

THROWERS FROM THE PACIFIC ISLANDS

Alex ROSE

Western Samoa



70.39m

69.41m



PHOTO
SEQUENCES
ANALYSIS

PART ONE : 69.41m

- Picture from World athletics

THROWERS FROM THE PACIFIC ISLANDS

Alex ROSE

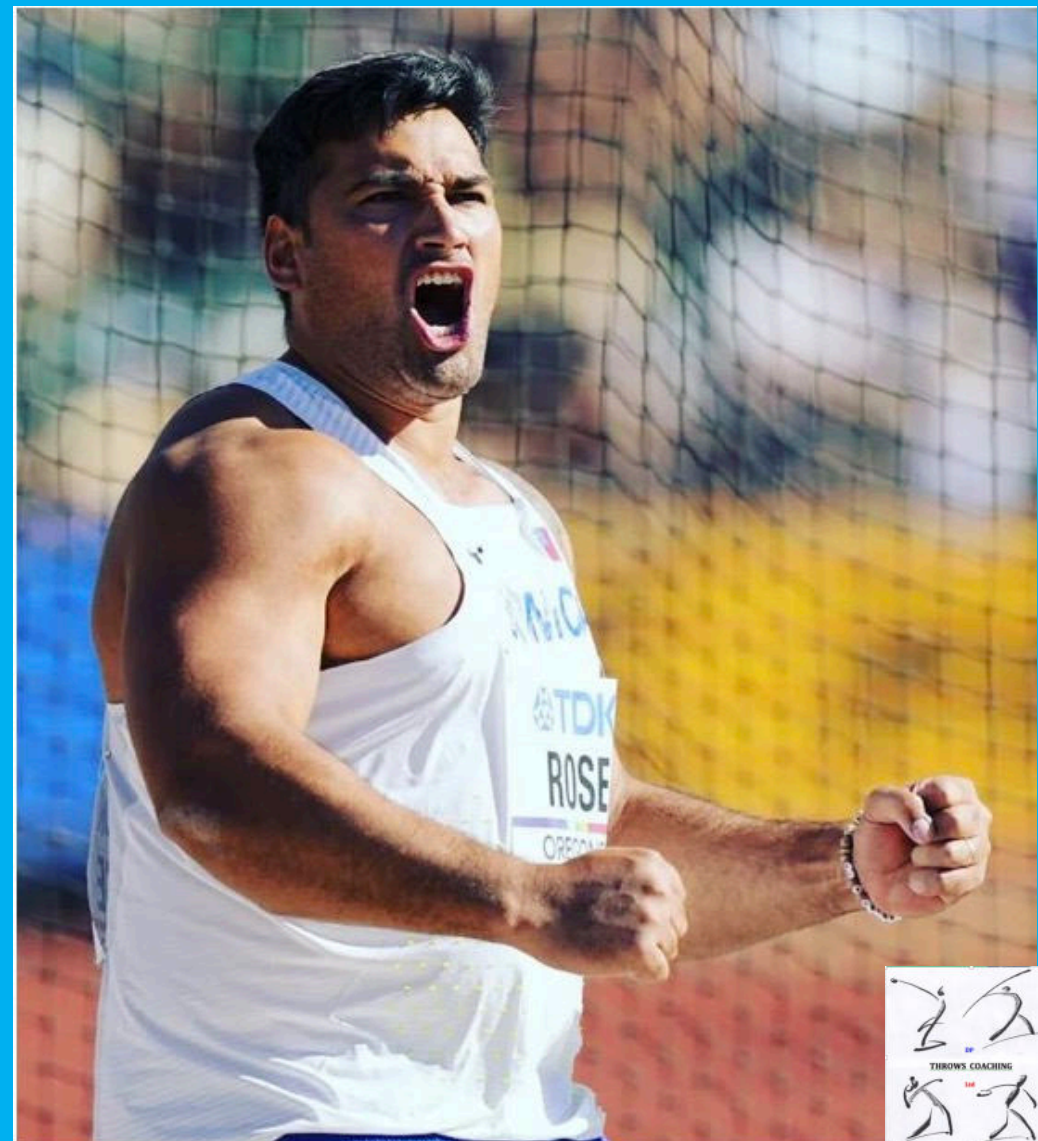
Born 17 November 1991
1.88m 130kg
Western Samoa

DISCUS PALMARES

- 2022 8th World champs Eugene
- 4th Commonwealth games Birmingham
- 2021 18th Olympics games Tokyo
- 2019 21th World champs Doha
- 2018 8th Commonwealth games Gold coast
- 2017 Elim qual world chps London
- 2016 13th Olympics games Rio
- 2015 Elim qual world chps Beijing
- 2013 6th Universiade Kazan
- Elim qual world chps Moscou
- 2010 Elim qual World juniors Moncton

DISCUS PROGRESSION

- 2023 32y 70.39m
- 2022 31y 66.67m
- 2021 30y 67.48m
- 2020 29y 64.35m
- 2019 28y 66.31m
- 2018 27y 59.66m
- 2017 26y 64.30m
- 2016 25y 65.74m
- 2015 24y 61.35m
- 2014 23y 57.29m
- 2013 22y 59.83m
- 2012 21y 56.33m
- 2011 20y 58.70m
- 2010 19y 55.24m

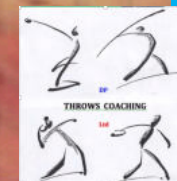


Oceania Championships

G	2012 Cairns	Discus
G	2012 Cairns	Hammer
G	2013 Papeete	Shot Put
G	2013 Papeete	Discus
G	2013 Papeete	Hammer
G	2015 Cairns	Shot Put
G	2015 Cairns	Discus
S	2015 Cairns	Hammer

Pacific Games

G	2015 Port Moresby	Discus
S	2015 Port Moresby	Shot Put
S	2015 Port Moresby	Hammer





Alex ROSE Western Samoa

PHOTO SEQUENCE ANALYSIS

General comments

Alex ROSE is not a "young" thrower ,he was already close to 60m 10 years ago and over 65m 6 years ago .

