



Name Antonio Flowens

Position DL/TE 88

Years Playing Football 2yrs

Personal Motto "How Bad Do you want it?"

Pre-Game Music Ruff Ryders Anthem by DMX

Advice to Underclassman Teammates Gottard, Never quit

Favorite Game Apex Game

Who Inspires You My Dad

Best Memory You will take With
You Finally playing Football again

I'm Most Proud of My will to suck it up each play

Thank you Coaches, Teammates, Family