

A 2012 graduate of Cary-Grove High School, Josh was a 2-time state qualifier, qualifying in both shot put and discus as a junior and senior. As a senior, he threw 181'3" in the discus, and 66' in the shot put, both of which were school records, and were good enough to win the IHSA state titles that year. Josh would be named a Track and Field News First Team High School All-American that summer.



At SIU, Josh was a 7-time Missouri Valley Conference Champion, six times in the shot put (4 outdoor, 2 indoor) and once in the discus. Josh had collegiate PR's of 20.15m (66'1") in the shot put, as well as 57.09m (187'3"). During this time, he was named the MVC Field Athlete of the Week seven times, and won two 'Most Outstanding Male Field Athlete' at the MVC meet, which is given to the athlete whose meet performance ranks highest on the NCAA leaderboard. Freeman was a 5-time NCAA Championships qualifier, with 5 All-American awards, 4 of which are first-team, all in the shot put. He also qualified for the USATF National meet every year from 2015-2020 in the shot put, with the highest finish being 6th. As a junior athlete, Freeman made the USATF Junior National Team in the shot put, and competed in Medellin, Colombia, bringing home the gold medal with a throw of 20.20m. A few years later, Freeman would make the U-23 NACAC Championship team, bringing home a silver medal from the NACAC Championships which took place in San Salvador, El Salvador. Freeman finished with a career PR in the shot put of 20.91m (68'8") before retiring in 2020 due to unforeseen circumstances.

Now, Freeman works full-time at Cary-Grove High School, where he went to school, and works with both the boys and girls throwers. Freeman has also started his own throwing club, The Grove Throws Club, in hopes to bring high level coaching and competition to the greater Chicago area.