This sudden jump of performances happening after a 15 years career at international level is quite interesting and should be explained (It seems that the throwing wind conditions were perfect that day and we know that some throws just get the perfect angle and balance and fly astonishingly further than others).

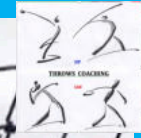


Anyways , Alex ROSE is before anything a very good thrower with a very "classic" technical approach . He does everything quite well at each stage of the throw .

Without doubt the result of a great experience and thousand and thousands of throws .

In fact we can hardly find something negative to say and there are some pleasing positive aspect :

The overall control and balance – great key "T" postures – Good pivots – Good right leg and knee building momentum actions – Good left side blocking – And good 90* from the body arm strike and delivery WELL DONE !



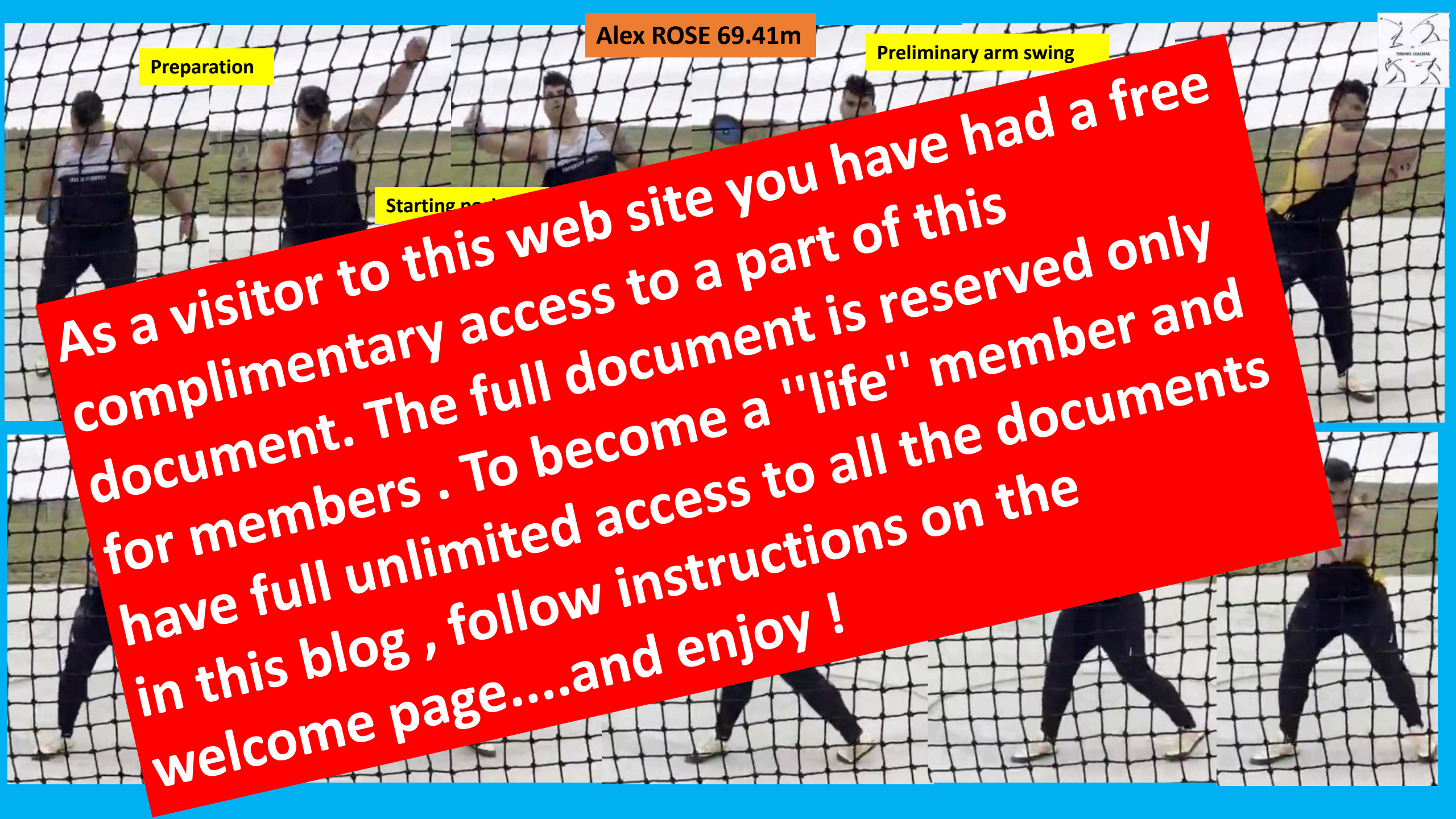
Alex ROSE 69.41m

Preparation

Preliminary arm swing

Starting position

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Right foot leaves the ground

Alex ROSE 69.41m

Right leg swing



Entry

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Right knee dr

Right foot landing

Right foot pivot

Right foot pivot

Alex ROSE 69.41m



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Arm strike

Recovery turn

Reverse feet