5th Annual
Scholar-Athlete, Coach and Community Recognition Banquet

Tuesday May 24, 2016 ~ Mount Rainier High School
Welcome to our 5th Annual Scholar-Athlete, Coach and Community Recognition Banquet

Dr. Susan Enfield, Superintendent
Welcome to the Fifth Annual Highline Public Schools Scholar-Athlete, Coach and Community Recognition Banquet. We are extremely proud of our student athletes on and off the field. We believe athletics provides a place for students to gain valuable leadership and teamwork skills that will help them as they continue their education and pursue their dreams. Much of the success our student athletes achieve is in large part due to the support and mentorship from coaches and community members. The tireless work and dedication of these individuals creates a lasting effect on the young people they serve. I want to personally thank everyone who has made tonight possible and offer my congratulations to every individual we are honoring tonight.

Terri McMahan, Director of Athletics
I hope you enjoy our fifth annual event and appreciate, as I do, the partnerships with local business owners, community members, alumni and staff to honor and support our outstanding student-athletes, coaches, community contributors and those receiving special recognition. The opportunity to partner with others and provide scholarship dollars for our greatest community resource is a tremendous experience for all involved. Assistance with post-secondary academic goals and the example of “giving back” to one’s community provides a powerful lesson. Thank you for taking part in this lesson. I look forward to great accomplishments from those honored tonight.

Ashley Fosberg
Executive Director Highline Schools Foundation
The Highline Schools Foundation is pleased to be a partner in the Fifth Annual Scholar-Athlete, Coach and Community Recognition Banquet. The Foundation exists to help raise critical funds for the district and to “fill the gap” between what state funding provides and what our students need; with athletics being one of the main areas we support. We believe that every student should have the opportunity to play their desired sport for their school, regardless of whether they can or cannot afford the fees to participate. We help the district support these student-athletes by raising the funds to cover those fees. We are also pleased to support the effort to honor students who excel in both sports and academics, as they are shining examples of how being a focused athlete and being part of a team motivates students in the classroom. Congratulations to you all!
**Tonight’s Program**

Welcome and Opening Remarks ~ Dick Fain and Susan Enfield

Dinner ~ Act 3 Catering

Sponsor Recognition

Coaches and Community Contributor Awards ~ Building Athletic Directors

Remarks, Director’s Award and Special Recognition ~ Terri McMahan

Scott Lautman ~ Highline Schools Foundation

Scholar-Athlete Nominees & Presentation of Scholarships

Closing Remarks ~ Master of Ceremonies

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**Master of Ceremonies ~ Dick Fain**

*KJR Sports Radio Host and Voice of the Seattle Storm*

Dick is a 1992 graduate of Mount Rainier High School where he played basketball and swam on the state championship team. He then went to UW and was a member of the Husky Marching band. He received his Masters Degree in Sports Administration from Seattle University in 2011.

Dick began his career in broadcasting at KJR in 1997 and worked his way up to show host and sports director. Dick currently is the host of the Live @5:30 show Monday thru Friday and is the co-host on the Mitch in the Morning show from 6:00 a.m. to 10:00 a.m.

Dick is also entering his ninth year as the voice of the WNBA Seattle Storm and is in his third year as a sports anchor on KING-5 TV.

He and his wife Janna live in Normandy Park and have a six year old son Dixon, who is a Kindergartner at Marvista Elementary, and a four year old daughter Aubrey.

Dick has a passion for high school sports and coached the boys basketball team at Mount Rainier for 15 seasons.
The Athletics Department thanks this year’s business and individual sponsors for supporting this special event. Our in-kind sponsors have been extremely generous. Their contributions have served to make this a memorable event for all involved and for that we are grateful. Please give them your business.

