

## CHS Grad Coaches Success

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### Seal's Throwers Among Best in Oklahoma

In 2006 and 2007 former CHS discus thrower Caleb Seal coached Kylie Spurgeon who finished as the second best female discus thrower in the country.

She was a two-time State Champion, earned Two-Time All-American honors and was Gatorade Athlete of the Year both years. She captured the Overall State Record in Oklahoma with a throw of 173'-2", and ended her career as one of the best all-time discus throwers in U.S. high school history.

As a freshman at SMU Spurgeon has qualified for the 2008 NCAA Division I Outdoor Track and Field Regional's which will be hosted by University of Nebraska May 30-31 with plans to qualify for both NCAA Championships and 2008 Olympic trials.

The last two years Seal has hosted a few throwing camps and routine practice sessions that extend through track season that have attracted throwers from all over the state. This spring was another great season for Seal's throwers adding two individuals to the State Champions list.

Megan Fuller, a junior from Claremore Sequoyah, increased her personal best in the discus five feet to 141'-4" and five feet in the shot with a throw of 41'-5", which were the best throws recorded in the state in both events. Fuller won both discus and shot put in Class 4A at the Oklahoma State Championships and has been selected to throw at the Great Southwest Track Classic in Albuquerque, NM on June 7, 2008.

This year also included a very promising Freshman class; Hartly Carlisle of Laverne, Okla. claimed Class 1A State Championships in the Discus and Shot put with a personal best 120'-6" in the discus and 34'-5" in the shot put. Sarah Tolson of Pawhuska, Okla. claimed the Class 3A runner-up in the discus at State. She had an improvement of 30 feet and a season best throw of 110'-7".

Also, class 4A State Qualifier Mackenzie Shipp of Idabel, Okla. had a season best of 127'-3" in the discus and 37'-8" in the shot put.

As Seal looked back at the last three years he said, "I can say it has been very rewarding. At the State Track Meets alone over the last three years I have had four individuals take home 6 Gold medals and 2 runner-up finishes, the State Meet Record was broken twice and the Overall State Record was broken once in the discus. Most of the success I have had starting back in Jr. High through today has come from various sources in Childress that I must give credit to which includes the coaches at Childress High School."

Seal credits Mr. Bryce Wormsbaker; who organized summer strength and conditioning workouts during the summer and Mr. John Bragg for my discus and shot put knowledge that I still use today.

"I would like to also congratulate the Lady Cats 4x200 relay team on winning the State Championship and the rest of the Childress track athletes on their accomplishments this season. Winning a State Championship is a very special accomplishment knowing you competed against the very best and finishing on top."

Seal, his wife Tiffany and kids Gavin and Payton reside in Owasso, Okla. Caleb works as an Engineering Technician at Newfield Exploration Oil & Gas Company and Personal Trainer at All-American Fitness Centers in Broken Arrow and Owasso; his wife Tiffany is a Dental Hygienist for Boyd Family Dentistry in Owasso.

He is the son of Clay and Karen Seal of Childress and a 2000 graduate of Childress High School.