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State Media Release

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CANDACE WU AND MALCOLM MCGREGOR SELECTED 2009 CIF/FARMERS SCHOLAR-ATHLETES OF THE YEAR

ALAMEDA – Candace Wu from Valencia (Placentia) High School and Malcolm McGregor of Francis Parker (San Diego) School have been selected as the 2009 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 11. 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 Charles Browning, Farmers Vice President of Community Branding. “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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CANDACE WU, Valencia (Placentia) High School

Wu has been a four-year member of the varsity tennis team and also spent one year on the soccer team. She boasts a 4.6 weighted grade-point average and is the top-ranked student in her 590 member class. She will attend Johns Hopkins University in the fall.

She was a four-time First Team All-League selection in tennis, and helped her team win three CIF Southern Section Team Championships and four Empire League Team Championships. She was a two-time Empire League Doubles Champion, as well as CIF Southern Section Quarterfinalist and Empire League Singles Finalist.

She is a tireless volunteer at Placentia-Linda Hospital and earned the Valencia High School Century Award for devoting over 300 hours of her time to the hospital. As a member of the National Honor Society at her school, she tutors students on campus. She also founded the Valencia ChemClub, which performs chemical demonstrations and laboratory experiments in order to instill a passion for chemistry in her classmates.

In addition to being a National Merit Finalist and an AP Scholar with Distinction, Wu received the University of California, Irvine Academic Talent Search Award.

Continuing her passion for science, Wu intends to major in Biomedical Engineering with career goals of being a Researcher or Medical Doctor.

“Candace’s strengths are not only found in the classroom but in extracurricular activities as well,” said Amy Des Palmes, Valencia High School Girls Athletic Director. “Candace is one of the most courteous competitors I’ve ever met. She is never boastful and always treats her competition with the utmost respect. Her dedication to the sport of tennis the past four years is both admirable and inspiring. Candace’s resume is impressive. Her long list of accomplishments and activities demonstrate her ability to balance a very active, involved lifestyle with high quality academic work.”

- ❑ **GPA:** 4.6 (weighted)
- ❑ **SAT:** 2330
- ❑ **Will Attend:** Johns Hopkins University
- ❑ **Career Interests:** Researcher or Medical Doctor
- ❑ **College Major:** Biomedical Engineering
- ❑ **Primary Sport:** Tennis
- ❑ **Secondary Sport:** Soccer
- ❑ **Community Service:** Placentia-Linda Hospital Volunteer.

- **Activities:** National Honor Society Officer; ChemClub President and Founder; Science Olympiad Team Captain; Science Club President; Placentia Rotary Reading Enrichment Program Club Service Chair; Eco Club Board Assistant Coordinator.
- **Awards:** National Merit Finalist; National AP Scholar Award; National Honor Society; AP Scholar with Distinction Award; Honor Roll; California Scholarship Federation; Tennis and Soccer Scholar Athlete Awards; Social Science Achievement Award for AP European History; University of California, Irvine Academic Talent Search Award.
- **Athletics (Tennis):** Four-year varsity tennis player; Three-time CIF Southern Section Team Champions; Four-time Empire League Team Champions; Two-time Empire League Doubles Champion; Empire League Singles Finalist; Four-time First Team All-League; CIF Southern Section Quarterfinalist.
- **Athletics (Soccer):** Empire League Champions as a sophomore.

Wu Essay:

Our experiences as adolescents build our foundations and enhance our qualities as leaders of the future. I believe that my athletic and academic achievements show that I have striven to be the best that I can be and have been successful. Having participated in sports my whole life, I feel that through my involvement in team and individual sports, I have acquired fundamental qualities that have enabled me to work well with others and that have allowed me to be an independent thinker who is competent at making wise decisions. My affinity for sports and my athletic endeavors have given me the opportunity to challenge myself, and through these experiences, I have grown and matured and have discovered who I am as an individual, a scholar, and an athlete.

Despite the seemingly simplicity of questions regarding ethics and integrity, making the most honest decisions is not as easy as it seems. However, it is important to understand that despite the difficulties surrounding ethical dilemmas, it is essential to always know to do the right thing based on one's own principles and judgments.

As a serious and competitive athlete, I have rigorously trained for the mentally and physically challenging sports of tennis and soccer. Two years ago, as I was competing individually in the Empire League finals for my varsity tennis team, I was confronted with an ethical problem. I found that my opponent cheated on many line calls and intentionally caused other problems in order to lower my morale. However, as it was a competition between high schools, there was no referee available, and it appeared that I was forced to endure my opponent's actions. What else could I do? I was competing for the pride and honor of my high school, and I couldn't let

them down. Should I make my calls the way she was making them? Was it necessary to stoop down to her level in order to win? These questions swam around in my mind, but in the end, I realized that that was not the way I handled situations. I have always lived by certain principles, and integrity is a value that I value very much. I ended up losing the match, but when my opponent's father came to apologize, I was glad I had finished with dignity, had adhered to my principles, and had played my best. Because of that, I felt like a winner.

