

The 2009 Garnish Scholar-Athlete Awards

From the Director's Chair

George VanderZwaag

Director of Athletics and Recreation

Today we recognize some of our senior student-athletes as Garnish Scholars. The Garnish Program was created in honor of Lysle "Spike" Garnish, coach and mentor to many Rochester student-athletes from 1930 to 1948. He became a trainer and assistant basketball coach in 1931. He was named an assistant baseball coach in 1932. Spike was an assistant football coach from 1945-48.

The Friends of Rochester Athletics, through an alumni committee, reviews nominations of students from our varsity teams who have achieved at a high level in both their athletic and academic pursuits through their junior year. From these nominees, a small number are selected as Garnish Scholars.

Periodically, the Garnish Memorial Citation is given to an alumnus, faculty member, or a staff member for dedication and contributions to the intercollegiate athletic program.

These students represent the ideal of the scholar-athlete. They lead our teams on the field of play, while doing outstanding work in the classroom. I am continually inspired by what our students are able to achieve when given the opportunities at a great institution like Rochester. What we know about the students that we recruit is that they set high goals for themselves inside and outside the classroom. What we learn from our Garnish Scholars, and reaffirm today, is that Rochester students are able to demonstrate educational excellence through an outstanding combination of athletic and academic achievement.

The Garnish Committee is proud to present to you these exemplary University of Rochester undergraduates and the Friends of Rochester Athletics continues to remind us of the values of this institution through the Garnish Program.



In 2006, the committee awarded its Garnish Citation to Sally Morales (l.), longtime administrative assistant to the Director of Athletics. The presentation was made by University President Joel Seligman (c.) and George VanderZwaag (r.).



Stephen Goodridge (c.) won the 2006 NCAA Division III Golf Championship. He is shown here with Pat Stark (l.) of the Garnish Committee and Dr. John Garnish (r.).

The Garnish Scholars Excel in the Classroom and on the Field...



Matt Stack (c.), who was honored by the National Football Foundation as a top scholar, is joined by Dr. John Garnish '51 (l.), and Ralph Kuncel (r.), the University's Provost.



Kelly Fischer was a top scholar and earned All-UAA honors in swimming.

Adam Barrett

HOMETOWN: Avon, NY
MAJORS: History and Religion

Story by Dana Hilfinger '10/Image by Liz Slupinski '11

Few people get the opportunity to “reinvent” themselves, but perhaps you could say that senior Adam Barrett did just that. After being recruited as a quarterback and taking over as the starting QB his sophomore year at UR, Barrett’s playing time was reduced sharply in his junior year, forcing him to rethink what position he took on the field.

“Last year, I didn’t play very well, so I asked my coach if I could switch positions because the kid that played ahead of me was a freshman, and I knew if it held that way, I wasn’t going to play,” Barrett explained. “I knew I could play wide receiver and now I’m a starting wide receiver – so it worked out well.”

He sure made the transition look easy, but maybe that’s because it runs in the family – in Barrett’s case, a large family, most based in Avon, N.Y. – all of his cousins played wide receiver. You could say the Barrett family has football in its blood: Barrett’s younger brother, Max, is a quarterback at SUNY Brockport and his father played growing up before going into a career in construction.

But football isn’t the only thing that Barrett has excelled at since coming to UR three years ago. This fall, he was one of seven athletes to receive the Lysle “Spike” Garnish award, an honor given to student athletes who have done exceptional work both in the classroom and on the playing field.

A history and religion major, Barrett no doubt takes his time in the classroom just as seriously as football. This past year, he made the All Academic team for the Liberty League, meeting the 3.2 GPA requirement. In addition, Barrett rounds out his time at UR as the vice president of the Varsity Student Athlete Advisory Committee and as a member of St. Sebastian Society. But managing to fit everything in, and do it well, isn’t a problem for Barrett.

“I got a daily planner this year. Although I don’t really use it, because I just put it in my phone’s calendar,” he admitted. “But I do things like read in the locker room before practice. And you just realize that you can’t sit around playing video

games all day.”

Barrett is also part of another group – the small proportion of students who know what they are doing after they graduate. After he leaves UR in May, Barrett will be attending Officer Candidacy School for the Marines.

“Last year I had a letter in my mailbox, almost like a recruitment letter,” he explained. “And I responded and talked to them. One of the kids on our team, Ed Dauphin, actually did it this summer, so he knew more about it and gave me more of the details about it. It’s something I’ve always been interested in though.”

After finishing, Barrett hopes to pass and accept his commission in the marines. And after that? Possibly Secret Service or another government agency.

“I’ve always wanted to coach,” Barrett said. “But if you work with the government, you can retire after 20 years, so I could be 40 something and go coach and teach after that.”

For Barrett, it’s clear that his attachment to football would be something that would be difficult, if not impossible, to shed. Some of Barrett’s strongest influences and biggest fans on the football field also happen to be those closest to him, such as his parents and his older cousin, Tommy.

