

2011 Discus Reviews

Very High Spin(80-92% Rim Weight)



★★★★★ PacerGold (86% R/W)

My favorite discus overall. It feels great in the hand and the flight is tremendous. The rim has a nice stickiness to it and the plates have just enough texture. The discus is expensive but durable, although the edges of the plates will have to be popped in occasionally.



★★★★★ UCS Purple Flyer (90% R/W)

A great, durable discus with a nice rim texture to it. Has one of the highest rim weights available. Although the Flyer is expensive (\$285- 309) , it will last. (Note that its plates are slightly slippery compared to its competitors.)



★★★☆☆ Polanik Carbon Discus (92% R/W)

A bargain price for its high rim weight but I found it not to be very durable. The plates of the discus chipped easily and its flight was not that spectacular. I spin a discus very rapidly but was never able to throw really far with this one. The rim feels thick and slightly cumbersome.

High Spin(75-80% Rim Weight)



★★★☆☆ OTE High Moment (80%R/W)

It is unfortunate that this discus has such flimsy plates. The rim has a nice feel to it and it is easy to spin but I have seen many OTE's lying in sheds because the plates are crushed and are not replaceable.



★★★★★ UCS Orange Flyer (80% R/W)

This is a solid discus that holds up well with repeated throwing. Its' cost is on the high end for an intermediate level implement but its durability and feel make it a worthwhile purchase. I would recommend this discus to anyone.

Low Spin/Intermediate Thrower(70 - 75% Rim Weight)



★★★★★ Hollywood Star (75% R/W)

This discus has evolved in quality since I threw it back in the 1990's. It is durable, easy to spin, and quite costly for a low spin implement. Although the Star is the most popular discus now thrown, personally, I would move up to a higher spin discus for the money.



★★★★★ Gill Blue (75% R/W)

This discus spins easily and flies well. Although its plates can crack and sometimes move even after tightening the screw, you can buy 3 Gills for the price of one Hollywood. It is a great discus for high schools with a lot of throwers.

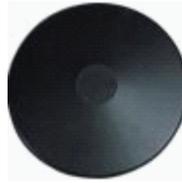
2011 Discus Reviews (continued)

Beginner(50 - 60% Rim Weight)



★★★★★ Wood (60% R/W)

Woods are very common for beginning throwers and great for learning how to spin the discus. There durability can be a factor since the plates can chip, and the plate itself can loosen. Sometimes this can be fixed by tightening the screw and sometimes not. In wet conditions the wood can swell so the plates won't be flush to the rim. It is a great learning discus and better than a rubber one. Very inexpensive.



★★ Rubber (50% R/W)

Rubber discus are good for learning how to throw but most meets will not allow you to compete with them. They are fairly durable, very cheap to purchase, and can be used for indoor throwing using nets or batting cages. Rubber discus can chip if they hit hard surfaces, like cement or a metal cage.



The type of discus you choose can make a big difference in your ability to throw. Getting the most out of your choice will depend on how far you throw, how well you spin the discus, and your technique. High rim weight makes a discus more difficult to spin fast and should only be used by experienced athletes who already throw far. Ideally, choose a discus that you have examined in person and have had a chance to throw a few times. If this is not an option, master your current rim weighted discus and then try the next step up.

As an experienced thrower, I can pick up a discus and instantly know how well/poor I am going to throw it. When you pick one up make sure it feels good in your hand; and then set about learning how to spin it. A discus won't make a thrower great but a great thrower will reap the benefits of a great discus!

The opinions expressed above are gleaned thru personal experience, from coaching, and from conversations with fellow athletes and coaches. If you have additional comments or insights, please send them to me at:

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Categories are ranked individually.