

Adrienne Thornton Named USATF-New England Athlete of the Month for January 2012



Photo: Steve Vaitones

BOSTON – **Adrienne Thornton**, age 18 of Dorchester, MA, a senior at O’Bryant High School in Roxbury, MA, has been named USA Track & Field – New England’s Athlete of the Month for January 2012. On January 14 at the East Coast Championship meet in Providence, Adrienne broke the Massachusetts state record in the girls 20 pound weight throw with a toss of 51’ 8.75”, the leading throw in the nation at that point in the season. It was the second time this indoor season she has broken the state record in the event. Thornton is also ranked in the top 5 in the state in the shot put and is a capable sprinter and hurdler.

Adrienne, who has won state championships in both the discus and shot put, notes that Massachusetts does not offer high school competition in her two best events, the hammer throw and the indoor weight throw. In order to compete in the weight throw, Thornton regularly travels to Rhode Island during indoor season. This requires waking up at 6 a.m. for Saturday competitions.

Keeping to a rigorous schedule is something Adrienne knows very well. During the outdoor season, she gets up regularly at 5:30 a.m. on weekdays for her first practice session, and then practices again after school. She says that her coach **Ted Loska**, is there for both practices.

Loska has coached her for 6 years and in a story for the Boston Globe talked of her potential to be a great thrower. “She’s actually very, very easy to coach,” Loska told the Globe. “She has a really good kinesthetic sense of where she is and learns things very well, and is fun to coach.”

Adrienne, for her part, has high praise for Coach Loska. “He’s a great coach,’ she says. “He makes me work harder than anyone else...I have to take on a lot of stress.” Thornton seems to thrive on stress and a high work load. In addition to her long hours of track & field practice, she takes honors and AP classes at O’Bryant and also plays on the volleyball team in the fall. When asked what she likes best about throwing, Adrienne says, “it brings out my aggression and strength. I enjoy that a lot.” To illustrate her comfort with competing aggressively, she says that her volleyball teammates call her, “beast mode”, a nickname she embraces.

Surprisingly, despite the high success she has achieved as a thrower, Thornton has not trained with weights since 9th grade when the school lost their strength coach. Adrienne will attend Stonehill College in the fall. In college, she will begin intensive weight training. With her high level of dedication to hard work and continual improvement, a stronger and more powerful version of Adrienne is likely to make quantum leaps in performance. Thus it is no surprise that, when asked about her long range goals, Adrienne’s answer comes quickly; “I want to get to the 2016 Olympics.”

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