



2025 PURCELL DRAGON

THROWS CAMP

OCTOBER 25TH, 2025



BEGINNER CAMP 8AM-12PM

SHOTPUT WITH OU THROWER TUCKER SMITH AND COACH PAGE

DISCUS WITH OU THROWER BRENDON SEE AND COACH PAGE

- RULES OF THE RINGS
- HOLDING OF IMPLEMENTS AND RELEASE
- BASICS OF SHOTPUT AND DISCUS PHYSICS (CENTER OF MASS, AXIS OF ROTATION, BLOCK LEG, BLOCK ARM, KEEPING WEIGHT BACK)
- POWER POSITION (STANCE, LOWER BODY FIRST, STRETCH REFLEX, LINEAR DRIVE AND RELEASE)
- REVERSE VS. NON-REVERSE
- SHOTPUT GLIDE AND DISCUS SPIN BASICS
- FULL THROWS WITH COACH FEEDBACK
- THROW VIDEOS THAT WILL BE ANALYZED AND A PERSONAL VIDEO WILL BE SENT TO EACH CAMPER
- QUESTION AND ANSWER SESSION

\$100/CAMPER

**ALL PROCEEDS GO TO THE
PHS THROWING PROGRAM**

**RSVP TEXT TO COACH PAGE
AT 405-924-0116 BY 10/22/25**

PURCELL SCHOOL DISTRICT IS NOT RESPONSIBLE FOR ACCIDENTS OR INJURIES INCURRED AS NORMAL OPERATION OF THE CAMP.



2025 PURCELL DRAGON

THROWS CAMP

OCTOBER 25TH, 2025



ADVANCED CAMP 1PM- 5PM

SHOTPUT WITH OU THROWER TUCKER SMITH AND COACH PAGE

DISCUS WITH OU THROWER BRENDON SEE AND COACH PAGE

- RULES OF THE RINGS
- HOLDING OF IMPLEMENTS AND RELEASE
- SHOTPUT AND DISCUS PHYSICS (CENTER OF MASS, AXIS OF ROTATION, BLOCK LEG, BLOCK ARM, KEEPING WEIGHT BACK)
- POWER POSITION (STANCE, LOWER BODY FIRST, STRETCH REFLEX, LINEAR DRIVE AND RELEASE)
- REVERSE VS. NON-REVERSE
- SHOTPUT GLIDE AND DISCUS SPIN
- FULL THROWS WITH COACH FEEDBACK
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TUCKER SMITH

- #1 RANKED HIGH SCHOOL SHOT PUTTER IN 2022
- 2 TIME GATORADE TRACK ATHLETE OF THE YEAR
- 72' HS SHOT PUT
- 2ND PLACE FINISH IN BIG 12 (2022-2023)
- 4 TIME NCAA CONFERENCE SCORER
- 2025 NCAA OUTDOOR NATIONAL QUALIFIER
- D1 TRACK AND FIELD ATHLETE AT THE UNIVERSITY OF OKLAHOMA
- #4 OU ALL-TIME SHOT PUTTER



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BRENDON SEE

- TEAM USA U20 PAN AMERICAN GAMES DISCUS SILVER MEDALIST (2023)**
- D1 TRACK AND FIELD ATHLETE AT THE UNIVERSITY OF OKLAHOMA**
- OLYMPIC TRIALS QUALIFIER (2024)**



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WILL DIBO

FOUR-TIME AUSTRIAN OUTDOOR CHAMPIONSHIP SHOT PUT CHAMPION
WON THE 2022 AUSTRIAN INDOOR CHAMPIONSHIP SHOT PUT TITLE
2025 NCAA WEST FIRST ROUND QUALIFIER (DISCUS, SHOT PUT)
2025 SPRING SEC ACADEMIC HONOR ROLL
2024 NCAA EAST FIRST ROUND QUALIFIER (DISCUS, SHOT PUT)
2024 AMERICAN ATHLETIC OUTDOOR CHAMPIONSHIPS SCORER (DISCUS)
2024 AMERICAN ATHLETIC INDOOR CHAMPIONSHIPS RUNNER-UP (WEIGHT
THROW)
2023 NCAA EAST FIRST ROUND QUALIFIER (DISCUS)
2023 AMERICAN ATHLETIC OUTDOOR CHAMPIONSHIPS RUNNER-UP
(DISCUS)
2023 AMERICAN ATHLETIC OUTDOOR CHAMPIONSHIPS SCORER (DISCUS,
HAMMER THROW)
2023 AMERICAN ATHLETIC INDOOR CHAMPIONSHIPS RUNNER-UP (WEIGHT
THROW)



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