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State Media Release

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WEST AND KING SELECTED 2005 CIF SCHOLAR-ATHLETES OF THE YEAR

ALAMEDA – Heather C. West from Davis Senior High School and Ryan King of Christian Brothers (Sacramento) High School have been selected as the 2005 CIF Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes student-athletes who excel in the classroom, in athletics and are strong contributors to their schools and communities.

Both students will be honored at the State Capitol and on the Senate Floor in Sacramento on Thursday, June 23. In addition, they will receive a \$2,000 scholarship to the college/university of their choice. Nominations for the prestigious award are received from the 1,372 high schools that make up the CIF membership.

"I am constantly encouraged by the young people in our schools and our two scholar-athletes are another reaffirmation of the great potential the future holds," said CIF Executive Director Marie Ishida. "I wish to personally congratulate all the nominees. We, once again, had an excellent group of scholar-athletes."

HEATHER C. WEST, Davis Senior High School

West is a four-sport athlete, earning a combined 14 varsity letters in water polo, swimming, track and cross country at Davis Senior High School. She ranks in the top 10% of her class with a 4.156 cumulative grade-point average. She will play water polo at Stanford University in the fall.

She is the editor of the school's award-winning newspaper and a member of the National Society of High School Scholars in addition to being a two-time Governor's Scholar and the recipient of the President's Education Award for Outstanding Academic Excellence.

"The Boss," as her teammates call her, is a two-time water polo team captain and has helped lead Davis to four straight Sac-Joaquin Section championships. She has competed on the National Youth Water Polo team and been named an All-American in both water polo and swimming. She also has been a Special Olympics swim coach as well as a volunteer coach in both swimming and water polo.

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West intends to major in Human Biology or International Relations with career goals of international relations or law.

"To summarize the true essence of this young lady by merely reflecting on her academic, athletic and service accomplishments would not do her justice. Despite her honors, skills and accomplishments, the students, staff and citizens of Davis appreciate Heather even more for her ever-present positive, cheerful, friendly, caring and compassionate nature and personality," said Dr. Patrick Donlon, Davis HS Athletic Director/Assistant Principal.

- **GPA:** 4.156
- **SAT:** 1410
- **Will Attend:** Stanford University
- **Career Interest:** International Relations, Law
- **College Major:** Human Biology, International Relations
- **Primary Sport:** Water Polo
- **Also Competed In:** Swimming, Track, Cross Country
- **Community Service:** Special Olympics swim coach; Volunteer Coach for youth water polo and swimming; Elementary School tutor
- **Activities:** National Youth Water Polo team member; School Newspaper Editor; Peer Counselor in Athletics; California Scholastic Federation; Participant in Sac-Joaquin Section Women in Sports Conference; Key Club Member, Choir member
- **Awards:** Governor's Award; President's Education Award for Outstanding Academic Excellence; National Society of High School Scholars; National Honor Roll; Golden State Exam Award winner; Vice Principal Award for Outstanding Efforts, Support and Attitude; Who's Who Among American High School Students
- **Athletics (water polo):** Two-time team captain; helped team to four straight Sac-Joaquin Section Championships; Section MVP as a senior; Two-time All-American and Monticello Empire League MVP; Three-time All-Section pick Four-time all-league selection
- **Athletics (swimming):** Section finalist in multiple events; All-American; Three-time All-Section and All-League selection
- **Athletics (track):** Section finalist; holder of two school records
- **Athletics (cross country):** Competed as freshman and sophomore only; All-Capitol Athletic League selection in 2002; Section winner

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West Essay: "Upholding the Spirit"

It ended. The whistle blew after the last few seconds of mad scrambling: shots fired with minimal control, desperate attempts to steal the ball. Ninety-five games, but now only the present mattered.

I pulled myself out of the pool, over the mouth of the gutter. I realized my arms ached all over, my lungs were burning and my legs dead, but I held my head high. Our team put our hands together, chanting "Good game Rio," full of heart and sadness at the same time. My feet methodically pattered one in front of the other, my mind in a different place. Taking a deep breath, I shook every player's hand, emphatically mumbling "good job" as the familiar faces passed. Domination exuded from their skin and our skin at the same time, but our inner emotions were as opposite as night and day.

Today, I can reflect on the experience with a proud mind. After losing the first game of my high school career, I acted as a true athlete should: with character. While the stands were roaring with accusations, the players acknowledged each other silently on the other's accomplishments. I congratulated the players from Sacramento on their performance in the present, and they admired our success of the past. We celebrated in the presence of our own teams, leaving the cockiness or blame to the bystanders.

The players in that game epitomized the late, great water polo coach Peter Cutino's mantra: "The question arises, 'Do sports build character?' I contend they reveal it." Both teams did not act the way they acted because of what they learned that day in the water. We acted with mutual respect because a precedent had been set within our teams and within ourselves. I was able to see that they had been working just as hard as us, and no excuses could be made for why the streak had to end.

