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State Media Release

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KATIE DRUEEN AND ANDREW FLOOD SELECTED 2008 CIF/FARMERS SCHOLAR-ATHLETES OF THE YEAR

ALAMEDA – Katie Druen from Modesto High School and Andrew Flood of Rancho Bernardo (San Diego) High School have been selected as the 2008 CIF/Farmers Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes student-athletes who not only excel in the classroom and in athletics but also are strong contributors to their schools and communities.

“I am constantly encouraged by the young people in our schools and our scholar-athletes are another affirmation of the great potential the future holds. We, once again, had an excellent group of nominees and I wish to personally congratulate them all,” said CIF Executive Director Marie M. Ishida. “I’d also like to recognize Farmers Insurance for their generosity in support of the Scholar-Athlete program and their desire to partner with CIF in recognizing California students who truly embody the term ‘scholar-athlete.’”

Both statewide winners will be honored at the State Capitol and on the Senate and Assembly Floors in Sacramento, Thursday, June 19. In addition, they each will receive a \$5,000 award. Nominations for this prestigious award were received from the 1,446 high schools that make up the CIF membership.

In addition, thanks to the generous support of Farmers Insurance Group, two winners (one male and one female) also will be recognized from each CIF Section with a \$2,000 award.

“We are pleased to present these awards to outstanding and deserving student-athletes,” noted Faye W. McClure, Farmers Vice President of Strategic Marketing. “At Farmers giving back to the community is our way of ensuring the success of future generations. We are proud to support CIF and do our part to help these students achieve their dreams in life.”

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KATIE DRUEEN, Modesto High School

Druen has been a four-year member of the varsity cross country team and also spent two years on cross country. She boasts a 4.7 weighted grade-point average and is the top-ranked student in her 655 member class. She will attend University of Notre Dame in the fall.

She was four-time First Team All-League selection in cross country, and also was recognized as the school's Freshman Most Valuable Runner and Varsity Most Valuable Runner each season thereafter. She led her team to a first place finish at this year's AAU Cross Country National Junior Olympics, while finishing 10th individually and earning All-America honors.

She is a hospital volunteer and founder of the Modesto High School Purling Panther Knitting Club, which knits hats and scarves for long-term hospital patients. She also offers her time as a church lector and altar server, as well as a volunteer for the Special Olympics, the local Blood Drive, and a coordinator for the Children's Crisis Center Book Drive.

An officer of Modesto's Student Government, Druen also was named a National USA President's Volunteer Service Award winner, a Bank of America Scholar Plaque winner and the recipient of the Prudential Spirit of Community Certificate of Excellence.

Druen intends to major in Pre-Med or Biology with career goals of being a Medical Doctor, possibly specializing in orthopedic surgery.

"Perhaps of the highest importance in her character development has been [Katie's] willingness and desire to give her limited and valuable personal time to others," said C. Bonnie Feuer, Modesto High School's Counselor. "She has done numerous pieces of volunteer work and has garnered awards recognizing this work as well as the compassion she has exhibited. One of the most prestigious awards in our community was given to her in 2006. It is reserved for women young or old, living or not, who have achieved some greatness and might serve as a role model for other women: Stanislaus County Outstanding Young Woman of the Year."

- ❑ **GPA:** 4.7 (weighted)
- ❑ **SAT:** 1980
- ❑ **Will Attend:** University of Notre Dame
- ❑ **Career Interests:** Medical Doctor
- ❑ **College Major:** Pre-Med, Human Biology or Biology
- ❑ **Primary Sport:** Cross Country
- ❑ **Secondary Sport:** Track and Field

