

Throws of passion



Lindsey Glass giving advice to some throwers at training. Picture: Michelle Desilva

At 72, WA Throwers Club president and head coach Lindsey Glass is showing no signs of slowing down.

He has been involved with the coaching of shot put, discus, hammer and heavyweight throwing for the past 30 years and said it was his daughter's initial ambitions that drew him into the sport.

"My daughter Byrony started doing little athletics when she was seven and I got involved at the time coaching her age group's jumping as they didn't have

any coaches for this at the club," he said.

"As Byrony grew, she changed from a runner, hurdler and jumper to a thrower, and I ended up coaching her in that form from when she was about 13."

He is still coaching his daughter today, who is now 44. Mr Glass said it was when she started throwing that his coaching ambitions really took off. As she progressed, so did he.

Now only coaching students from 14 upwards,

he said he was still involved with not only his daughter's throwing but with some of WA's biggest throwing talents.

"All up I have trained around 120 students in my years," he said.

Despite having its ups and downs, Mr Glass said being surrounded by young people was a real positive aspect, as it allowed him to stay mentally young.

"Because I am working with the open kids mainly, I guess it keeps you young, as I have to stay with it and



Lindsey at the 2019 State Athletics Championships.

learn a little bit about what they're talking about," he said. "Working with (my students) to do their best and seeing them trying to improve is something I like doing."