

Chapter 1 Olympic Athlete	1
Chapter 2 The Parade of Athletes	6
Chapter 3 Discus Trials	11
Chapter 4 Discus Disaster	17
Chapter 5 Winning Throw	24
Toocool's Discus Glossary Toocool's Map	29 30
Toocool's Quick Summary	32
The Discus and the Frisbee	34
Q & A with Toocool	36
Discus Quiz	40



Chapter 1

Olympic Athlete



It can take some people years of hard training to throw a discus really well. It took me no time at all. One morning I threw a Frisbee at school. Everyone cheered and clapped.