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Recognition & Thanks
- Ashley Fosberg
- Dan Johnson
- Dona Ozier
- Jack Thompson
- Jan Noorda
- Jeananne Tescar-Burcham
- Justin Kraft
- Jenny Southard
- Ken Robinson
- Mel Ponder
- Rebecca Winnier
- Scott Lautman
In Memory of Evergreen’s Kenney Bui
August 12, 1998 - October 5, 2015

In honor of Kenney’s example as a true Scholar-Athlete the Bui family has proudly established a memorial scholarship to assist outstanding HPS student-athletes with post-secondary education.

Congratulations to the 2016 Scholar-Athletes and other Award Winners

White Center Eagles
10452 15th Avenue SW
Seattle, WA 98146

Congratulations Jack Thompson
NFL Golden Football Recipient
Presented to Evergreen March 25, 2016

Pictured L to R: Jack Thompson; Diana Nguyen, TEC ASB President; Crystal Correa, HS3 ASB President; Luis Garcia, AAA ASB President; Tyrone Curry, Sr., Highline Board Member

Evergreen Coaches, Admin, & Alumni
2016 Scholarship Sponsors

Matthew Chacon
Katherine Cruz Lopez
Savelio Makasini
Luana Tupa

Congratulations Scholar-Athletes
Thank You for All of Your Hard Work!
Chief Andy McCurdy

Andy McCurdy, King County Sheriff's Office Sergeant assigned as Covington Police Chief, is the visionary behind "Badges and Barbells", a strength and conditioning program designed to build relationships between first responders and students and staff in the White Center community. Donations from Alaska Airlines and the King County Sheriff’s Foundation helped fund equipment and the Basic Law Enforcement Academy (BLEA) Class 725 Recruits spent time cleaning, organizing, and painting the room as the volunteer project for their class.

Andy’s idea for an after-school program staffed by first responders at Evergreen proved to be a perfect partner to a concurrent effort by Director of Athletics, Terri McMahan, to implement a standardized strength and conditioning program district-wide. They were introduced by HPS Chief Operations Officer, Scott Logan, in the fall of 2014, and brought this shared vision to fruition with a 2015 mid-December kickoff event for students and coaches held at Evergreen’s weight room. Olympian Melanie Roach and local first responders were on hand to demonstrate core lifts from USA Weightlifting (USAW), the program now in use at each high school. Reps from Alaska Airlines and PAL were also on hand to observe as Evergreen student-athletes, coaches, and building athletic directors from throughout the district learned about the program.

Badges and Barbells currently runs four days a week at Evergreen with Andy taking lead Monday/Wednesday and Evergreen staff member, Zach Hermsen, taking lead Tuesday/Thursday. Zach, a first-year special education teacher and former football player, will join Evergreen’s football staff this fall. King County Sheriff’s Office Sergeant, Kelly Park, has also been instrumental in the success of Badges and Barbells. A former Taekwondo World Champion (1994 Goodwill Games), she currently runs physical training for local law enforcement officers as leader of the Advanced Training Unit operating out of Burien’s Criminal Justice Training Facility. Kelly shows up regularly to train students and support Andy and Zach. Andy, Zach, and Kelly are joined on a drop-in basis by local first responders who also assist student-athletes and complete their own workouts. Badges and Barbells coaches have already made a significant difference this spring by teaming up with Evergreen’s spring sports athletes and coaches to provide three daily shifts of lifting workouts throughout the season.

In addition to his leadership with the lifting program, Andy was instrumental in connecting Carl Cole to the Athletics Department. Carl, a King County Sheriff’s Office Captain assigned to the City of SeaTac, had a successful throws career at PLU and currently serves the Evergreen-Tyee Track and Field program as a volunteer throws coach.

Andy’s dad, Ron, was a police officer for 41 years and both Andy and his brother Pat followed in his footsteps. After being an Explorer Scout, Andy was hired as a 17-year old high school senior to serve as Community Service Officer (CSO) for the Pleasanton, California Police Department. After two years at Pleasanton and three years as CSO for Hayward, Andy moved to Washington to take a job with the Port of Seattle where he served as a patrol officer and detective from 1996-98. In 1998, he became a King County Sheriff’s Office Deputy working as a special assault detective. He made sergeant in 2008 first working patrol and internal investigations before spending four years running the Advanced Training Unit.

