

# AO Throwers Club



**The AO Throwers Club** is set-up for shot-put and discus throwers to learn from an expert in the field and have competition opportunities in the summer months. Established by two-time Olympian Tom Pukstys, the club is named after Al Oerter, a four time Olympic Gold Medalist in the Discus Throw. (56, 60, 64, and 68) The club is open to athletes aged 13 and older and all levels are welcome. The goal is to provide expert coaching and a positive atmosphere. Coach Tom will have two to three training session per week, and also attend 4 to 6 competitions with the team around the Chicago area. Details will come soon. For more information, please contact Tom at 708-979-8050.

**Days:** T-Th  
**Times:** 6pm to 8pm  
**Dates:** June 9<sup>th</sup> through early August:  
USATF Club Nationals: TBA  
**Location:** Lockport Township High School Track complex and  
Bo Jacksons Elite Sports Dome (rain days)  
**Instructor:** Tom Pukstys, US Olympian, Javelin Throw and  
Throws Coach 2007 Pan AM Games  
**Fee:** \$340 includes t-shirt. Members must purchase USATF  
membership separately.  
**Code:** 320305-A

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## Speed Performance Camps

**Olympian Tom Pukstys welcomes athletes** aged 11 and older to attend speed training sessions at Bo Jacksons Elite Sports Dome located in Lockport near I-355 and 171<sup>st</sup>. Training includes technique and power work for enhanced physical performance on the field of play. Get faster, stronger and more explosive in a positive atmosphere. The camps begin at the beginning of each month. For more information, please contact Tom at 708-979-8050.

**Days:** Weekday mornings and evenings  
**Times:** 9am, 10am, 11am, and 5pm, 6pm (60 minute sessions)  
**Starting:** Each month - although mid-month entry is possible  
**Location:** Bo Jacksons Elite Sports Dome, 17130 S Prime Blvd.  
Lockport, near Division and Gougar  
**Fees:** 8 session package: \$195 - Athletes attend twice weekly  
**Instructor:** Tom Pukstys, CSCS, Olympian  
**Code:** 320305-B

