



chicago, illinois

ao throwers club

ao throwers club was founded to encourage and help young people develop in four key areas.

- ◆ **Physically:** by learning skills related to the sport of track and field and improving their physical conditioning.
- ◆ **Emotionally:** by building their feelings of self-esteem by recognizing their individual achievements.
- ◆ **Socially:** by having fun, forming bonds of friendships and learning good sportsmanship.
- ◆ **Technically:** by learning the fundamentals of discus, shot put and javelin from an expert in the field and following through to participate at the High School level and beyond.

Established 2008 in honor of the late **Al Oerter**, four-time Olympic discus Champion (1956, 1960, 1964, 1968).
Head Coach and Founder: **Tom Pukstys CSCS**

Club Membership

- \$395 / year USATF membership also required.
- 18-20 training sessions with Tom Pukstys, 2012 US Olympic Team Throws Coach
- Individual training plan
- Entry into Throws meets on 6/12, 6/19, and 7/10
- AO Throwers Club t-shirt
- Full access to TP Sports Performance training center at Bo Jackson's Elite Sports Dome
- Local meet support throughout season until USATF Club Nationals in August (Local track meet details TBD)

Tom Pukstys CSCS—Head Coach

College

University of Florida, 1990, BS Public Relations
Two-time All American

Athletic Career

Two-time Olympian / United States (1992, 1996)
United States javelin record holder—1993 to 2004
Ranked top ten in World in 1992, 1996 and 1997
14 years on European Track and Field Circuit

Post Athletic Career

2012 US Olympic Team Throws Coach
Head Coach / Organizer —2005 USA vs. Finland Challenge
Assistant US Throws Coach—2006 Pan American Games
USATF National Javelin Coordinator
Owner / Coach —TP Sports Performance

Training Schedule (begins early June)

Time/Date: 6pm—8:00pm on Mondays/Wednesdays
Location: Chicago Christian HS, Palos Heights, IL
(In case of inclement weather sessions will be held at Bo Jackson's Elite Sports Dome)



USATF Member Club #21-0533

AO Throwers Club Registration Form

Athlete Name		Date of Birth	
Parent's Names		Weight	
Address		Height	
Home Phone		Event	Shot / Discus / Javelin
Last School Attended		Best Throw	
Emergency Contact (Name / Phone)			
Medical Conditions			

Complete and return with annual dues to:

AO Throwers Club
12243 S. 76th Ave.
Palos Heights, IL 60463

For more information:
708.218.7510
or
tpukstys@sbcglobal.net

I agree to participate in training, volunteer work or competition in track and field with AO Throwers Club. I agree to abide by AO Throwers Club rules and regulations while participating in club-sponsored events. I understand that participation with AO Throwers Club requires a degree of physical fitness and I attest that I am in good health and able to safely participate in these activities. I affirm that I will assume all risks attendant thereto and thus, hereby release, hold harmless and forever waive any and all rights for claims or damages I may have, against AO Throwers Club, and it's sponsors, and all their respective officers, directors, contractors, managers, clients, employees, and volunteers of the organization for any and all injuries, losses, claims, damages, demands, judgments, liabilities, actions or causes of action sustained by me as a result of my participation with AO Throwers Club as a volunteer, competitor or trainee.

Athlete Signature

Parent Signature

Date