





CSD Valedictorian - Class of 2014

Athletic Accomplishments:

Track & Field:

- 3200m, 1600m, 800m, 4x800m, 4x400m
- 2x State Champion
- 11x Regional Champion
- 8x Conference Champion
- 2014 All-Midshore Track & Field Athlete of the Year
- 2x Team MVP
- CSD Record Holder:
 - 3200m 11:24
 - 1600m 5:06 (CR)
 - -800m 2:23





Athletic Accomplishments

Cross Country:

- Led Team to 2013 State Title
- 4x State Medalist
- 4x Regional & Conference Champion
- 3x All-State Cross Country Team
- 4x All-Midshore Cross Country Runner of the Year
- 4x Team MVP
- CSD 3 Mile Record Holder 17:34

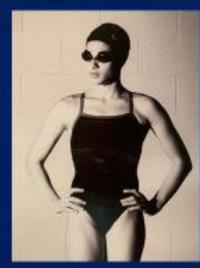




Athletic Accomplishments

Swimming:

- 200 IM, 100 Fly, 200 FR, 200 MR
- 3x State Medalist
- 6x Regional Champion
- 2x Team MVP
- CSD Record Holder
 - 100 Fly 1:03:92
 - 200 FR 1:46:31







Post High School

- United States Naval Academy Class of 2018
- Cross Country, Track & Field
- Commissioned Ensign United State Navy



