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# State Media Release

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## ***SARAH FEDDERSEN (MARYSVILLE HS) AND CAMERON REHM (AYALA HS, CHINO HILLS) NAMED SPRING 2009 CIF SPIRIT OF SPORT AWARD WINNERS***

**ALAMEDA** – **Sarah Feddersen**, of Marysville High School, and **Cameron Rehm**, from Ayala High School in Chino Hills, have been selected as the Spring 2009 recipients of the prestigious CIF Spirit of Sport Award, CIF Executive Director Marie M. Ishida announced.

The two statewide winners will receive an award and be recognized at the year-end CIF Federated Council dinner May 8, 2009, in San Jose. In addition, the year's six winners will each be awarded \$500, while all finalists receive a Spirit of Sport medal.

The CIF Spirit of Sport Award recognizes student-athletes who have demonstrated the 16 principles of Pursuing Victory with Honor<sup>sm</sup>, are active in school and community service, and exhibit leadership qualities. The principles of Pursuing Victory with Honor<sup>sm</sup> are the operating principles of the CIF and have been adopted by the 1,447 member high schools throughout the state.

“This award seeks to recognize student-athletes who have demonstrated great sportsmanship, the purest form of competition. These recipients understand that a positive attitude and teamwork should exist throughout sports, and they realize that winning at all costs is not really winning,” said Ishida. “The same spirit they show in athletics carries over into all aspects of their life.”

### ***SARAH FEDDERSEN, Marysville High School***

Feddersen is a four-year member of the basketball, cross country, and track & field teams, and has earned numerous awards for her academic, athletic and leadership achievements. Her dedication to her school and the Marysville community are visible in her many extracurricular and service activities. She currently serves as Senior Class Treasurer and California Scholarship Federation President.

Feddersen has been a Vacation Bible School teacher for four years. She also worked as a peer tutor at the local middle school and volunteered at a senior center to help renovate the facilities. In addition, Feddersen has assisted the Marysville Police Department at the annual Bok Kai Parades, participated in coastal clean-ups, volunteered at countless elementary school events, and served on the student committee for the Western Association of Schools and Colleges. She has participated in numerous conferences including the Hugh O'Brian Youth Leadership Conference, Rotary Youth Leadership Award Conference and Jackie Farris Reese Leadership Conference.

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“To me, ‘Spirit of Sport’ means demonstrating good sportsmanship, leadership, respect and learning life lessons that will help you succeed in the future,” says Feddersen. “Sportsmanship is always stressed in high school sports, but unfortunately it is not practiced by many. A lot of people simply throw it aside and focus only on winning, but winning is not the thing that helps a person grow. The road to winning, the hardship of losing, and how you handle yourself along the way, is really what helps you develop into a mature and responsible adult.”

“I believe participant is too weak of a word to use to describe Sarah’s impact on our women’s sports program,” states David Chiono, Marysville athletic director. “Sarah leads by example. She has been instrumental in helping the sports teams she is a member of to play with pride and honor. She takes sportsmanship and the ideals of fair play very seriously. The one personality trait that I see in Sarah that transcends both sports and academics is that hard work does pay off. Sarah is a hard worker who keeps her word. She is a leader not a follower. She has helped our school go from good to great.”

***CAMERON REHM, Ayala High School***

Rehm is a four-year member of the swimming and water polo teams, serving as team captain of both squads. In addition to his achievements in the pool, he is an active member of his community and a standout in the classroom. Rehm is a member of the German Club, Students Against Destructive Decisions and the Sierra League Captain’s Council.

Rehm is a dedicated member of the Yorba Linda Presbyterian Church, where he has participated in numerous service activities with the church’s youth group. He led an inner city children’s day camp as part of a Youth Works Mission trip. He also participated in a Sierra Service Project Mission trip to Nevada, where his youth group completed construction projects on a Paiute Indian Reservation. Rehm has also volunteered with the American Youth Soccer Organization, painting fields, refereeing games, setting up fields and coaching teams. In addition, he has served as a swim and water polo instructor at Ayala’s summer youth camps.

“I have learned the importance of being a good role model not only for my teammates, but also for the school as a whole,” says Rehm. “I’ve learned that winning is not always the most important thing. It really is how you play the game. Winning and losing will take care of itself. Good conduct and respect for the sport’s traditions are just as important as the outcome of the competition. I learned these lessons from my participation in sports and they have helped me become a successful athlete. These same life lessons will help me become a successful, well-adjusted adult.”

“Cameron has made many contributions to our school academically, athletically, personally and in a leadership capacity,” states Ayala teacher and coach, Robert Mount. “Most impressive of his contributions to our swim team have been Cameron’s great attitude, extraordinary discipline, and dedication. Concerning Cameron’s personal conduct, his integrity speaks for himself. In all my dealings with him, I have found him to be honest, trustworthy, and dependable. All in all, Cameron has demonstrated impressive leadership capabilities, positive personality traits, and a high intellectual development.”