“My older cousin I look up to a lot,” Barrett said. “He’s someone I’ve always talked to about football. He always calls me, and it’s nice to have someone like that, who can you talk to about different things than what you would talk to your parents about.”

Perhaps that’s partially where Barrett has gained the perspective that has made him such an influence on the football field. As a captain this season, he has shown not only his leadership qualities, but also perhaps one of the most valuable qualities of anyone who is in a high stress situation.

“I always try and stay calm,” Barrett said. “Our coach always says that football is like a roller coaster, but you’ve got to try and keep your emotions level. So, I always try to stay level.”



Christi Bottcher

HOMETOWN: Lehigh, PA
MAJOR: Biology

Story by Dana Hilfinger '10/**Image by** Liz Slupinski '11

If you ever decide to venture out onto the field hockey pitch, just make sure you don't get on the wrong side of senior forward and midfielder Christi Bottcher. With stick in hand, moving the ball into her opponent's zone, Bottcher is certainly one tough competitor.

"I always am told I'm just naturally offensive, naturally attack," she said. "Even when I played defense, it was whenever I got the ball, I was always flying forward, trying to get something done. I love shooting, and obviously I get to shoot a lot up there."

Off the field, however, the native of Lehigh, Pa. probably wouldn't strike you as such. Her bubbly personality and enthusiasm don't quite fit when compared to her persona on the field. And her studious nature is evident – in August, she was named as one of seven recipients of the Lysle "Spike" Garnish award, an honor given out to athletes who exemplify exceptional academic and athletic qualities.

Make no mistake, though, she is a competitor. And it shows through occasionally off the field. Bottcher, a biology major, is applying to medical school after this year, like another senior on the team, Amanda Case.

"She doesn't know it, but we're competing," Bottcher joked. "So, I'm trying to knock her down."

All kidding aside, the influence the field hockey team has had on the senior has been nothing short of tremendous. When asked if the team was close, Bottcher's reaction only served to reinforce that fact.

"Yeah, we're so close - kind of creepy close," she explained. "We're all best friends, but we're all really different, so it's a pretty cool mix."

Her role in that mix has been tremendous, both as a captain this season and as a player over the last three years. Earning playing time since freshman year, Bottcher moved seamlessly from defense, which she played in high school, to offense. She scored a team-high 10 goals last season.

But Bottcher still remembers the day when she wasn't quite comfortable being on the attack. Her freshman year, she was put into the game to take a penalty stroke in the final seconds of the game.

"I was so scared but so excited," Bottcher recalled. "It was the game winner for that game and we hadn't beaten them in 10 years or something – actually, I might be making that up, but it was the first time in a while. I was just a freshman, and I made it and everyone jumped on top of me, and I was just like, 'oh my god!' I had never really scored – I was always defense – so it was one of my first goals ever."



Off the field, Bottcher has also come into her own. As a biology major with an interest in possibly going into a career in orthopedic surgery or clinical research, Bottcher has translated her competitive edge into the scholarly field.

"I really like chemistry and physics, but in biology it's more applied to something more interesting to me," she explained. "I've always been

fascinated by anatomy and the human body, so biology is really right up my alley."

And for Bottcher, the biggest motivators in the equation are her father, who races cars for a living, and her mother and aunt, who both used to play field hockey and initially got her interested in the sport.

"My dad motivates me so much," Bottcher said. "He's pretty much the reason I play sports. He's huge for my drive and he's really competitive."

Whatever it is that keeps Bottcher on top of her game, it is impressive. Not only does she play a sport and study for classes, but she also was a tutor and TA last semester, is a member of Delta Gamma sorority, works at the Distillery and does research for a firm in Rochester. But even with all of her commitments, Bottcher's sense of humor, at the least, remains intact, as demonstrated when answering what her secret to balancing everything was.

"It's a lot of coffee," she said with a smile.

Brian Bowman

HOMETOWN: Clayton, NY
MAJOR: Financial Economics

Story by Dana Hilfinger '10/Image by Liz Slupinski '11

Senior Brian Bowman's family tree is stocked full of athletic talent.

"My mom's dad was a great golfer and a really good hockey player," Bowman explained. "Rumor has it he used to run up the side of the tree to jump onto the second story of the house."

While the UR senior and Thousand Islands, N.Y. native might not be running up trees to jump into his second-story dorm window any time soon, that kind of athletic prowess has translated onto the tennis court. This season, Bowman commands the post of No. 1 singles and is part of the No. 1 doubles team along with sophomore Brian Schmeer. What's more is that he's no stranger to the top spot: starting sophomore year, Bowman was the No. 1 player in both singles and doubles competition and is yet to relinquish that spot.

But Bowman's list of accomplishments extends far off the tennis court. This fall, Bowman was named one of seven Lysle "Spike" Garnish scholars for his excellence both in the classroom and on the tennis court.

Once you've had time to look at Bowman's track record, the reasons are apparent: his junior year, he was selected to the University Athletic Association All-Academic team; his sophomore season, he received the prestigious Intercollegiate Tennis Association Scholar Athlete award for having a GPA of 3.5 or above. That same season, Bowman mirrored his scholastic success on the court, where he advanced in the round of 16 at the ITA Regional Championships.

