Mary Foster is the throws coach for the University of North Texas at Dallas and Athletic Performance Ranch Youth Track Club in Fort Worth. She has coached and trained a variety of throwers from beginners 4 years of age to college and post-collegiate athletes. She started her throwing career at age 15 after a "constructive discharge" from her high school's basketball team. Every season of her HS track and field career, she was repeat district and regional champion and state qualifier in shot put and discus. In 1992, she assisted her team to a state championship win and nearly again in 1993 which, unfortunately, was thwarted by a teammate who sashayed around the stadium instead of reporting for the 4x400 (all they had to do was cross the finish line to win the meet, but she's not bitter about it at all…). In college, she placed in the top three in shot put and/or discus and was an all-conference athlete for three years and an all-conference athlete for all four years she competed. She is the very first graduate from the University of Louisiana at Monroe's nursing program to remain in athletics during her matriculation through nursing school (to this day, some of the remaining nursing school staff know her as "Mary Track.")

After graduating, learning to adult, getting married, and having babies of her own, she decided to start her throws coaching journey in the place that feels most like home – the community throwing rings. She coached a three-time USATF and AAU Junior Olympic Champion in 8u and 9-10 boys shot put, an AAU Club Champion in 8u boys shot put, an AAU Junior Olympic Champion in 10 y/o boys shot put, an AAU Junior All American in 15-16 girls discus, and numerous other "thrower babies" across the Metroplex and beyond. This "Community Coach" prides herself on being a community resource to any and all who need a cheer, a training opinion, or a bit of encouragement to keep throwing. And, to make sure her athletes trust her, she still competes from time to time and demonstrates to her athletes the very same movements and technique she asks them to do.

Mary Foster, aka Auntie Throw Sumthin is mommy, wife, thrower, coach… in that order.