

Jonathan Gionet

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<https://www.facebook.com/jonathan.gionet.1>

“ I am Jonathan Gionet, I am a 23 year old high performance Shot Putter originally from Bathurst, NB but I now live and train out of Fredericton, NB.

I am the NB Indoor and Outdoor Shotput /Discus record holder as well as a 2X Gold and Silver medalist at the Atlantic University Championships.

My short term goals are to break my personal best and break 17m to solidify myself as one of Canada's best shot-putters.

My long term goal is to make the National team for the Pan American Games in 2019.

I am a very dedicated athlete, I train 10-11 times a week either in the weight room or at the track perfecting my technique. ”



Personal data

DOB: May 17th, 1994

Height: 1.85m

Weight: 115.5kg

Occupation: Recent Graduate / Full-Time Athlete

Address: 186 coventry crescent, apt B, Fredericton, NB

Tel: (506) 543-0854

Recent Performances

Outdoor season 2017

Shot put 15.92m Ranked 1st in NB, 10th in Canada, NB Record

Discus 47.26m Ranked 1st in NB, 12th in Canada, NB Record

Indoor season 2016-17

Shot put 16.76m 1st at Atlantic University Championships, Conference Record, NB Record. 4th in Canada

Objectives

Indoor Season 2018

- Rank 7th or better while aiming for top 5 finish in Canada.

Outdoor season 2018

- Rank 7th or better in Canada for the shot put
- Push for a shot put podium finish a Nationals

Training Environment

Member of the FLTC since 2014. I am training under the guidance of coach Yvan Pelletier (FLTC, UNB) and Kenneth Morrison (Canadian Sport Centre Atlantic, UNB) with FLTC and athletes from the UNB Varsity Team.

In the Media

Acadie Nouvelle, 08/03/17, “Jonathan Gionet sera gourmand à Edmonton.”

Acadie Nouvelle, 27/08/16, “... Jonathan Gionet à poussières de deux grands rendez-vous.”

Acadie Nouvelle, 16/06/16, “ Objectifs élevés d'un lanceur de disque et de poids.”

Telegraph Journal, “Jonathan Gionet, Bathurst, UNB shot put record.”

Accomplishments

2013

Track & Field Rookie of the Year, St. Thomas University
Member of Team New Brunswick, Canada Summer Games

2014

4th place in the shot put, AUS Indoor Track & Field Championships
Track & Field Most Valuable Athlete, St. Thomas University

2015

1st place in the shot put, AUS Indoor Track & Field Championships
Track & Field Most Valuable Athlete, St. Thomas University
Atlantic Champion for shot put, East Coast Games
Canadian Interuniversity Sport Track and Field Championships

2016

Provincial record-holder for the indoor shot put
2nd place in the shot put, AUS Indoor Track & Field Championships
Finished indoor season ranked #14 within the CIS and #15 nationally
Track & Field Most Valuable Athlete, St. Thomas University
Atlantic Indoor Senior Shot Put Champion, Atlantic Indoor Championships
Atlantic Champion for shot put/discus, East Coast Games
1st place in shot put/ 2nd in discus, Quebec Provincial Championship
Athletics NB Senior Male Athlete of the Year

2017

1st place in the shot put (Conference, NB and UNB Record), AUS Track & Field Championships
Qualified for the U Sports National Championships
Finished indoor season ranked #4 within the U Sports (CIS) and #7 nationally
Qualified for the Jeux de la Francophonie International, Ivory Coast
Red and Black Award, University of New Brunswick
6th place finish, Jeux de la Francophonie International, Ivory Coast
7th place finish Canadian Senior Nationals, Ottawa, Ontario
Atlantic Champion for Shotput and Discus, East Coast Games