



ST. LUCY'S PRIORY HIGH SCHOOL
ROARIE REGENT ATHLETE AWARD
OCTOBER 2013 RECIPIENTS



SOPHIA PUCHALSKI

Sophie made significant improvements in the month of September, which moved her up the ranks of the junior varsity athletes. Always spirited and eager to run, she brings a high level of energy to every practice and competition.

Her season best is 23:24 at the Dana Hills Invitational.



MEGAN PERALEZ

Megan has overcome a series of injuries to emerge as one of the top runners on the team. She has great race instincts, which allow her to battle for position and find the right pace. She is always thoughtful and willing to help her teammates.

Her season best is 23:32 at the Cal Poly Bronco Invitational.



KATELYN BREITSCHWERDT

In just her second year on the team, Katelyn has become the Regent's leader and top performer. Finished in the Top 3 in her races at Rosemead Invitational, Dana Hills Invitational, and Sierra League Meet 1. Katelyn has great passion for running as a sport and a recreational activity. She is a team player who always listens to her coaches.

Her season best is 18:50 at the Rosemead Invitational.



F/S VOLLEYBALL



ANUSHKA SILVA

Anushka is always encouraging and uplifting towards her teammates and has great sportsmanship! She is positive and works hard at practice every day. Anuska is always trying to better herself and her team and is someone her peers look up to.



J/W VOLLEYBALL

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ALEJANDRA RIVAS

Alejandra displays outstanding sportsmanship and is dedicated to her team and to her hard work. Alejandra is a Defensive Specialist who averages 2 digs per game.



ARDEN DAVIS

Arden is a 2-year starter, 2-time CIF champion and a 2-year Captain. Everyday she is the most vocal leader on the court and her team is always following her. She always puts her teammate first and is a Coach's dream as she sets the example and tone by being the hardest working player on the team. St. Lucy's is currently ranked #2 in CIF and top 100 in the country and we would not even be close without Arden.

Arden ended last season with the team being ranked #36 in the Country. She leads the team in digs with 205. She is on pace to set 3 school records.

She had 39 digs (2nd most all time) in a 5 game win over #5 ranked La Salle.



J/V TENNIS



SAVANNA MALKI

Savanna displays a tremendous competitive spirit while maintaining a very high degree of sportsmanship and respect for her opponent. She began playing tennis at a very young age but began to focus on soccer in recent years. With her recent accomplishments on the court, hopefully it will become more and more difficult for her to ignore just how successful she can become playing tennis. Savanna's attitude is exemplary and she is well liked by her teammates. Refreshing to see such a stellar athlete be so humble. Even in her quiet competitiveness, she always finds time to smile!

Savanna's individual record is 24 wins, 3 losses.



VARSITY TENNIS



SAMANTHA JAMES

Sammie demonstrated outstanding leadership as the season began by working with teammates and the athletic department staff to select and order uniforms for the varsity team. She was instrumental in the beginning of the season in leading the team in spirit and determination. She was exemplary in match play in victory or defeat and demonstrated great sportsmanship. As co-captain of this year's team, she is setting an example for all the young women to follow this season and in years to come.