

Norfolk State Sprinter Gets Set for 2012 Olympics

Contributed by Lartisse Lassiter -- Black College Wire
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Corey Lee Vinston stays focused on goals

Corey Lee Vinston, a sprinter with Norfolk State University's Spartan Track & Field Team, qualified for the 2008 Olympics, but was unable to go because he strained his hamstring.

He is now focusing on the future.

"I hope to qualify for the 2012 Olympics in London, graduate next year, which would make me the first person in my family to graduate from college, which would be a success," he says.

Vinston has made some big contributions to the team. Specifically, he helped the Spartan Track Team to its 7th and 8th consecutive MEAC Championship wins. Vinston was ranked top five in the nation for the 60 meter hurdles and top three in the long and triple jump. He holds two conference and school records for the indoor season long jump and the outdoor season long jump.

Yet, these awards have not come to Vinston easily. On Mondays, Wednesdays and Fridays, he is weightlifting by 7 a.m. After class, he heads to practice. He added that he does some things to unwind and pass time.

"I spend my "chill time" hanging with a selected group of 3 to 4 people. They are cool, calm and collected, like me. We play Xbox 360," said Vinston.

Vinston also says he has someone special in his life. "My girlfriend is everything I ever needed. She is caring and nurturing. She cooks, cleans and does my hair," said Vinston.

When asked if he had any heroes, he replied "My heroes are Obama, Mike Powell, a world record holder in long jumping and my mom. Yes, I am a momma's boy."

Vinston's mom has been very instrumental in helping him to stay focused. She says things like "Keep your head in the game," counting down the days until graduation, and "It's right around the corner," to encourage her son.

Vinston does not have that far to go. He is a junior now and when asked about college life, he said "Making it to college was a big leap. I never thought of being here, as a junior, at that."

Vinston attributed part of this success to growing or maturing. He said "I always had loads of friends, and I always was a clown trying to get a laugh. Now, I feel like a grown man. I'm 21, doing adult things. There is not much time to play, now that I'm closer to my goals."

{moshaloscan}Lartisse Lassiter writes for The Spartan Echo, the Norfolk State University student newspaper, which originally published a version of this article.