

15 Questions with Gabe Oladipo

1. First, congratulations on throwing the disc 215-02, tying the 2003 mark of Splendora's Brian Robison for Texas' all-time throw. Can you take us through the throw and how it felt as soon as the disc left your hand?

- Actually the official mark was 215'2.5! so I actually BROKE the state record by a half inch! But as you could tell by the video, I definitely knew it was a bomb when I let it go, but I still had a lot more in me as my release was far from perfect, and it was actually turned over by the wind at the tail end of the throw!

2. You started the season at 196', and now you're at 215'. What's your realistic expectation by the time the state meet rolls around?

- Honestly, I am not sure what I'm capable of throwing when I get a near perfect throw when everything just clicks, but I do hope to be over the 70-meter mark by the time state rolls around.

3. You topped 200' once last year (Coaches Coalition National Championships in July). You've topped it now 4 straight weeks. What have you done training-wise, mentally or physically, to make the improvement you have?

- Hitting 200 for the first time helped me get over a HUGE mental hurdle, as I was actually competing with a torn ACL throughout the season! And from there with my consistency I go in to competition expecting to improve every competition if I can!

4. You'll continue your throwing career at Texas A&M University. Why did you choose A&M, and who else did you seriously consider? As well, what do you plan on majoring in?

- A&M was just a perfect fit for me as they are great in my area of study, have a great team that is always a title contender, and have a great coaching staff and roster that comes and works hard to push each other to their ultimate potential! I was truly blessed and privileged to have been recruited by all the great schools I did, and picking one of them was the hardest decision of my life. Some of the schools include LSU, Texas Tech, Rice, Houston, Miami, Stanford, UTSA, Oklahoma, Indiana, Ole Miss, Texas, Wake Forest, and North Carolina. I will be majoring in Kinesiology as I go into Pre-Med!

5. Critique yourself as a thrower: what are your strengths, and where do you still need to improve?

- Some of my strengths include my competitiveness, explosion, and attack in my throws, but I still have a LOT of work to do from a technical aspect. I began throwing in 7th grade, and I've come a LONG way since then!

6. Let's move away from track & field and all sports: What do you enjoy doing away from the sports world?

- In my free time I really enjoy listening to music and playing video games!

7. What's one thing about Gabe Oladipo that not a lot of people know about you, perhaps a hidden talent, etc.?

- Two things that people may not know about me is that I'm actually a very good writer and a very good 2K player. Not a very common combination!

8. You've been appointed the Commissioner for High School Track & Field in the US. What are some of the changes you'd make to improve the sport, whether it's for the athlete/s or the fans?

- A large part of the changes I'd make would pertain to making track and field more publicized, similar to the way football and basketball is done! I would also reinforce the importance of drug testing to ensure that the integrity of the sport is kept!

9. Do you have any superstitions or rituals either the night before or the day of a meet to help you prepare?

- I am not a very superstitious person, but I do have somewhat of a routine for meets! I always have a very big dinner and light breakfast before the meet, and the day of the meet, you better believe I have my music playing before I compete!

10. You and (Adrian) Piperi have ruled the throws for the last couple of years, and there are several other outstanding Texas throwers, both shot and disc. How does it feel to be a leader in what seems to be a thrower's revival in Texas?

- Competing against Tripp and all of the other great throwers in Texas has helped me TREMENDOUSLY, as I'm always looking over my shoulder to see what the others have done. We have and still continue to push each other to our respective limits. To be on top of this CRAZY talented class makes me very proud, as we all know how much work it takes to get to the top! The throws are definitely returning to their former glory, and expect to see more big throws!

11. Your shot put PR of 62-10 is overlooked because of your discus success. If you could only perform in one of the throws (including hammer and weight throw), which would it be and why?

- Haha, that is very true, it does seem that my shot put marks have been put on the "back burner" as I continue to improve in discus! But if I had to choose ONE event to compete in, it would definitely be discus because I love how technical it is, and I love the feeling of satisfaction that comes with piecing together a great throw!

12. Favorite pre-meet / post-meet meals?

- My favorite pre meet meal is DEFINITELY Panda Express!

13. What athlete/s, active or retired, living or dead, do you admire, and why?

- Some of the athletes I admire most include my dad, Hakeem Olajuwon, LeBron James, Ray Lewis, and Robert Harting, as they all show great determination and drive through all types of adversity.

14. What movie or television character do you relate to, and why?

- I would say that I relate most to Mr. Incredible from *The Incredibles* because we have similar mindsets when it comes to doing the right thing and what needs to be done in addition to extreme drive and determination.

15. Dream vacation spot?

- Disney World/Land for sure! I need somewhere I can eat AND have fun!