

## About A.G.



Throwing in Finland

I have been very blessed with the experiences I've had and to maintain a healthy body, and I'm very appreciative of everything. I'm currently living and experiencing my dreams by pursuing the Olympics... it's the American Olympic Dream, and it's great.

My throwing career started in college while attending Morningside College in Sioux City, Iowa, which is 1 hour from my hometown of Sheldon, IA. During college I participated in football and track & field. My interest in the hammer developed through college where I worked hard to earn the (2001) NCAA Division II Championship in the hammer throw as a college senior. In 2002, after graduating from Morningside College, Jud Logan invited me to move almost 1,000 miles away to Ashland, Ohio to train full-time for the 2004 Olympics. I was very flattered at his invitation and request as Jud Logan is a 4-time Olympic Hammer Thrower and a nationally recognized coach as the Head Track and Field Coach at Ashland University.

So, I packed my bags and headed east. With a full commitment to throwing, I devoted my full attention to training. As life always brings challenges along the way, I focused my attention to remain on my training, throwing marks, and preparation for the 2004 Games. Fortunately, I threw 79.26 meters before the Games began in enough time to qualify and compete in the Games in Athens, Greece. It was an unbelievable experience and one I'll never forget...seeing the facilities, experiencing the hospitality, staying in the Olympic Village, and seeing all the spectators. Since this was my 1st Olympic Game to participate in, I was hoping to do a lot better but I still didn't throw too badly.

Since the 2004 Games, I continued my training for the 2008 Olympic Games. My throwing marks improved since 2004 and I've been fortunate to earn an invitation to several international

competitions, including the World Championships in Helsinki and Osaka, returning to Athens for the World Cup, and the PanAmerican Games in Brazil.

So 4 years later, I am blessed enough to attend another Olympic Game. I participated in the 2008 Olympic Trials and qualified for the 2008 USA Olympic Team on July 4th, 2008. Three weeks after the Olympic Trials, I travel to Beijing to adjust to the environment 10 days prior to Opening Ceremonies. It was an amazing experience. I competed at the Games and wish I would have thrown better but my goal is to attend the 2012 Olympic Games in London. At that time, my body and training will peak so I'm hoping for my best to come then.

Currently I work at Ashland University, in Ashland, Ohio, as the Head Strength and Conditioning Coach for all athletic athletes and programs. The University just built a new \$23 million athletic complex in 2010, which is one of the nicest Division II facilities in the US, so I remain quite busy amongst all University athletic facilities to serve all athletes. On a personal side, I'm able focus much of my time on training because my wife, Laura, is very supportive and helpful. She, too, works full-time while also caring for our son- Baby Geo, who was born in August 2011. Actually, she is able to provide updates on this site and facebook which I'm very grateful.

### FAQ'S

You may be wondering- "When do you have time to train?", or "How do you fund all your travels and training?", or "What type of diet do you follow?" These are the most common questions I get from people.

- "When do you have time to train?" Ashland University supports my continued training as an athlete and therefore I have some flexibility to train during the day when I am not working with athletes. As the Strength and Conditioning Coach, I am working with athletes in mornings, afternoons and evenings. Therefore I train (throw and lift) between these commitments. So yes, it makes for very busy days.
- "How do you fund all your travels and training?" As many people are surprised to hear, most Olympic athletes receive minimal funding to continue training. A few years ago, I was fortunate to secure a position at the local Home Depot (proud sponsor of Olympic Games) which provides flexibility to Olympic athletes in training. I worked part-time with almost full-time pay and a flexible schedule. It was difficult to obtain this role. More recently, I have been endorsed by Nike which means they send me training clothes, shoes and uniforms to wear during competition meets. I am very grateful to have Nike's support. However the money it takes to travel to out-of-state meets is personal money (for the majority of the time), which includes air/car, food, hotel, etc. This can become very costly, therefore I try to attend many local meets as possible. But sometimes there are some out-of-state meets that are worth traveling to despite costs.
- "What type of diet do you follow?" Honestly I don't follow a strict diet. I just try to eat as healthy as I can. I eat a lot of meat (I'm a farm boy from Iowa, what do you expect?!), but I unfortunately love sweets and desserts too. So overall I just try my best.

I just take every day in stride and try my best. I try to focus on my goals and not let the little things in life interrupt me. I'm thankful for all the experiences I've had. Thank you to all my supporters... especially my family, because I couldn't have done this without you.

Thank you.

A.G. Kruger