Sportsmanship is such an important characteristic for high school athletes. Those that possess this characteristic are able to imprint the importance of it on their teammates, thus spreading the trait. When our streak ended, it was refreshing for both teams to act with reverence.

Not only is sportsmanship indispensable in competition, it's valuable in life. The sportsmanship and respect I hold for my fellow athletes and teammates will translate into good relations with my co-workers and people I interact with later in life. Being able to act composed and calm in any competition translates over to life and your career. Long after I stop playing competitive water polo, I will retain this character trait.

That sunny, balmy day in the chlorine-laden 50-meter pool will never exit my memory: snapshots of the crowd yelling, the players sprinting down the pool, and walking down the cool, concrete deck. More importantly, though, I will recollect the respect both teams garnered from the on-lookers and each other, a true example of character and sportsmanship.

RYAN KING, Christian Brothers High School

King has been a four-year member of both the cross country and track teams at Christian Brothers High School and ranks in the top 10% of his class with a 4.44 grade-point average. The recipient of a National Merit Commendation, King will attend Massachusetts Institute of Technology in the fall.

He has been selected as the most valuable runner on both the cross country and track teams, and as a senior, qualified for the state championships, finishing 75th out of nearly 200 competitors. King also is an avid outdoorsman who particularly enjoys rock climbing.

He has been a weekly volunteer at the Wellspring Women's Center where he helps make breakfast for 100 low income and homeless women and children and also a summer camp counselor for three years. King is a member of the school's Scholar Program, Editor-in-Chief of the school newspaper and is active in the Boy Scouts where he has achieved the rank of Eagle Scout.

King plans to major in mechanical or materials engineering. His career goals include doing research in designing gear and developing material for outdoorsmen.

"Ryan has been the stereotypical 'well rounded' successful high school student. What is less obvious, but much more important in my opinion, is his very real commitment to a few worthy causes and intriguing pastimes. Ryan's intellectual vitality and his wonder at the way things work have been contagious and affected his fellow students and teachers in marvelous ways," said Director of Guidance Services Mary Hesser.

- **GPA:** 4.44
- **SAT:** 1510
- **Will Attend:** Massachusetts Institute of Technology
- **Career Interest:** Engineering
- **College Major:** Mechanical or Materials Engineering
- **Primary Sport:** Cross Country
- **Also Competed In:** Track
- **Community Service:** Three-year camp counselor at BSA Summer Camp; Weekly volunteer at Wellness Women's Center (low-income and homeless women and children)
- **Activities:** Editor-in-Chief of the school newspaper; Boy Scouts of America; Participates in Moot Court competitions; Involved in school's Scholar Program; Rock climbing
- **Awards:** Eagle Scout; Elks Club Student of the Month; Evening Optimist Club Scholar-Athlete Award; National Merit Commendation
- **Athletics (cross country):** State finalist in 2004, finishing 75th; Three-time team most valuable runner; Team Captain

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□ **Athletics (track):** Team Captain; Two-time team MVP; Most Improved runner as a sophomore

King Essay: "Running as a Metaphor for Life"

A writer once said, "Running is the greatest metaphor for life, because you get out of it what you put into it." This quote perfectly sums up my approach to running cross country and track, both in terms of my training attitude and the sportsmanship and character I display in my actions. I strongly believe that the value of an activity or sport lies not so much in the numerical outcome, but rather in the amount of effort put into it, and the way in which one conducts him or herself. Additionally, I can apply this work ethic and corresponding set of principles to every aspect of my life.

While my first season is now a blur of memories of workouts, personal bests and an initiation into the running community at large, I still remember quickly becoming hooked on the sport because I discovered that my success directly corresponded to the amount of work I put into practices. I enjoyed the methodical and analytical approach to training, knowing that my race times were simply a product of how hard I trained. Wins and losses came when they did, but personal bests were an objective standard by which I could measure my own progress and see the direct results of my training. I discovered that the success of a race came not from crossing the finish first, but from taking pride in the amount of effort I put into the race and the months of training leading up to it.

While running is primarily an individual sport it builds incredible bonds among teammates and fellow competitors. The shared experience of a tough workout, a discouraging injury or the thrill of victory fosters an extraordinary amount of camaraderie among runners. Consequently, at the end of a cross country race, I am amazed by the leaders who, still exhausted from their race, return to the finish to cheer on and congratulate their teammates and other finishers. Experienced runners are often more concerned with their teammates' performances than their own because they want to see the younger runners succeed and develop the same sense of pride that they have. As an inexperienced freshman on my cross country team, I was deeply impressed by the support and guidance the seniors offered me, and I have tried to do the same for the younger runners on the team now. I think the greatest displays of sportsmanship and character come from the mentoring actions of the senior runners as they pass on their knowledge to younger runners.

I have found the work ethic and character that running fosters to be huge assets because they apply to anything in my life. Running has taught me to value and take pride in the quality of work I produce. It also teaches the importance of persistent effort in one's endeavors, be it training or schoolwork. Ultimately, running serves as an example of how one ought to live his or her life and the principles that should guide one's actions.