- ❑ **Community Service:** Founder of Modesto High School Purling Panther Knitting Club; an Emanuel Hospital volunteer; her church's lector and altar server; and a chorus member and performer for a community opera group.
- ❑ **Activities:** Student Government Officer; ASB Leadership officer; Science Olympiad competitor and officer; Soroptimist "S" Club President; French Club member; California Scholarship Federation member; and Renaissance Platinum All-A's member.
- ❑ **Awards:** National USA President's Volunteer Service Award; 2006 Outstanding Young Woman of Stanislaus County; Soroptimist Violet Richardson Award; Two-time School Compassion Character Trait Award; finalist for Coca-Cola Scholars Foundation Award; Prudential Spirit of Community Certificate of Excellence Award.
- ❑ **Athletics (Cross Country):** Four-year varsity cross country runner; Freshman Most Valuable Runner; Three-time Varsity Most Valuable Runner; Four-time First Team All-League; First place in age group for Napa Valley Full Marathon; Competed in 2008 Boston Marathon and qualified for 2009 race; 10th Place at AAU Cross Country National Junior Olympics.

Drueen Essay: "Stubbornness Plus Patience Equals Perseverance"

I started out in the lead. Four laps went by, no problem. Laps five and six, I started to fall back places, and by the end of the race, my leg was shaking. I barely qualified for the track sub-section. Sub-sections started the same way. I was close to the lead and felt fine. At a little less than half way, my leg started to shake again and my pace began to slow. When I crossed the finish line, my leg collapsed under me and I had to be helped off the track by a teammate. I still managed to qualify for the masters meet, but was devastated when I found out that, due to my injury, I could not race. I had to take nearly two months off from running due to the real possibility that I could shatter my shin.

Last track season, I was stubborn. My leg hurt during practice, but I was stubborn and taught myself to ignore it. This stubbornness led me to have to take time off from running which was depressing. Running was my way to let go of my worries; it was my great stress reliever. When I was able to begin running again, I had to work my way back up in miles very slowly, all the while fearing that my shins would start hurting again. There were many times that I became angry and frustrated at not being able to run as much as I wanted or times when I was afraid to push myself for fear of another injury. My coach taught me that stubbornness with patience equals perseverance, which is what I would need to overcome this obstacle. I learned to persevere and through

this perseverance, I was able to successfully complete my season and even qualified for the State Cross Country Championships. My doctor did not think I could recover from such a severe injury in time for the cross country season, let alone make it to State. Not only did I go to the state meet, but also following State, I ran my first marathon with a qualifying time making me eligible to run the Boston Marathon, which I ran in April 2008 (*note: she finished in 3:37.15 and qualified for the 2009 race*).

The most significant lessons I learned were to trust in my coach and listen to and respect my body. This experience also taught me the importance of mental strength. When I first started running cross country, I relied on the Steve Prefontaine quote, "To do anything less than your best is to sacrifice the gift." I thought that meant never to give up, no matter what. Unfortunately for me, that also meant being hard on myself when I did not live up to my expectations. I found another quote that has helped me in many different situations and has allowed me to accept my imperfections – "Don't let mental weakness overcome physical strength."

These past four years, I have learned a lot about myself including: how to keep going when things get tough; how my body will do more than I give it credit for; how important a good attitude is and how influential my mind can be. I have used what I learned in all areas of my life. Being successful in athletics, academics or life is a combination of many things and it can only be reached one step at a time.

ANDREW FLOOD, Rancho Bernardo (San Diego) High School

Flood has been a four-year member of both the track and field and cross country teams at Rancho Bernardo High School and ranks in the top 1% in his class with a 4.364 weighted grade-point average. He will attend University of California, Berkeley in the fall.

He was named Most Valuable Player his freshman season on the JV Cross Country team, as well as a co-captain of his school's freshman soccer team. As a sophomore, he qualified for the San Diego Section Track and Field Championships in the 1600 meters and helped lead the team to a Section Championship. His junior year, Flood was named to Second Team All-League in Track and again qualified for the Section Meet in the 1600 meters. As a senior, he participated in both Track and Field and Cross Country, being named the co-captain of the latter's team.

