

**Another amazing announcement for the T&F
Coaches clinic 2026.
We are pleased to announce one of the speakers
for the throws room
David Dumble**



David is a life long lover of track and field. He has a rich background in throwing events. He was a 2x All-American in the discus while competing for UCLA. He then shared his passion for throwing by coaching at Virginia Tech, Arizona State, and Oregon State for a total of 24 years. His storied coaching career included developing 24 individual NCAA Champions, 83 First Tea All-Americans, and was a part of 4 NCAA Team Championships. At the international level, he has coached 4 throwers that represented the USA at the World Championships.

Coach Dumble's bio from his time with Oregon State:

Nationally-acclaimed throwing coach David Dumble joined the Oregon State track & field program on Sept. 9, 2016. During his time in Corvallis, Dumble has already made his mark by creating a culture of leadership and elevating "Throwvallis" to a national profile.

The 2023 season was historic for OSU throwers with Jade Whitfield (discus) rewriting the record book and becoming the first Beav to earn first-team All-America honors and score at the NCAA Championships since 1986. Dumble coached the redshirt sophomore to become OSU's first All-American in the discus since 1973 and a runner-up finish at the Pac-12 Championships that was the best ever for a Beaver thrower.

In total, Dumble's Beavs broke three school records across indoor and outdoor seasons with eight new marks in the Oregon State all-time top 10. Keely McLaughlin broke both the indoor and outdoor shot put records during the season. Three throwers made the NCAA West Regionals with Ella Knott, Maryann Ackerman and Whitfield qualifying. Whitfield and Knott both

scored for OSU at the Pac-12 Championships while Ackerman unleashed a massive PR on her final throw that was just short of a scoring mark as a redshirt freshman.

In Dumble's fifth year overseeing the Beaver throwers, he coached two Beavs to NCAA Regional marks in the javelin: Knott and Isabelle Esler. Outdoors, five OSU throwers recorded improved or new top-10 all-time marks. Indoors, four Beavers entered or improved their marks in the OSU Top 10 including redshirt freshman Jade Whitfield making the shot put and weight throw lists. The Beavers had a historic outdoor track and field season in Dumble's fifth season on staff. Dumble coached Lindsay McShane to a school hammer throw record of 64.47m (211' 6"). The 2020-21 Oregon State track and field team posted a combined seven top-10 throw performances in school history. Under the guidance of Dumble, McShane and Taylor Crockem each finished in the top-eight at the Pac-12 Championships to score team points for OSU. Oregon State sent three throwers to the NCAA West Regionals with McShane and Sydney Guthrie-Baker in the hammer throw, and Sara Sanders in the javelin.

Dumble came to OSU from Arizona State, where he compiled an outstanding resume coaching the ASU male and female throwers over 15 seasons. He also spent one year as an assistant track & field coach at Virginia Tech during the 2000-01 season. Over all of his years of coaching, Dumble has led his charges to two world championships, 24 NCAA titles, 28 Pacific-10/12 Conference championships and 82 First Team All-American accolades. David's years at Arizona State were spent developing a strong throwing program that still exists today.

One of the unique qualities that David displays as a coach at the elite level is his attention to the total thrower. Dumble takes his time and gets to know his athletes on a personal level to help them identify and improve any weaknesses they might have. A teacher at heart, Dumble has excelled at helping all of his athletes develop throughout their time in college. This is exemplified by coaching at least one walk-on thrower to score at the Pac-12 Championships in almost every year of his tenure.

Dumble was named the West Region Women's Throw Coach of the Year four times (2005-08); the national Women's Throw Coach of the Year twice (2006-07); the West Region and national Women's Indoor Assistant Coach of the Year (2008); the West Region Men's Indoor Assistant Coach of the Year twice (2010, 2013); the national Men's Indoor Assistant Coach of the Year (2010); the West Region Men's Outdoor Assistant Coach of the Year (2010), and the national Men's Outdoor Assistant coach of the Year (2010) while at ASU.

Some of his protégées include four-time NCAA shot put champions Jordan Clark and Ryan Whiting; All-American shot putter Anna Jelmini; Team USA shot putter Sarah Stevens-Walker; All-American shot putter Jason Lewis; All-American discus thrower Cj Navarro; NCAA discus champion Jessica Pressley, and 2008 Olympian Jacquelyn Johnson. Dumble also helped guide Chelsea Cassulo to a 2013 NCAA title in the hammer throw while at Arizona State.

On the top list of throwers that he helped maximize their potential, Whiting stands as one of his most accomplished athletes. During his collegiate career, Dumble helped Whiting win five NCAA Shot Put titles, one NCAA Discus Title, 10 All-American Places and an NCAA Indoor Shot Put Record. This was no easy feat as only three shot putters that have thrown over 70 feet in high school have surpassed the 70 mark in college. The attention to detail that Dumble helped Whiting with included his improved technique on the field and in the weight room. Whiting was

the world champion in the indoor shot in 2012 and 2014. Three athletes he coached also combined for five USTFCCA Scholar Athletes of the Year awards.

Destiny Dawson is one of Dumble's most recent success stories. Dawson transferred to Oregon State as a 147' javelin thrower with her average throw in the 130's. Dawson took advantage of a redshirt year and two years of eligibility to develop her technique, speed and strength to eventually throw a mark of 171'11" at the 2018 NCAA Championships which would end up breaking the school record in Dumble's only third year with the Beavers. Dawson earned a second team All-American spot with her performance.

A 1997 UCLA graduate with a BS in environmental studies, Dumble was a two-time first team All-American in the discus and was the team captain his senior year. He competed in the 2000 United States Olympic Trials, and at two USATF Championship meets.

He graduated from Bakersfield College before enrolling at UCLA. He was the California junior college state-champion in the discus there, and is a member of the Bakersfield College Hall of Fame. Dumble earned his Certified Strength and Conditioning Specialist (CSCS) certificate from the National Strength and Conditioning Association (NSCA) and has a Master's of Education degree in Higher and Secondary Education from ASU.

Coach Dumble is currently the CEO of Dumble Athletics LLC