



## Office of Community Relations

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# Dysart honors athletes of the month

DYSART SCHOOLS — The Dysart School District is pleased to announce its Dysart/Crown Trophy/Red Robin High School Athletes of the Month for November. Those receiving the honor for November are:

### **Dysart High School**

Kelly Sweaney - Kelly has been a varsity cheerleader for four years, holding the role of captain this year. She is a natural leader and exudes confidence in all that she does. She has a GPA of 4.125, and has exceeded in all three areas of the AIMS test. She is a member of National Honor Society, was recently voted Rotary Student of the Month and received the MVP award for Spiritline for the 2008-09 season. She was a member of the Spiritline when DHS won the USA National Titles in Co-ed Performance Cheer, both in 2007 and 2009. This summer, at UCA Cheer Camp, Kelly was chosen as an All-American cheerleader. She will be traveling to London in December to cheer with the United Spirit Association in the London's New Year's Day Parade. In addition to her accomplishments, Kelly works almost full-time and attends the West Mec EMT program, all while attending DHS. After high school, Kelly plans attend college to become a flight nurse.

Paris Smythe - Paris is a Sr. Captain of the football team. His achievements on the field included averaging 7 tackles a game from the strong safety position, an incredible 50 yard fumble recovery that he returned for a touchdown on homecoming night against Kellis, and numerous pass break ups and big hits. A three time defensive player of the week for the Demons, Paris was recognized as the hardest hitter on the team at the end of the season banquet. His aggressive play also got him recognized by the 4A West Valley coaches as one of the top defensive backs in the region. Paris was a true leader for our team this year not only improving every week, but his hard work and intensity at practice and in games made the players around him better as well.

### **Shadow Ridge High School**

Destiny Martinez - Destiny is an exemplary example of a student athlete and currently has a 3.35 grade point average. She is the captain of the swim team and always has a positive and encouraging attitude. Destiny always gives 110% no matter what the circumstances. She works hard to get good grades and shows tremendous school spirit. Destiny is the first swimmer to set a school record in the 200 Freestyle at Skyline Regional's in October.

Austin Miceli - Austin is the captain of the Shadow Ridge Stallions Boys' Golf Team. He is a team leader, exceptional individual and a gifted athlete. He is a positive leader, dedicated performer and a solid student. He is a freshman at Shadow Ridge and consistently performs at a varsity level, posting scores that have been consistently competitive with varsity level teams in the area. He is an active student at

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Shadow Ridge High School and plans to participate with the Shadow Ridge High School Boys' Baseball Team in the spring. Austin loves golf and can often be found on the links over the weekend, no matter the time of year. He has a no-quit attitude, competitive spirit and always aims to improve his game on a daily basis. Whether Austin shoots in the high 30s or high 40s, he is quick to note the positives and sure to target the negatives for improvement.

### **Valley Vista High School**

Hope Hutton – Hope has been a girls' varsity soccer player for the past 2 years and also our best 800M runner in track at 2:36 and runs the 4x800 as well as the 1600M. Hope excels in soccer where her coach commends her hard work and skill on the field. Hope carries a 4.0 in the classroom and she is also involved in club soccer.

Jameel Yousif – Jameel has been a boys' varsity basketball starter for the past three years. Jameel is a model student in class and a great representation of Valley Vista in the community. He is the leader of the basketball team and is receiving interest from different colleges. Jameel works hard in the classroom also where he has a 4.042 GPA.

### **Willow Canyon High School**

Samantha Tengberg - Samantha is a junior swimmer who never missed a practice or swim meet all season. She challenged herself this year athletically by competing in the grueling Individual Medley at many swim meets including the Northwest Region meet. She is always willing to assist her coaches and teammates with issues pertaining to academics and athletics not only during the season, but year round as well. Samantha maintains a 4.4 GPA in rigorous AP classes, volunteers with Buddy baseball, and volunteered at the hospital over the summer. She is a member of the National Honor Society and has the goal of attending college to be a veterinarian. Samantha is an asset to the swim team and a great testament of Willow Canyon's stellar academic athletes.

Garrick Shelton - Garrick is a junior member of the football team. He is a true leader and role model on our campus and in our community. His priorities are always in the right order. His commitment to athletics, family, school and community are very strong. He leads by example in everything he does including volunteering at the St. Mary's food bank citrus recovery program and volunteering for elementary football camps. Garrick is a FAME (freshmen) mentor on campus, maintains a 3.3 grade point, and plans to attend college to play football and major in criminal justice. Garrick was honored this year as 1<sup>st</sup> team all region running back, gaining 2900 career rushing yards and 34 touchdowns in two varsity seasons.