



NEW ZEALAND YOUNG  
WOMEN DISCUS WAVE



**Savannah SCHEEN**

**19 years**

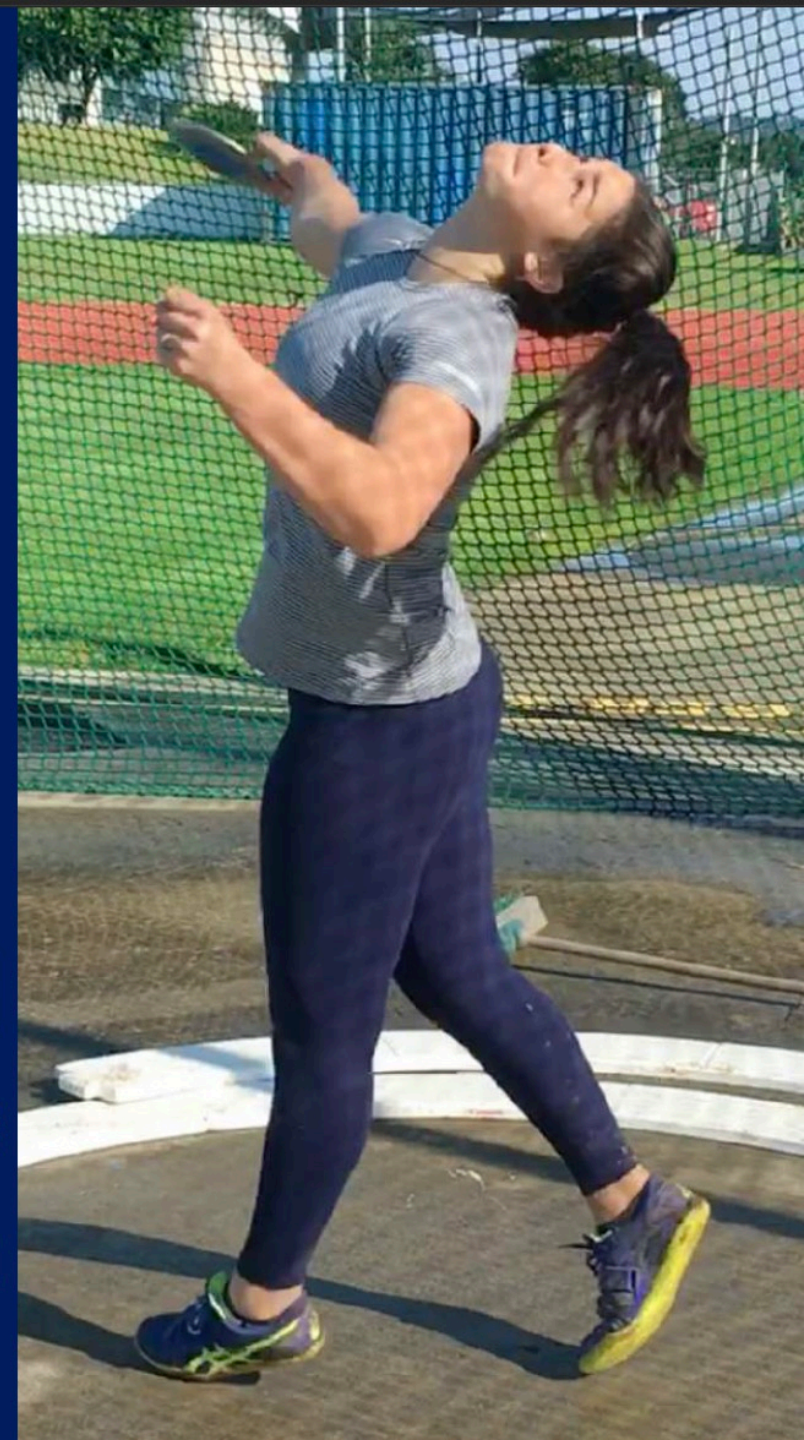
**Pb 54,48m**

**V S**

**Kaia TUPU SOUTH**

**18 years**

**Pb 53,69m**



# Savannah SCHEEN



## The NEW ZEALAND YOUNG WOMEN DISCUS GENERATION

Age : 20 years  
(01-07-2001)

PB : 54,48m

Javelin : 45,14m

Hammer : 42,62m

Club : North Harbour bays

Coach : Mike SCHOFIELD

### Progression discus 1kg

2015 : 14y 34,39m

2016 : 15y 35,23m

2017 : 16y 34,97m

2018 : 17y 37,99m

2019 : 18y 47,86m

2020 : 19y 52,75m

2021 : 20y **54,48m**

Age : 19 years  
(09-02-2002)

PB: 53,69m

Shot put : 15,56m

Club : Takapuna

Coach : Walter GILL

### Progression discus 1kg :

2016 : 14y 40,56m

2017 : 15y 41,28m

2018 : 16y 44,88m

2019 : 17y 47,94m

2020 : 18y **53,69m**

# Kaia TUPU SOUTH



NEW ZEALAND YOUNG  
WOMEN DISCUS

# COMPARIZON Savannah SCHEEN – Kaia TUPU SOUTH

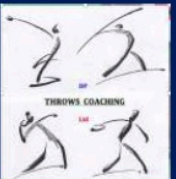


Two quite different ways to start . Both are good , depending what you look for. Savannah keeps her centre of gravity exactly in the middle of her stance , is quite upright and has relatively little trunk torsion

Kaia moves her body weight completely over her right leg , swaying her trunk . She also rotates completely for a full torque and a long range of movement. Her stance is also a lot wider.



**PRELIMINARY  
SWING**



# COMPARIZON Savannah SCHEEN – Kaia TUPU SOUTH



ENTRY



In her entry , Savannah does not shift her body weight completely over the left leg , she is bending the trunk over it , applying some pressure over the left knee to open "like a door" with a wide simultaneous opening action of the left arm. The whole posture is well balanced

Kaia is clearly leading with the head and dropping down the left shoulder . She also do not shift enough her body weight over the left leg with a slightly bent trunk. She is possibly losing range of motion in this phase with the risk to lose balance .

# COMPARIZON Savannah SCHEEN – Kaia TUPU SOUTH



LEFT  
FOOT  
PIVOT

Very good "classic" posture for Savannah with a well balanced body over the pivoting left foot and a very good posture at the end of the pivot . Note the low swinging right leg with the foot already in "foot flex" position



Kaia has a curious grip on the discus with a flexed wrist. Because of her swaying action to the left , she get relatively well over the pivoting left foot and managed her initial left shoulder dropping into a good position at the end of the pivot with a very high swinging right leg.

# COMPARIZON Savannah SCHEEN – Kaia TUPU SOUTH

NEW ZEALAND YOUNG WOMEN DISCUS



RIGHT LEG DRIVE



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Savannah's right leg drive is not ranged . She is more fast turn-in of the right " the discus as high and . Great position at .

At the end of , Kaia produces g swing kicking en with a high nee to the left

At right foot anding , she loses her left arm/shoulder more like a shot putter . Her knee are too wide apart and the trunk torque is not that good





