

ST. LUCY'S PRIORY HIGH SCHOOL
ROARIE REGENT ATHLETE AWARDS
WINTER SPORTS 2015



REGENT ATHLETICS





BASKETBALL: VARSITY



Danielle Tostado

Junior

2nd year on team

Danielle Tostado is in her second year on Varsity and has taken over the Point guard duties and has done an amazing job. Her willingness to lead her team and do what it takes to execute has played a tremendous part of our success on the court this year. Her efforts on the floor are infectious, both in games and practice. She has continued to set an example for all her teammates about what it means to work hard. We appreciate all she has given to her school, program and team

Statistics:

She is averaging 8.3 points per game and 7.3 rebounds per game and had a career high of 23 points vs. Rancho Cucamonga



Samantha Valizan

Junior

2nd year on team

Samantha Valizan has been a tremendous part of our success this year after being thrust into the starting position at Shooting guard. Being thrown into the mix unexpectedly brought out the intense competitive spirit that we knew resided inside of her, and it is this spirit and desire that made us better in both practice and in games. Her contribution has been far greater than we had hoped for and is a testament to her hard work on the court. We are blessed to have her as a member of this team and the example she sets with her efforts is second to none. She continues to uphold the integrity and spirit of the Regent basketball program and extend its legacy for future Regents



BASKETBALL: JUNIOR VARSITY



Sondra Rivera
Sophomore
1st year playing
Position: Guard

Sondra has shown significant progress over this past season with her ball handling, shooting, defense, and confidence. Basketball may not be her favorite sport, but her pure athleticism and competitive spirit allowed her to transform into a great basketball player. Every day she gives 100% in practice and games, which has allowed her to make the gradual improvement over this season. As coaches we trust her at crucial times in games to stop an opponents best player as well as to go hard to the basket to score. In our competitive league she has taken several hard hits and not once retaliated except with a giggle and a smile. She's a great team player and leader with a goofy spirit that's not afraid to make a mistake on her path to becoming a better player. We have thoroughly enjoyed having this multi-sport athlete's commitment to us this season and cannot wait until year.

Statistics:

In a close win against chino hills high school she had 10 points in the three quarters she played.



Michelle Melara
Junior
2nd year playing
Position: Power forward

Michelle brings a positive energy to the team and has continuously improved her skills over the past two seasons. She has accepted any roll we asked her to take without hesitation or complaints. She is one of our smallest post players but is definitely one of the most aggressive and fearless. Whether she is cheering on her teammates or battling with players twice her size, Michelle puts her best foot forward daily. In this season alone, her footwork has drastically improved both offensively and defensively allowing her to



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maneuver her way around bigger players. In combination with her improved basketball IQ, her competitive drive has allowed her to surprise opponents much bigger than her when she is able to guard them on the block or box them out for a rebound. We as coaches see that Michelle is a perfect example to never let your size determine your ability to compete.

WATER POLO: VARSITY



Kayla Garcia
Sophomore
2nd year on team
Position: attacker

Kayla Garcia is the athlete every coach wants. She is motivated, takes constructive criticism well, is a team player, and is a young lady of integrity. She is dedicated and punctual. When varsity practice needed to be cancelled she still took the time to attend JV's practice to keep bettering herself and her teammates. This action alone speaks true to what type of person Kayla is. Kayla's time management is exceptional, as she has not missed a practice and makes sure her homework is completed in order to make all water polo events! Although she is not the loudest on the team, she is full of Regent Pride and wears her crest proudly. I couldn't be a more proud coach of this young and developing athlete!



Amy Inkrott
Junior
3rd year on team
Position: 2-Meter/ Attacker

Amy Inkrott is nominated for the following extraordinary reasons: she is a great example of a student-athlete; student first, athlete second. Her studies are nothing less than impressive. But this does not stop her from putting her team first. Amy is selfless in the water and finds joy in seeing her teammates excel. As a captain on the team, the coaches were able to feel comfortable with her leadership skills and decision making. Amy leads by example and is a great role model to her team. I am very excited to see her preform in CIF as well as next year as she is a crucial component to this program.



WATER POLO: JUNIOR VARSITY



Jessi Cortes
Senior
3rd year on team

There is no doubt Jessi should be nominated for this award being that she is the ultimate example in every aspect of athletics. Jessi has a competitive drive that pushes her past her limits day in and day out, as well as an empathetic attitude, which makes her a perfect team leader. The passion and drive Jessi presents spreads to her teammates, pushing the team as a whole.



Kiara Mills
Sophomore
3rd year on team

Kiara is simply a natural athlete and never needs to be told how to do things more than once. Not only does she exceed expectations for herself during practices and games, Kiara has a powerful sense of comradery that pulls the team together as a unit.

SOCCER: VARSITY



Charlotte Teunisse
Senior
4 years of soccer
Position: Defender

I nominate Charlotte for the Roarie Regent Award because she is a hard worker both in her sport and with her studies. She has really stepped up big for us this year in the center back position and has been a huge part of our defense. She never complains and she does whatever she is asked.

She is kind to those around her and she is a good role model for her teammates. I am grateful for Charlotte's positivity and good sportsmanship and know that she will be successful in any endeavor she pursues.



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Nicole Leggio

Senior

Position: Midfielder

Nicole has been a leader on our team on and off the field ever since she has been on varsity. She works hard, and pushes herself and her teammates to be better. She helps run warm ups and is someone that I can always count on to get things going. She is respectful, and has a love and great knowledge of the game of soccer. She has the determination and drive to go on to be very successful in college. It has been a privilege to be able to be her coach and to see her overcome obstacles and develop as a person and a soccer player.

Statistics:

17 goals, leading goal scorer in Baseline league

SOCCKER: JUNIOR VARSITY



Paige McCaslin

Sophomore

2nd year on team

This athlete is a consistent role model for all of the girls on the team on and off the field. She knows when to have fun and when to take things seriously. She gives 110% on the field, both games and practices, despite facing injuries. She gives everything she has to the team and has a huge heart. It is very enjoyable to coach her and see her love for the sport and the team



Nicole Higman

Sophomore

2nd year on team

Nicole is a huge asset to our team. She helped us a lot in our attack on the sideline of the field. Her speed and technical ability on the ball is unmatched by any team in our league. She is a player that never gave up, she worked hard day in and day out for her team and gave everything she could. Her hard work paid off in games and was very beneficial for us scoring goals and making assists through out the season.