He is heavily involved in his Church Youth Group, which meets every Sunday, helping the ministry with church activities including the teaching of Bible school courses to youth. With his church group, Flood helped construct a women's shelter in Tijuana, Mexico in August 2005, and in July 2006, he traveled to Guatemala to help repair the fencing for a community soccer field, build chicken coops for widows, and take children shopping for desperately needed clothes.

Flood is a Bronco Ambassador at his school, which is a program that identifies leaders throughout the school who have committed themselves to being alcohol and drug free. He was a National Merit Scholar Semi-Finalist, an Associated Press Scholar with Distinction, was named to the *San Diego Union-Tribune's* All-Academic Team in 2007 and 2008, and was the recipient of the USAA National Science Merit Award.

Flood plans to major in History, Literature or Pre-Law with the intention of attending law school and becoming an attorney.

“Andrew Flood is a young man that I believe has unlimited potential, and I believe the leadership and focus that he exhibits as a high school student are the foundation for a bright future,” said Rancho Bernardo High School Counselor Rod Jiu. “There is no question that he will be successful in academics and in life. I believe he has the potential to succeed at everything he attempts, which is evident through his devotion to helping others and his academics.”

- ❑ **GPA:** 4.364 (weighted)
- ❑ **SAT:** 2170
- ❑ **Will Attend:** University of California Berkeley
- ❑ **Career Interest:** Law
- ❑ **College Major:** History, Literature, Pre-Law
- ❑ **Primary Sport:** Track and Field
- ❑ **Secondary Sport:** Cross Country
- ❑ **Community Service:** Church Youth Group; Kids Korps Volunteer; Student Venture participant; International mission volunteer
- ❑ **Activities:** Key Club; Fellowship of Christian Athletes; Peer Counselor; Honors Humanities Tutor; Bronco Ambassador
- ❑ **Awards:** National Merit Scholar Semi-Finalist; AP Scholar with Distinction; Maintained Distinguished Honor Roll; Three-time Silver Star Award recipient; American Chemical Society Achievement Award; San Diego Union-Tribune All-Academic Team; USAA National Science Merit Award; Cross Country Scholar Athlete Award; Wendy's High School Heisman Award State Finalist
- ❑ **Athletics (Track and Field):** Two-Time San Diego Section Championship Qualifier in the 1600 Meters; Finished Second in 1600 meters in Palomar League as a junior; Helped team to League Championship in 2007.
- ❑ **Athletics (Cross Country):** Junior Varsity Most Valuable Player freshman season; San Diego Section CIF Varsity Champions as a sophomore; Second Team All League as a junior; Co-Captain and recipient of Coach's Award as senior.

Flood Essay: "What Makes Cross Country Special"

Cross country has given me an environment in which I have encountered more quality persons of character than in any other facet of my life. I believe that the sheer strength of will and dedication required by the sport attracts a certain type of person, one who is determined and self-confident. My teammates have taught me more about character than any other experience could have through the constant support they provide and their refusal to quit. While I may be a varsity athlete, I have just as much respect for those who finish toward the back of the pack as the most successful runners in the country. I am astounded by the friendliness and pure love for the sport exhibited by my teammates, and each runner is an important part of the team.

Although the varsity runs separate, on numerous occasions, I have been rejuvenated by the screams and cheers of these junior varsity runners. They may not receive the accolades of the upper echelon runners, but the quiet dignity with which my peers compete is something that shows a great depth of character.

The sport and my teammates have shown me that no matter the success I achieve, the importance of the task is in the accomplishment of a goal itself. If I simply realize my own goals and do not rely on comparisons to others, then I know that I can be content with my actions and their results.

I think that within interscholastic athletics, coaches, athletes and fans have many opportunities to promote character. The most practical way to do this is to treat all those involved with compassion, and to realize that although the purpose of the meet is to win, the most important aspect is that everyone enjoys the process. I have witnessed unsportsmanlike conduct in other athletes, whether on an opposing team or my own, as well as by coaches and fans, and it is the most disturbing thing I have seen in any sport or activity. There is no excuse for such actions, and one of my favorite aspects of cross country is that I have never seen a competitor say a word that was unkind to an opposing runner. I think it is the duty of the athletes, coaches and fans to create a safe environment for those who wish to escape some of the common prejudices and insecurities of high school through participation in sports.