I strongly feel that my involvement in team and individual sports has definitely built upon my character as a leader and has enhanced my belief in the necessity of working together to achieve success. My athletic career has had a great impact on my life and has given me the opportunity to make myself a better person. I have lived up to my values and have challenged myself to the best of my abilities. The competitive nature of soccer and tennis has taught me that it is through hard work and dedication that one can truly become successful.

MALCOLM MCGREGOR, Francis Parker (San Diego) School

McGregor has been a three-year member of both the lacrosse and football teams at Francis Parker School and is one of the top students in his class with a 4.61 weighted grade-point average. He will attend Stanford University in the fall.

A defender on the lacrosse team and an offensive lineman on the football team, McGregor was named to the *San Diego Union-Tribune* All Academic Teams in both sports. He was named Junior Varsity Most Improved Player his freshman season on the football team. As a sophomore, he earned JV Lineman of the Year honors. In addition, he was named Second Team All-Conference Offensive Lineman after helping lead his team to the San Diego Section Division V Championship as a senior.

He has volunteered with Teen-Senior Connect, helping senior citizens in his local community to learn e-mail, Microsoft Word and Excel, and other computer programs. He also offers his time as a coach and referee for Sports for Exceptional Athletes and as a volunteer at the San Diego Food Bank. On campus, he serves as an advisor to incoming freshman.

The Associated Student Body Treasurer at Francis Parker, McGregor was named a National Merit Commended Scholar and AP Scholar with Distinction. He also received the Rensselaer Polytechnic Institute Medal Award for outstanding achievement in mathematics and science. In addition to being a distinguished student and athlete, McGregor is an accomplished photographer, earning two first-place ribbons at the 2007 Del Mar County Fair for black and white photographs.

McGregor plans to major in Economics or Political Science with the intention of pursuing a career in law, investment banking or politics. While participating in the Georgetown University Summer College last year,

McGregor served as an intern for Representative Susan Davis (CA-53rd).

“Malcolm is a superb leader both on and off the field,” said Francis Parker Athletic Director Dan Kuiper. “He acts as a role model for both his classmates and underclassmen. Malcolm displays excellent sportsmanship in all facets of the sport; with his teammates, coaches, officials, and opponents. He is gifted with a quick memory and seems to learn something new every day. He is a phenomenal student, and outstanding athlete, and an even better person.”

- ❑ **GPA:** 4.61 (weighted)
- ❑ **ACT:** 34
- ❑ **Will Attend:** Stanford University
- ❑ **Career Interest:** Law, Investment Banking, Politics
- ❑ **College Major:** Economics or Political Science
- ❑ **Primary Sport:** Lacrosse
- ❑ **Secondary Sport:** Football
- ❑ **Community Service:** Teen-Senior Connect Volunteer; San Diego Food Bank Volunteer; Sports for Exceptional Athletes Coach and Referee; Freshman Connection Volunteer; Junior Player Development Camp Coach.
- ❑ **Activities:** Varsity Sailing Crew and Skipper; Model United Nations Club President and Founder; Academic League Team Member; Associated Student Body Treasurer; Georgetown University Summer College Student; United States House of Representatives Intern for Rep. Susan Davis (CA-53rd); Powder Puff Football Coach.
- ❑ **Awards:** National Merit Commended Student; AP Scholar with Distinction; Honors with Distinction Award; Honors Award; Rensselaer Polytechnic Institute Medal Award; Two-time Del Mar County Fair winner for black and white photography; National Latin Exam Gold Medal; National Latin Exam Silver Medal; National Latin Exam Certificate of Merit; Achievement Award for AP English Language; Achievement Award for Honors Pre-Calculus; Academic Pin for Photography; Academic Pin for Computer Applications; California Scholastic Federation; National Honor Society.
- ❑ **Athletics (Lacrosse):** Three-year varsity lacrosse player; 2008 *San Diego Union-Tribune* All-Academic Team.
- ❑ **Athletics (Football):** Three-year varsity football player; Junior Varsity Most Improved Player as a freshman; Junior Varsity Lineman of the Year as a sophomore; Second Team All-Conference Offensive Linemen as a senior; CIF San Diego Section Division V Champions as a senior; 2007 *San Diego Union-Tribune* All-Academic Team.

McGregor Essay:

At the end of my sophomore season he left us. Our five-foot tall, prematurely-balding, short-tempered coach who had earned our team's unconditional respect through his determination, awe-inspiring talent for the game, and authoritarian coaching style, has been accepted to the Wharton School of Business and would no longer be coaching the Francis Parker varsity boys lacrosse team. Though this event was seemingly insignificant at the time, it would set about a course of events that dramatically changed the way in which I pursue my goals.

