

## Q&A with Caden McDonald

1. Congratulations on the Justin Northwest High School Boy's Discus record, which you set on March 9th at Argyle. You threw 194-08. Can you take us through the replay of this throw and how you must've known it would be special?

*I knew going into that meet the goal that I wanted to break was the school record. In warm-ups I felt really good and actually had a throw further than my final mark for the day.*

2. You've signed with San Diego State University to play football. In high school, you played both Weakside DE and OLB. What plans does the Aztec football team have for you?

*I will be playing linebacker at SDSU*

3. Will you also throw the disc at SDSU?

*They do not have a men's track team but may look into throwing independent*

4. Urban Meyer, and other high-profile football coaches, have been adamant about recruiting multiple-sport athletes, especially those with a track background. How has track & field helped your football?

*Keeps me in shape and makes me more flexible in areas that football doesn't.*

5. You've run both the 110 and 300 hurdles. Will you concentrate solely on disc this season?

*Yes, discus only*

6. What are your individual / team goals for this track season?

*Win state and break 200'*

7. Away from track & field, what are your interests?

*Fishing, hunting and outdoors*

8. You've been appointed the Commissioner of Track & Field for the US. What changes will you make to high school track & field?

*Make the throwing area safer. Second, receive your award at the track meet on a podium.*

9. What athletes - at any level, still playing or retired - do you admire, and why?

*In track, Robert Harting. He is a world champion and brings energy to the sport. In football, JJ Watt. He is a very humble football player with an unstoppable motor. He is a great person outside the sport as well.*

10. Do you have any superstitions or rituals the night prior or the day of a game or meet, like you must wear a specific pair of socks, etc.?

*I wear the same underwear and crazy socks*

11. In your first high school meet, you threw 121-03 (2/15/14; Carrollton Trojan Relays). You're approaching the magical 200' mark. What would hitting 200 mean to you?

*Hard work pays off, and nothing has gone to waste during my preparation.*

12. What's your favorite pre-game / meet meal?

*Rotisserie chicken is always the go to.*

13. What movie or tv character do you identify with, and why?

*Bear Grylls because he loves to survive the outdoors*

14. Dream vacation spot?

*Bora Bora*

15. As mentioned, you signed with SDSU. What other schools did you consider, and why did you choose the Aztecs?

*UNT, UTSA, Army West Point. I chose SDSU because of the style of defense they run, coaches and location.*