

Throwing career was unexpected

BY KEVIN SHIELDS • Sports Writer • February 16, 2010

Molyet set two school records on way to UC scholarship

FREMONT -- Throwing a disc or an iron ball on scholarship was never a thought in the mind of St. Joseph Central Catholic's Jessica Molyet until recently.

"I was always kind of shy," the senior said. "I didn't start sports until seventh grade because I didn't want to perform in front of people."

But during the winter of her freshman year in high school, at basketball practice, Molyet, by accident, found her calling.

"I was in the gym throwing up half-court shots and Emily Overmyer (a former SJCC athlete) saw me, who was practicing shot put inside," Molyet said. "She told me I should think about throwing. I was like, 'what's that'? She told me I should just do it."

Molyet joined the Crimson Streaks track and field team that spring. Throwing was also something she did well.

Now, four years later, the soft-spoken Molyet holds SJCC records for the shot put and discus entering her final spring. And her performances were nothing to be shy about, especially to the University of Cincinnati.

Molyet will continue her throwing next spring for the Bearcats, with whom she signed a national letter of intent Feb. 6. Her signing is the biggest for a Crimson Streak thrower since Overmyer signed with the University of Dayton in 2006.

"I never really thought I'd become an athlete in college," Molyet said.

That's a sentiment that wasn't shared by her throwing coach, Brenda Peiffer.

"She's been a college-caliber athlete since day one," Peiffer said.

As a freshman, Molyet was throwing the discus around 97 to 99 feet. Two seasons later, she was throwing in the 140-foot range.

Basketball remained her main sport entering her sophomore year, however, she started to realize she may be better at tossing the iron ball and disc instead of the basketball.

"I started practicing over the summer and saw I was getting pretty good at throwing," Molyet said. "Then it came to districts that year, and I qualified for regionals, set a personal record again, and I qualified for state."

Molyet took the Midland Athletic League crown in the discus as a second-year thrower. Her toss of 121-10 at regionals qualified her for state. There she tossed 128-03 to finish fifth in Division III.

It was a performance that wasn't missed. Molyet's showing caught the eye of UC's track staff.

"It was there at states where they started looking," Molyet said. "They contacted me at the start of the fall this year, made me an offer and I looked at it and I really liked it."

In the spring of 2009, Molyet helped SJCC to a second-place finish in the MAL and third-place showing at districts. She defended her MAL title in the discus again and was league runner-up at shot

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put.

Molyet was also the runner-up in both at districts, where she set the school record for the shot put with a toss of 38-8.75. Earlier in the year she broke Overmyer's school mark in the discus with a toss of 148-7.50 at Port Clinton.

"I started throwing because I wanted to be a better basketball player," Molyet joked. "Funny thing is, I ended up being better at track."

Academics were another asset on Molyet's side. She was named to the Division III Academic All-Ohio squad three years and is well on pace for a fourth this spring.

"When we look at athletes to bring into our program, we look at a number of factors," UC head coach Susan Seaton said. "Not only must they be established athletes, they need to have proven themselves academically, too. Jess (Molyet) had all of that."

Seaton believes a lot of the UC program's success comes from having a tight-knit locker room and family atmosphere. Something she says Molyet will fit right into.

"We really enjoyed her personality," Seaton said. "We're very excited to have her come down. She's a little quiet, but she's very determined."

The chance to make an immediate difference for the UC team was a huge selling point for the Crimson Streak thrower.

"I'll be going in as the top discus thrower, so I'll be able to hopefully make an impact and stick out right away," Molyet said.

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