I, like the rest of the team, entered the next season slightly demoralized at the loss of our coach and skeptical of the talented yet inexperienced freshmen who had filled the positions vacated by graduating seniors. However, once we played our first scrimmage my passion for the game was rekindled. Thought I was not a captain as a junior, I took it upon myself to fill the leadership void left by the departure of our former coach. I wasn't going to let my lack of formal title stop me from doing everything in my power to ensure that the team performed to its greatest ability. I made sure that our three starting freshmen fully understood the intricacies of each of our plays and I quickly became the *de facto* leader of our young defense. Our season started off with a few easy wins; however, the team's lack of discipline in practice became very evident in our game play. This lack of discipline and the resultant "sloppy play" was likely the result of a variety of factors, yet the most likely candidate was the stark contrast between our former drill sergeant of a coach and our new coach, the latter being more of a proponent of "positive reinforcement." Whatever the reason, the effect was clear: our season quickly went into a tailspin as we posted several consecutive games in the loss column.

I became furious as the team apathetically went into each game expecting to lose, and all the while the captains said nothing and played with the same lax attitude as the rest of the team. Every time the team would come off the field after a bad half, the three of them would just stand there; I kept thinking, "At least I'll be a captain next year; then I can make sure this will never happen again." I did everything in my power to break our increasingly predictable streak of losses – but to no avail. I gave passionate speeches before, during, and after each game and I played every game as if it were my last; yet for seven straight games, I would find myself at the end of each game staring at the scoreboard baffled. I didn't know what else I could do; I just couldn't make the rest of the team want to win as badly as I did. The next game, one of our defenders who had been out with a knee injury returned to the team. He was a talented player and notorious for being a very vocal leader. In my frustrated state, I essentially turned over the leadership helm to him. As a result, I didn't play with the near amount of intensity and drive as I had prior to his return. I had a very mediocre remainder of the season and the team finished out the season with a few losses and a narrow win against an easy opponent.

I ended the season with a bad taste in my mouth and disappointed in my play. The coach announced that captains for next season would be chosen during the Spring Sports Banquet, only a week after the current season ended. I was excited because I was sure I was going to be selected, and having the entire off-season as captain would allow me to organize off-season practices and workouts to ensure that our next season did not suffer a similar fate to that of the previous season. I was anxious and excited when the night of the sports banquet finally arrived. I sat wringing my hands as parents and players alike awaited the coach's announcement. One by one the coach read off each one of the captains. I was not one of them. I clapped out of obligation but inside I was devastated. As I drove home I was consumed in thought. I wanted to blame everyone – the coach for overlooking me, the players who were chosen for not deserving to be captains, everyone but myself. But as I continued to think, I came to the realization that although I probably deserved to be chosen, so too did those who were actually selected. I had neglected the best piece of advice I have ever received, "Alleviate all doubt. Don't let them even consider telling you 'No.'" I didn't do everything in my power to help the team until the bitter end. I left an element of doubt in my coach's mind as to my leadership ability; therefore, my disappointment was no one's fault by my own.

Up until that moment this was not an uncommon theme in my life. Though I had accomplished numerous successes, there were times when I did not accomplish various goals due not to my lack of qualification, but rather by not establishing myself as the unquestionable choice. I would always establish myself as a strong contender in everything that I did, but I would often leave myself vulnerable to subjectivity. After reflecting on this habit I had two options: I could dwell on the past and let my disappointment thwart my future success, or I could learn from this experience and put everything that I can into each endeavor I pursue. I chose the latter.

2009 CIF/FARMERS Scholar-Athlete Section Winners

Central Section

Jordan Hasay
Joshua Shambaugh

Mission College Preparatory, San Luis Obispo
Garces Memorial High School, Bakersfield

Central Coast Section

Kathleen Miller
Erik Zahnlecker

Gilroy High School
Salinas High School

Los Angeles City Section

Kevin Cabrera
Rebecca Verstraete

Northridge Academy High School
Cleveland High School, Reseda

North Coast Section

Kelly Peterson
Ian Williams

Northgate High School, Walnut Creek
St. Vincent de Paul High School, Petaluma

Northern Section

William Anderson
Mallory McGowan

Chester High School
Colusa High School

Oakland Section

Shira Zingman-Daniels
Emiko Zumbro

Oakland Technical High School
Oakland Technical High School

Sac-Joaquin Section

Jordan Enos
Maria Malone

Lincoln High School, Stockton
Folsom High School

San Diego Section

Skyler Dougherty
Amanda Mulligan

University City High School, San Diego
La Jolla Country Day School

San Francisco Section

Elena Chin
Kendrick Chow

Lowell High School
Galileo Academy of Science & Technology

Southern Section

Shane Roberts
Christine Yost

Jurupa Valley High School, Mira Loma
Cornelia Connelly School, Anaheim

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, 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
Candace Wu	Valencia, Placentia	2009
Malcolm McGregor	Francis Parker, San Diego	2009