Past CIF Scholar-Athletes of the Year		
<i>Athlete</i>	<i>High School</i>	<i>Year</i>
Kim Donaldson	Merced	1982
David Bernard	Van Nuys	1982
Cheryl Burditt	Paramount	1983
Michael J. Smith	Los Altos	1983
Amy Tarzon	Taft Union	1984
Michael G. Kerkorian	San Joaquin Memorial	1984
Kari E. Christensen	Pleasant Valley	1985
John J. McGrory	San Marcos	1985
Sara Rose Lillevand	Bishop O'Dowd	1986
Todd Gregory French	Canyon Anaheim	1986
Mary Katherine Cook	Del Mar San Jose	1987
Paul S. Chan	San Diegoito	1987
Amy Lightner	Point Loma	1988
Todd Fortman	Long Beach Wilson	1988
Joy Jackson	Chico	1989
Caleb Raspe	Yosemite High School, Oakhurst	1989
Kathleen A. Hanson	Granada	1990
Robert Bud Price	Saddleback	1990
Erin Pyka	El Toro	1991
Graig Swank	Monte Vista, Cupertino	1991
Michelle Wagner	Lynbrook	1992
Terry Mass	Sunny Hills	1992
Betty Ann Rowing	Monte Vista, Danville	1993
Steven Park	San Marino	1993
Lowen Catalano	Leigh	1994
Bret Nobley	Campolindo	1994
Suzie Erpelding	Academy of Our Lady of Peace	1995
Tom Chalberg	Campolindo	1995
Susan Ray	Orem	1996
Nathaniel Merrill	Fresno	1996
Cathleen Sullivan	North Hollywood	1997
Becky Beaulieu	Coronado	1997
Ester Garrota	Fillmore	1998
Jeffrey Hick	Laguna Hills	1998
Samantha Piper	Coronado	1999
Andrea Hill	Los Altos	1999
Rebecca Herhold	Archbishop Mitty	2000
Evan Fox	West Hills	2000
Sara Bai	Montgomery, Santa Rosa	2001
Brett Ormsby	Vallhalla	2001
Suzi Nicole Shafer	Carlsbad	2002
Shay Murphy	Los Alamitos	2002
Meredith McCall	Capistrano Valley	2003
Barry Frucher	Campolindo, Moraga	2003
Whitney Johnson	South Bakersfield	2004
Daniel Beal	Des Puentes, Goleta	2004
Haarbar West	Davis Senior	2005
Ryan King	Christian Brothers, Sacramento	2005



CALIFORNIA INTERSCHOLASTIC FEDERATION

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2005 CIF Scholar-Athlete Event Thursday, June 23, 2005

8:30 a.m. State Scholar-Athletes and parents arrive at State Capitol, meet in Rotunda (1st Floor)

Welcome and introductions by CIF's Executive Director Marie Ishida

9:00 a.m. State Scholar-Athletes and parents escorted to the Senate Floor for introduction, resolutions, and photographs (3rd floor Capitol Annex)

9:30 a.m. State Scholar-Athletes and parents escorted to the Assembly Floor for introduction, resolutions, and photographs (3rd floor Capitol Annex)

10:30 a.m. Meet with Secretary for Education Staff
• Erik Skinner, Assistant Secretary for Fiscal Policy
Senator Hotel Building, 1121 L Street, Suite 600, Sacramento

11:00 a.m. State Capitol Tour

12:00 noon Lunch—Sheraton Grand Hotel

4:45 p.m. Scholar-Athlete Families meet with Governor Arnold Schwarzenegger
Governor's Office, 1st Floor, State Capitol



CALIFORNIA INTERSCHOLASTIC FEDERATION

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2005 CIF Scholar-Athlete Event

June 23, 2005

List of Attendees

Heather West (Scholar-Athlete)
Davis Senior High School

Cathy West (Mother)
Rick West (Father)
Sarah West (Sister)

Patrick Donlon
(Assistant Principal/Athletic Director,
Davis Senior High School)

Doug Wright
(Coach, Water Polo, Davis Senior High School)

Ryan King (Scholar-Athlete)
Christian Brothers High School

Katie King (Mother)
Larry King (Father)
Megan King (Sister)

Brother Dan Morgan
(Principal, Christian Brothers High School)

Jill Bennett
(Athletic Director, Christian Brothers High School)

Danny Delgado
(Track Coach, Christian Brothers High School)

Bob Wallace (CIF President)
Marie Ishida (CIF Executive Director)
Kathy Wheeler (CIF President-Elect)
Charley Berger (CIF Past President)
John Tarman (CIF Assistant Executive Director)
Roger Blake (CIF Assistant Executive Director)
Pete Saco (Commissioner, CIF Sac Joaquin Section)
Patricia Cross (CIF Assistant to the Executive Director)

Nancy LaCasse (School Services of California, Inc.)
Kim Seitz (School Services of California, Inc.)
Keith Collier (Photographer)