It was with the Advanced Training Unit that Andy was able to combine his love of physical training and the instruction of physical training with oversight of programs aimed at improving the physical condition and performance of the local law enforcement community. Andy brought experience as an athletic training major at Cal State
Hayward and intern at a large sports injury center that took place while working in Pleasanton. He and Pat had a goal to open a gym, run a non-profit, keep kids off the streets, and improve the health and physical fitness of officers.

When Andy first moved to Washington he lived near White Center and was reminded of where he had grown up. He did not think White Center had resources one might see in areas more traditionally supported by government. He worked patrol in the area and began to conceive the idea for a school-based training program that would benefit both kids and cops.

Andy’s work with the Advanced Training Unit focused on the fact that the longer individuals do a job like law enforcement the more complacent they can become. Most injuries have nothing to do with physical confrontation or arrests but more to do with being physically unprepared for daily living. He noted that cops wear a lot of gear, do a lot of sedentary driving, and many officers do not keep up with physical training. He believes physical training is not about how much weight one can hoist over their head but more about being able perform daily tasks without likelihood of injury. He sees physical training as being about teaching movement and that weights and barbells when properly instructed are about movement.

As leader of the Advanced Training Unit in place to provide physical training to members of the law enforcement community, Andy knew he could make a difference with colleagues and with his connection to White Center and the school district could do the same for students and coaches. He had been working with the school district to secure buildings for physical training and wanted to do something to give back. Badges and Barbells provided the perfect opportunity.

Although Badges and Barbells is specific to Evergreen, the USAW program is now in place at Highline, Mount Rainier, and Tyee due to coaches at each site having earned USAW certification. Increasing the number of those certified along with requiring new coaches to take the training is a department priority designed to ensure consistent instruction across the district. District Athletics is a proud beneficiary of Andy’s expert advice and service. He has contributed to an excitement around a program that teaches and promotes skills that students and coaches can use and benefit from for years to come. Thank you, Chief McCurdy!

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Thank You Alaska Airlines and PAL

Badges and Barbells Kick-Off. L to R: Chris DuBois, Evergreen AD; Olympian Melanie Roach; School Board Member Tyrone Curry; Andy McCurdy, Director of Athletics; Tomi McMahan; Alaska Airlines Rep, Scott Lautman.
Congratulations Scholar-Athletes

GILBREATH DENTAL
15515 3rd Avenue S.W., Suite F
Burien, Washington 98166

Congratulations 2016 Scholar-Athletes, Coaches and Community Award Winners

Exchange Club of Highline
2016 Honored Coaches

Brandon Horstman
Head Boys Basketball
Tyee

Dan Matthias
Head Cross Country, Evergreen
Asst Track & Field, Evergreen-Tyee

Shane Stenesen
Head Boys Basketball
Highline

Todd Wollenweber
Head Dive
Mount Rainier

Travis Eriksen
Head Cross Country
Asst Track & Field
Sylvester

Conner Hall
Head Boys Soccer
Head Girls Soccer
Pacific

Dennis McLeod
Head Wrestling
Asst Football
Chinook

Rory Weaver
Head Girls Basketball
Asst Cross Country
Asst Track & Field
Cascade

You’re there for them. We’re here for you.
At Regence, we believe in healthy communities and the people who help them grow. That’s why we support the Highline Public Schools Scholar-Athlete, Coach and Community Recognition Program.

