

Victoria Flowers Named USATF – New England Athlete of the Month for December



Photo: Cheryl Treworgy

BOSTON – **Victoria Flowers**, age 17 of Providence, RI has been named USA Track & Field New England’s Athlete of the Month for December 2007. On December 28, at the 26th Annual Brown University Track & Field High School Invitational in Providence, Flowers, a senior at Providence Classical H.S., set a new national scholastic record in the 20 lb. weight throw. Her throw of 61’ $\frac{3}{4}$ ” broke the 11 year old former record by 2’ $\frac{1}{4}$ ” and, at the end of December, was more than 6 feet better than the next best high school mark in the U.S. for the current indoor season.

Flowers has competed as a thrower since her freshman year. She throws the hammer, discus and shot put outdoors and the weight throw and shot put indoors. She had the top indoor weight throw in the U.S. (over 58’) as a junior and in June 2007, she placed 2nd in the hammer throw at the Nike High School Outdoor National Champs. She credits her coach, **Robert Palazzo**, who is also the athletic director at Providence Classical, both for keeping her motivated to improve and providing the inventive training methods that have “gotten me to where I am now.”

At the Brown Invitational, her goal was to top her previous best of 58’ 1 $\frac{3}{4}$ ” and in the process to break the meet record. She felt strong and focused and said that every throw, including her fouls, was a good one. After an initial foul, Flowers broke the national record on her 2nd throw. Her 6th and final throw was also over 60 feet.

Flowers plans to attend the University of Connecticut next fall. She says that she loves math and is interested in teaching high school. Her track ambitions are to continue her improvement and to qualify for the 2008 U.S. Olympic Trials in the hammer throw or the shot put. She also hopes to continue competing in track & field at a national and international level after college.

Athlete of the Month
is a USATF- New
England program
designed to recognize
outstanding performers
at all levels of the sport.
USATF-NE will name a
new honoree each
month and feature the
athlete on the USATF-
NE website.

USATF – New England’s mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.