

## Minnesota Track and Field Conference Speaker

**Shana Wilkins**

**Title: Tricks and Drills for the NEW Thrower**



**Picture:**

### **Bio:**

- Oregon State Champion in Shot put (45'2") and Discus (132'10") and 4<sup>th</sup> place finish in Javelin (131'2") in 1996
- Ranked 2<sup>nd</sup> all-time at University of Idaho in Shot Put at 51'2", ranked 4<sup>th</sup> all-time in Discus at 173'6"
- Qualified for NCAA Championships in Shot Put and Discus in 2000
- Inducted into McMinnville HS Hall of Fame in McMinnville, Oregon in 2010 (Shana Ball)
- Coach high school track and field at Damonte Ranch HS in Reno, Nevada for 5 years with 10 state qualifiers (5 top 5 State finishers)
- Coached 3 years at Ironwood Throwing Camp in Rathdrum, ID