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NEWS RELEASE

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## BOULDER CREEK'S DOLAN AIMS FOR STATE CHAMPIONSHIP

PHOENIX, AZ (April 21, 2009) – Throwing the shot put and discus is a combination of strength, agility and quickness that few other sports require. It takes a special athlete to be able to be successful.

Roger Dolan is one of those. The senior from Anthem Boulder Creek High has been ranked among Arizona's best in both events all season. He remains focused on winning championships in next month's Class 5A Division II state meet.

Entering the week of April 20, Dolan was ranked second in the shot put at 55 feet, 7 ½ inches and fourth in the discus at 165-3, both at the Chandler Rotary meet. The numbers are even more significant given the fact that Dolan has been throwing for only a few years.

"He has been very dedicated in the weight room and he has picked things up quickly that we've tried to teach him about throwing," said Boulder Creek assistant coach Rick Johnson, who is in charge of the weight events.

Dolan also is strong in the classroom, where he carries a 3.95 grade-point average. He is headed to Arizona State on an academic scholarship and hopes for a chance to compete for the school's track and field team.

At 6-feet-4 and 225 pounds, Dolan has good size. He began his prep career also playing football, then decided to concentrate on the shot and discus. Injuries (foot, ankle, hamstring) also were a contributing factor.

He was hanging out with a few friends and they were throwing the shot and discus around.

"I hardly had thrown at all before, but I was throwing as far or farther than they were. I was throwing pretty far, especially for me," Dolan said. "Then I started taking it seriously.

"I have always tried to do my best. I've been getting a lot better distances lately and that is what has helped to push me."

In the beginning, it was more an issue of strength. Dolan was in the weight room on a regular basis. He also was there as he rehabilitated his injuries, leaning his crutches against the wall and going to work.

Once he returned to full health, he began to concentrate on his technique and footwork.

"It doesn't come easy," Dolan said. "I never really learned to spin like I should, but I have been doing a lot better with that. I just have to keep trying to improve."

Dolan enjoys helping younger athletes improve. He assists Johnson at various youth clinics, including some for kids with disabilities.

"We all have a good time," Dolan said.

Said Johnson: "He is a good citizen."

The 2009 season is rapidly heading toward its conclusion. Dolan would like to finish with a flourish.

“Winning a state championship would be awesome,” he said. “It is everything that I have been working for. I am determined to work even harder these next couple of weeks and I want to make it pay off.”

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