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Kylie can whip it ... whip it good

By: Rick Heaton, sports editor



Kylie Spurgeon

You don't throw the discus.

You whip it.

That's just one of the many tricks Owasso High School senior discus thrower, 'er whipper, Kylie Spurgeon learned from a new coach earlier in the 2006 track and field season.

In fact, she soaked up information like a sponge from Tulsa Spikes throwing coach Caleb Seal.

The two, despite living just a mile from each other, finally got together in March, and it has been all gold medals, state records and national honors since.

Spurgeon had a very inconsistent sophomore season as far as throwing the discus.

She was inconsistent, but her natural ability still earned her gold medals at many meets.

But early in her junior year, she and Seal began breaking down her technique.

She started winning on a regular basis.

"It's consistency," Spurgeon said. "You're not really throwing it - you're whipping it. Instead of going forward, like when you throw a baseball, you lean back. He taught me how to build energy when you throw, not just speed. You use everything. He taught me more technique and how to really throw it. It has made all the difference."

And all that work paid off.

She won meet after meet.

She got better and better and had her biggest day on the biggest stage - the Class 6A State Track and Field Championships.

Not only did Spurgeon win a gold medal, she threw it farther than any other girl in Oklahoma.

Her throw of 158 feet, eight inches took off like a frisbee, and didn't come to earth until the record was snapped.

"I couldn't believe it went that far until I went out there and saw it," Spurgeon said. "It didn't feel like it was going that far. The ones that feel like they didn't take any effort go the farthest. It's one of

those weird science or

physics kind of things."

Spurgeon knew she

would eventually get to

throwing the discus that

far. But at state?

"I knew I could throw it that far, just doing it was the thing," Spurgeon said. "And we didn't expect to do it there. We thought maybe this summer."

And this summer, she went even farther.

Her best throw of the summer was the Golden West meet where she threw a whopping 160-4.

And she knows she can go even farther next spring, after another basketball season where she is one of the leading scorers and rebounders on the Lady Rams team.

"I was getting better and better in practice and everything was getting longer," she said.

And she won't stop until she reaches her next goal.

"Next year, we're going to see if we can get the national record (188-0)," Spurgeon said. "My technique isn't even close to perfect. We can fix that this winter."

And of course, colleges are drooling over her like a pit bull over a New York strip.

All of the Oklahoma colleges, along with Tennessee, SMU, UCLA, Rice,

TCU, North Carolina, Arizona State and other schools, have been courting Spurgeon.

She has whittled it down to about two schools, but hasn't made up her mind yet.

She was pleased to receive the Gatorade Oklahoma Female Track and Field Athlete of the Year award earlier this week. One will be displayed at the school, and she gets to take the other one home.

But it's not all a bed of roses for Spurgeon

The problem with throwing that far is she has to walk farther to get it.

But Spurgeon has figured out a way around that.

"My dad just stands out in the field and throws it back," laughed Spurgeon.

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