

Well....

Please post your questions or comments at our Forum.

I just got done writing a lengthy intro after reading all the other blogs (felt like I needed to do a better job after seeing theirs) :) and of course something happened and I lost it all. So..

My name is Sheldon Battle I grew up in Jamestown, NY which is about an hour or more south of Buffalo NY. I attended Jamestown HS ('01) followed by Mesa CC (Mesa, AZ) and finished my college career at the University of Kansas (Lawrence, KS). I am currently training/volunteer at the University of Buffalo after a short stint at the University of Kentucky as a volunteer.

Now I have told you a little bit about my background I suppose I should explain why I'm on the USATF Niagara blog ...

I throw the shot put, I wish I was a pole vaulter, but my belly has grown too big to ride a little pole over a bar 18'+ in the air! Not really, but it would be fun to try if I lost 90 lbs. and could sustain a sprint for 40 yds with a stick in my hand. Enough of that dream, I'm actually here to offer insight into the lift of a competitive shot putter and help others become better athletes, people or whatever else they may aspire to be. I'll try my best to update my blog with interesting events, training, life and whatever else may cross my mind as well as answer any questions people might have. I'm new to this blogging stuff, but I'm sure I'll figure it out sooner or later. Just wanted to say hello and give a brief introduction into what I'm doing here...happy training.

- Sheldon