

## Olympic discus champ visits Owasso

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Caleb Seal, who has worked with local athletes in throwing events the past three years, had a very Olympic special guest stop by recently.

Mac Wilkins, 1976 Olympic champion, four-time world record holder, eight-time US champion and silver medalist at the 1984 Olympics in Los Angeles, offered his expertise to several discus throwers at the high school athletic facility Feb. 7.

Seal said he got acquainted with Wilkins during the 2007 U.S. National Championships in Indianapolis, Ind.

"I feel very fortunate to have become friends with Coach Wilkins over the years," Seal said. "I thank him for the time he has taken to share his knowledge with us and getting to know some of the throwers."

Seal formed the Seal Throwing Club in 2005, focusing on instruction in discus and shot put for all ages.

"Athletes have an opportunity to learn proven techniques that will help them excel," he said of the club.



Olympic champion Mac Wilkins gives some tips on discus throwing to Hartly Carlisle, a junior from Laverne and two-time Class 1A champion. Photo by Jerry Whited/Owasso Reporter

As a former collegiate thrower at Sam Houston State University in Huntsville, Tex., Seal said he enjoys sharing his passion for the throwing events with athletes from all over the state. For the past 14 years he has studied, thrown and now coaches the throwing events.

He was a three-time state qualifier in Texas and has set many records.

"I am proud to have hosted many former championship athletes and several top-ranked high school champions," he continued. "The last three years the throwers I have coached not only have been among the best in Oklahoma but have also been at the top nationally. I look forward to sharing my knowledge with athletes who not only want to improve their performance, but also want to throw at the next level."

Seal had four individuals take home 11 gold medals and two runner-up finishes at the last four state track meets in Oklahoma and Texas. The state meet record was broken twice and the overall state record was broken once in the discus.

Aside from his work with the Seal Throwing Club in Owasso, he works full time at Newfield Exploration as engineering technician.

The athletes Wilkins shared his knowledge with were Kylie Spurgeon, 2007 Owasso grad, two-time class 6A state champ, state record holder and two-time high school all-American in the discus, currently throwing at SMU; Sarah Tolson, Pawhuska junior, class 3A state champion and USA Junior Olympic National Champion in the discus; Hartly Carlisle, Laverne junior, two-time class 1A state champion in discus and shot; Jonny Tipton, Huntsville, Texas, 2009 NCAA midwest champion, NCAA national qualifier in the discus; and Casey Keilbarth, Tulsa.