Character is being comfortable with one's own beliefs and status, and respecting the opponent, not belittling him. Character is what differentiates a sport from simple competition to a learning experience, and thus from a trivial game to something that can change an individual's life.

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2008 CIF/FARMERS Scholar-Athlete Section Winners

Central Section

Laycee Alves
Joseph Barnett

Tulare Union High School
Tulare Western High School

Central Coast Section

Teresa Noyola
Clark Fox

Palo Alto High School
Palma High School, Salinas

Los Angeles City Section

Christine Kappeyne van de Coppello
Roger Soto

Palisades Charter High School, Pacific Palisades
Santee Education Complex, Los Angeles

North Coast Section

Kelsey Ripp
Victor Ho

San Rafael High School
Chinese Christian Schools, San Leandro

Northern Section

Nichole Barry
Nicholas Gonzalez

West Valley High School, Cottonwood
Hayfork High School

Oakland Section

Marika Zumbro
Sean Purcell

Oakland Tech High School
Skyline High School

Sac-Joaquin Section

Megan Stroup
Keanen McCarthy

Hilmar High School
Vanden High School, Fairfield

San Diego Section

Kirsten Moore
William Peck

Carlsbad High School
The Bishop's School, La Jolla

San Francisco Section

Elizabeth Chan
Terence Li

Lowell High School
Mission High School

Southern Section

Christina Perkins
Douglas Tomczik

Redondo Union High School, Redondo Beach
Bishop Union High School

Previous 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 Torczon	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 Dieguito	1987
Amy Lightner	Point Loma	1988
Todd Forman	Long Beach Wilson	1988
Joy Jackson	Chico	1989
Caleb Roope	Yosemite High School, Oakhurst	1989
Kathleen A. Hannon	Granada	1990
Robert Bud Price	Saddleback	1990
Erin Pyka	El Toro	1991
Greg Siwek	Monta Vista, Cupertino	1991
Michele Wagner	Lynbrook	1992
Terry Mann	Sunny Hills	1992
Betty Ann Boeving	Monte Vista, Danville	1993
Steven Park	San Marino	1993
Lowen Cattolico	Leigh	1994
Bret Mobley	Campolindo	1994
Susie Erpelding	Academy of Our Lady of Peace	1995
Tom Chalberg	Campolindo	1995
Susan Rey	Gunn	1996
Nathaniel Merrill	Fresno	1996
Cathleen Sullivan	North Hollywood	1997
Brady Beaubien	Coronado	1997
Ester Gurrola	Fillmore	1998
Jeffrey Hick	Laguna Hills	1998
Samantha Piper	Coronado	1999
Andrew Hill	Los Altos	1999
Rebecca Herhold	Archbishop Mitty	2000
Evan Fox	West Hills	2000
Sara Bei	Montgomery, Santa Rosa	2001
Brett Ormsby	Vallhalla	2001
Scotti Nicole Shafer	Carlsbad	2002
Shay Murphy	Los Alamitos	2002
Meredith McColl	Capistrano Valley	2003
Barry Fischer	Campolindo, Moraga	2003
Whitney Johnson	South Bakersfield	2004
Daniel Beal	Dos Pueblos, Goleta	2004
Heather West	Davis Senior	2005
Ryan King	Christian Brothers, Sacramento	2005
Kelly Eaton	Menlo-Atherton, Atherton	2006
Michael Coe	Cabrillo, Lompoc	2006
Natasha Barthel	Saint Francis, Mountain View	2007
Sam Finlayson	San Ramon Valley, Danville	2007
Katie Druen	Modesto	2008
Andrew Flood	Rancho Bernardo, San Diego	2008