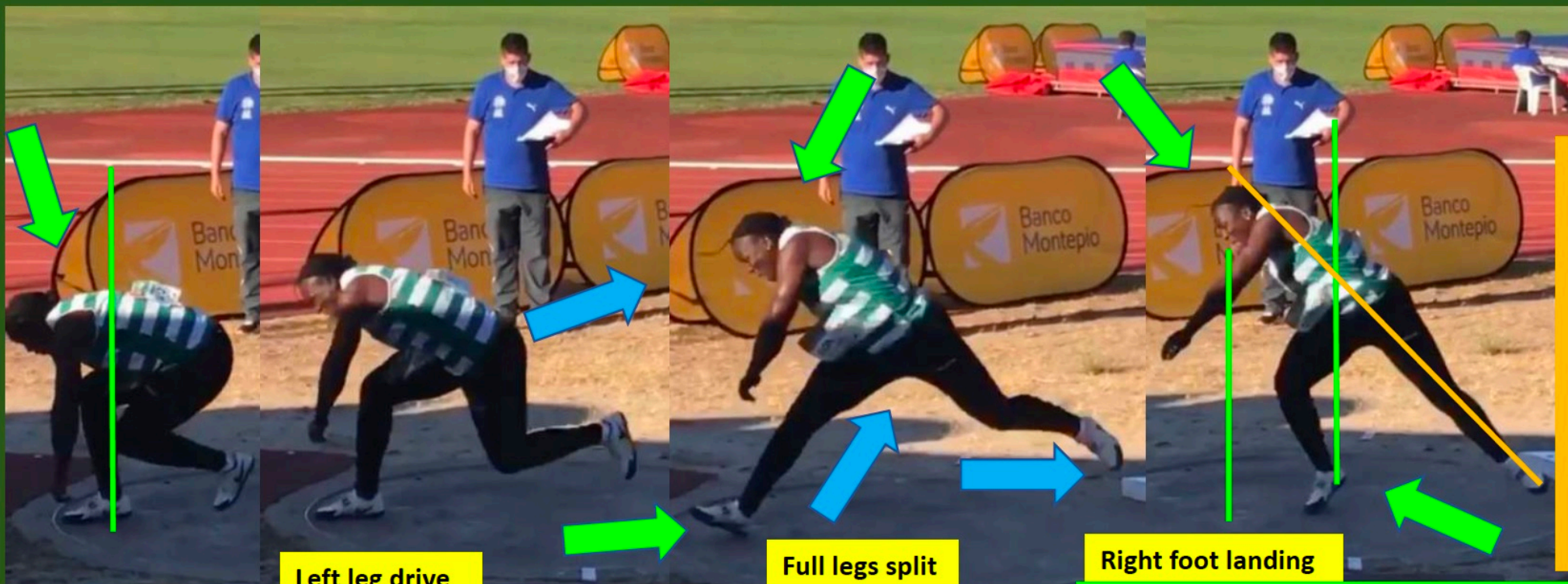
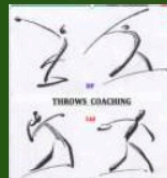
**SHOT PUT  
TECHNIQUE  
LINEAR :  
Auriol  
DONGMO  
19,53m**

### **STARTING POSITION**

- On the throwing line at the back of the circle.
- Moving body weight on to the right leg
- Bending into a full low "crouch" position building a perfect "T" between the horizontal line of the back and the vertical of the right foot - Good balance

### **THE "ROCK AND ROLL" START**

- She uses the Timmermann "Rock and Roll" start , coming first up on an extended right leg and the foot toes , then using the gravity to go down back into the crouch position with some initial speed and compression on the right leg . The "T" is perfect again and the posture is even lower than at the beginning of the throw