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association
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Luke Hagler  
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Alana Vinther  
Tyee

Dr. Jennifer C. Weaver  
401 SW 153rd St, #A  
Burien, WA 98166  
206-244-1780

Tyee Coaches, Admin, & Alumni  
Proud Sponsors of a 2016 Scholarship

David Bock  
Mary Rose Cadelina  
Ulyses Morales  
Cresencia Terrado

Thank You for Your Hard Work & Dedication  
as Students, Athletes, and Leaders

Mount Rainier Coaches, Admin, & Alumni  
2016 Scholarship Sponsors

Joseph Burdine  
Emily Rhodes  
Hailey Sagmoen

Rams

Congratulations Scholar-Athletes!

Binyon Vision Center  
Dr. Jennifer C. Weaver  
401 SW 153rd St, #A  
Burien, WA 98166  
206-244-1780

2016 Scholarship Sponsors

Joseph Burdine  
Austin Regier  
Emily Rhodes  
Hailey Sagmoen

Mount Rainier High School Booster Club  
Congratulations Scholar-Athletes  
We Are Proud of You!

Print Place  
22007 7th Ave. S., Des Moines, WA 98198

Digital Color Reprographics
In Memory of Doris Burdin
Evergreen Teacher & Coach
1942-2014

Doris spent her entire career of 48 years at Evergreen, where she had an enormous impact on all those she interacted with, from students to athletes to fellow teachers and community members. Not only did Doris teach academics, but she truly believed in teaching “life lessons.” From the classroom to the court, no matter who you were, you were treated with the same care, respect and expectations as everyone else, and you were always greeted with a smile and a “Good morning!”

Doris passed away October 28, 2014 after a short battle with cancer. Friends and family have created a scholarship in her name to be presented to a female scholar-athlete from Evergreen.

Mount Rainier Leadership Class

RAMS
Proudly Supporting our Scholar-Athletes
Joseph Burdine–Austin Regier–Emily Rhodes–Hailey Sagmoen

17600 5th Ave. South
P. O. Box 80505
Seattle 98108
206-763-0990
www.machinistsinc.com

2016 Scholar-Athlete, Coach and Community Recognition
Matthew Chacon
Sports: Cross Country, Track & Field
GPA: 3.67
College: University of Washington
Major: Electrical Engineering
Parents: Lisa Barrientes and Tony Chacon

Katherinne Cruz Lopez
Sports: Swimming, Basketball, Tennis
GPA: 3.64
College: Whitworth University
Major: Engineering
Parents: Edwin Cruz and Sonia Lopez de Cruz

Savelio Makasini
Sports: Football, Basketball, Track & Field
GPA: 3.69
College: University of Washington
Major: Undecided
Parents: Koliniusi and Salote Makasini

Luana Tupa
Sports: Volleyball, Wrestling, Track & Field
GPA: 3.35
College: University of Washington
Major: Social Work
Parents: Mosese Tupa
2016 Scholar-Athlete Nominees

Highline

Natalie Barnes
Sports: Gymnastics, Track & Field
GPA: 3.938
College: Boise Bible College
Major: Undecided
Parents: Scott and Teresa Barnes

Isabelle Heier
Sports: Soccer, Tennis
GPA: 3.955
College: Highline College
Major: Biology with minor in Psychology
Parents: Patrick and Amy Heier

Matthew Horejsi
Sports: Cross Country, Basketball, Baseball
GPA: 3.535
College: Corban University
Major: Kinesiology
Parents: Frank and Nancy Horejsi

Jacob Jones
Sports: Cross Country, Wrestling, Track & Field
GPA: 3.463
College: University of Washington
Major: Physical Therapy
Parents: Michael Jones and Sharon Nix Jones
Joseph Burdine  
**Sports:** Cross Country, Swimming, Track & Field  
**GPA:** 3.758  
**College:** University of Washington  
**Major:** Undecided  
**Parents:** John Burdine and Diane Evans

Austin Regier  
**Sports:** Cross Country, Swimming, Track & Field  
**GPA:** 3.993  
**College:** University of Washington  
**Major:** Electrical Engineering  
**Parents:** Monte and Christie Regier