**SHOT PUT  
TECHNIQUE  
LINEAR :  
Auriol  
DONGMO  
19,53m**

### **THE GLIDE -1 -**

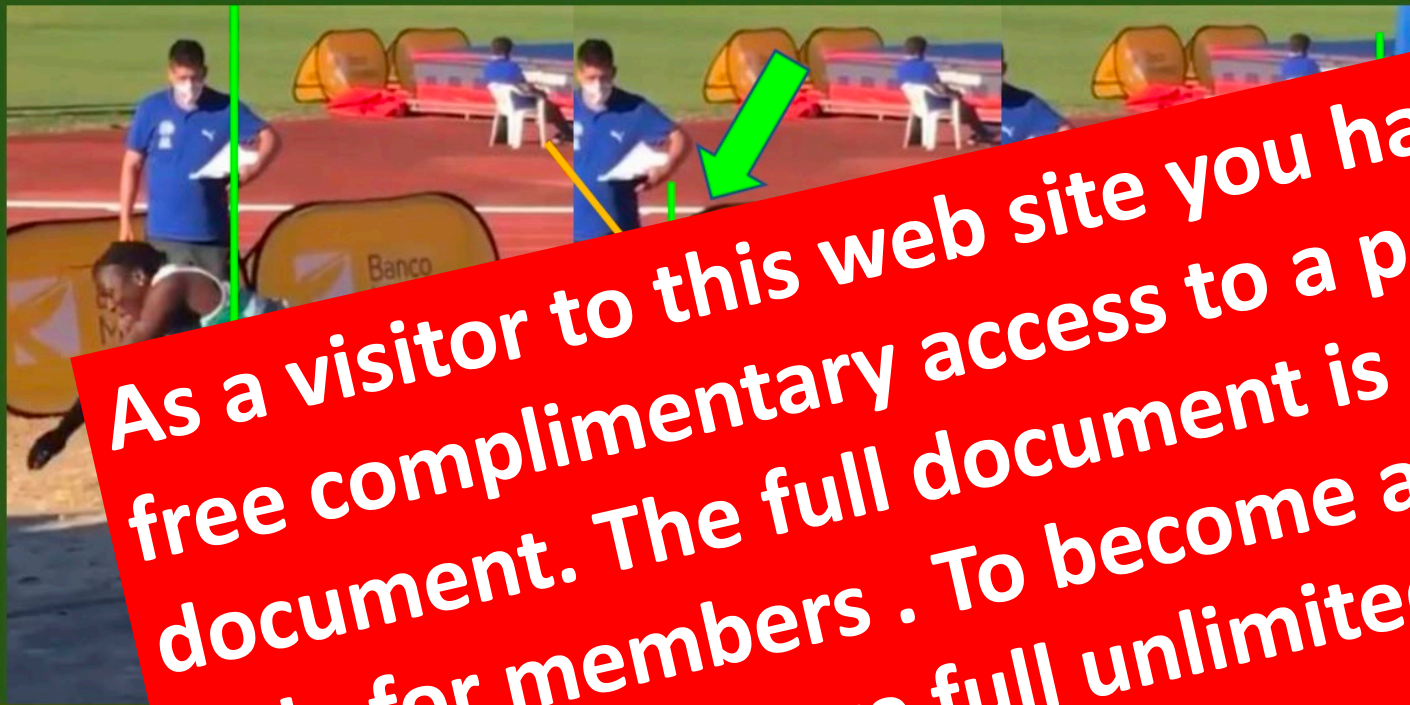
- From the low crouch position , the thrower extends her left leg backward , creating a loss of balance.
- The upper body is passive and maintained as low as possible
- The bums are not dropping down but going slightly up.

### **THE GLIDE -2-**

- The thrower "rolls" on the right foot heel
- Full extension of both legs , the left foot pointing toward the stop board
- The upper body is still low and facing the back of the circle . The left arm is down and the left shoulder closed

### **THE GLIDE -3-**

- Leaving the ground from the heel , the right leg "returns" actively under the body's centre of gravity
- The right foot contacts the ground on the ball
- The upper body is absolutely passive during the phase
- Vertical of the shot is well behind the right foot
- The trunk build a straight inclined line with the left leg



Right foot

**SHOT PUT  
TECHNIQUE  
LINEAR :**  
**Auriol**  
**ONGMO**  
**9,53m**

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**BUILDING TENSION**  
-Rolling action  
"throw" the left  
-When the left foot  
has maintained its  
shot is still back on  
vertical  
-The left arm is open at 90\* to the left  
and the left shoulder still closed

-Opening of the left arm in direction of the throw

1-3-  
The right arm should be moving  
more forward to create more  
trunk tension  
-Left arm starts opening  
completely and going down  
-Right elbow on the throwing  
path