Emily Rhodes  
**Sports:** Soccer, Track & Field  
**GPA:** 4.0  
**College:** University of Washington  
**Major:** Engineering and ROTC  
**Parents:** Michael and Laura Rhodes

Hailey Sagmoen  
**Sports:** Dance, Dive, Gymnastics  
**GPA:** 3.943  
**College:** University of Washington  
**Major:** Business  
**Parents:** Charles and Kim Sagmoen
2016 Scholar-Athlete Nominees

David Bock
Sports: Cross Country, Wrestling, Track & Field
GPA: 2.99
College: Saint Martin’s University
Major: History
Parents: Dennis and Shawna Williams

Mary Rose Cadelina
Sports: Cross Country, Basketball
GPA: 3.50
College: University of Washington Tacoma
Major: Accounting and Physical Education
Parents: Gilbert and Juvy Cadelina

Ulyses Morales
Sports: Basketball, Soccer
GPA: 3.66
College: University of Washington
Major: Civil Engineering
Parents: Gustavo Morales and Neida Sandoval

Cresencia Terrado
Sports: Volleyball, Tennis
GPA: 3.71
College: Central Washington University
Major: Exercise Science
Parents: Lito and Soo Terrado
2016 Scholar-Athlete, Coach and Community Recognition

Jacqueline Downey
Principal
Evergreen - AAA

Jenni Maughan
Principal
Evergreen - HS3

Vanessa Banner
Principal
Evergreen - TEC

Chris DuBois
Athletic Director
Evergreen

Lori Box
Athletic Director
Highline

Vicki Fisher
Principal
Highline

Darren Rawie
Athletic Director
Mount Rainier

Julie Hunter
Principal
Mount Rainier

John Yellam
Athletic Director
Tyee

Nicole Fitch
Principal
Tyee
Sports. Grades. Service. And such nice kids, too.

Congratulations on setting the bar so high.
The Highline Education Association is thrilled to support a scholarship for a deserving Highline Schools graduate who is both a scholar and an athlete. Congratulations on your achievements!

We believe in you!

Highline Education Association — 575 Andover Park West, Suite 205—Tukwila, WA 98188
Sue McCabe, President— Email: Smccabe@washingtonea.org — Website: Highlineea.org
Telephone: (206) 246-4340, Fax: (206) 246-9312
Extra! Extra!
Read all about Highline Sports in the Highline Times
The Highline Times is a proud sponsor of the Scholar-Athlete program.

Congratulations Monique Matheson
2016 Highline Schools Foundation Gold Star Outstanding Alumnus

Highline Coaches, Admin, & Alumni
2016 Scholarship Sponsors
Natalie Barnes
Isabelle Heier
Matthew Horejsi
Jacob Jones

Congratulations Scholar-Athletes
We are Proud of You!

Highline High School Booster Club
Thank You for Your Hard Work & Dedication as Students, Athletes, and Leaders
Natalie Barnes
Isabelle Heier
Matthew Horejsi
Jacob Jones

2016 Scholarship Sponsors

Pictured L to R: Terri McMahan, Dr. Susan Enfield, Monique Matheson, Lori Box.

2016 Scholar-Athlete, Coach and Community Recognition | 19
Attention those with Lower Back Pain or Sciatica:

- Do you suffer with back pain or leg pain when you stand or walk?
- Do you have pain when you sit for long periods or drive?
- Do you experience pain, numbness or tingling into your butt, groin or down your leg?
- Does your back ever “go out” if you move the wrong way?
- Are you afraid your pain will get worse if you don’t do anything about it?

Call Lake Burien Physical Therapy at (206) 327-9880

Our doctors of physical therapy will see you for a one-on-one, hour long appointment to develop a personal treatment plan to address your individual needs.

We treat your pain because “Movement Matters”

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Burien, WA 98166
www.lakeburienpt.com
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