But for the Thousand Islands, N.Y. native, tennis wasn't always his only sport. In high school, Bowman was active in a variety of activities. His high school didn't have a tennis team, so his primary season was during the summer, where he would compete in tournaments. But perhaps what led him most toward tennis was his experience as a point guard for his high school's basketball team.

"I used to play basketball in high school, and sometimes I

would think too much about what I should do, how much I am expected to do, instead of just playing," Bowman explained. "[On the tennis courts], I don't mind not having too much support and being out there by myself."

Between tennis, a double major, being a member of the Varsity Student Athlete Advisory Committee and St. Sebastian Society, as well as working at the Goergen Athletic Center, Bowman has clearly also realized the coveted skill of time management. But for the senior, who is currently applying for jobs and graduate schools, not having a sport in his life, pacing

his study habits and dictating his time commitments, is a foreign concept.

"I've been around sports my entire life, so it would be weird not to be around [tennis] after this year," Bowman said.

Perhaps that all comes back to the influences on his childhood growing up. Bowman first picked up a racket when he was four years old. His father, a gym teacher, and mother taught both him and his twin brother, who plays at the No.1 singles spot on the club team at Clemson University, how to play the game. His father also was an accomplished athlete, having played baseball at SUNY Cortland.

So when it came time to begin the college search, Bowman wanted two things: a good school and a chance to continue playing tennis. And he

found that at UR, where the academics have challenged him and where he gets to compete at a high level with, as Bowman describes, a great group of guys.

"Everyone on the team has a fun personality," Bowman explained. "When you get such an individual sport, and you have a bunch of different personalities, it's pretty fun when everyone mixes together."

As Bowman graduates this coming spring, leaving behind an accomplished career on the tennis court and an exceptional track record in the classroom, it will undoubtedly be a step in a different, unfamiliar direction. Luckily for him, however, his list of accomplishments seem bound to precede him wherever he goes.



Jim Bristow

HOMETOWN: Devon, England

MAJOR: Financial Economics

Story by Dana Hilfinger '10/Image by Liz Slupinski '11

“Far away from home” takes on a bit more meaning when an ocean spans the distance between where you go to school and where you call home. But for senior squash player Jim Bristow, it wasn’t just the long distance phone calls he had to get used to.

“Going to university in the U.S. is very different from a university experience in England,” Bristow, who is originally from Devon, England, explained. “People work far harder here and don’t get rewarded as much. I think competition to succeed in the States is overwhelming.”

Perhaps the competition is tough, but it doesn’t seem to have stopped this world class squash player, who majors in financial economics at UR. Bristow recently was awarded the Lysle “Spike” Garnish award this fall, an honor given to seven student athletes who show exemplary commitment to both athletics and academics.

No doubt, Bristow fits those requirements to a tee. Bristow has been named to the Dean’s List the past two semesters, having earned over a 3.5 GPA; he represents his team on the Varsity Student Athlete Advisory Committee; and he happens to also be a three-time All American. And between squash practice, academics and VSAAC, Bristow has got time management down to a science.

“I find the trick is to find some rhythm,” he said. “This may take some time but if you know what is coming next or what is due, then you can prepare for it before hand.”

Bristow began his squash career at age 8, when a friend introduced him to the sport. He played soccer (or “football,” depending on who you’re talking to), tennis and rugby growing up, but when time came to choose, he picked squash.

“I like the fact that you can practice properly on your own, unlike tennis or badminton,” Bristow said. “I can stay on court for hours with just a racket and a ball and improve parts of my game.”

After high school, Bristow knew he wanted to continue playing, but the question was where. Meanwhile, UR had just hired world-renowned squash player Martin Heath to coach its team. Between the opportunity to play for one of the game’s

greats and the location, Bristow was sold.

“I came to UR to get the experience of living in a different country and because I was still able to play squash at a high level while studying,” he said.

Still, living in a new country wasn’t always easy. Bristow recalled one of the biggest differences was one many would think to be one of the largest similarities.

“The transition from the U.K. to the U.S. was reasonably easy apart from the odd language troubles,” he said. “The two countries really do speak different languages. Simple things like getting bedding were hard to explain to people in shops.”

But clearly, Bristow is a fast learner. Fast forward three years and Bristow has made quite the name for himself. In addition to holding the No. 1 position on the squash team for UR all three years he’s been here, Bristow’s work ethic and jovial nature has also earned him the unique distinction of being a three-year captain. That leadership has been instrumental in catapulting the Yellowjacket squash program from middle of the pack to contender. His freshman and sophomore years,

the team won the Jack Barnaby Cup, given to the team which has shown the most improvement. Last year, UR advanced the farthest the program ever has in the postseason, finishing the season third in the country after beating perennial powerhouses Harvard University and Yale University.

So, what’s the future for this budding young squash player?

“First, I am going to travel around South Africa and watch the football World Cup,” he said. Look for him at the England matches first. England has already secured a berth in the championships. “Apart from that, I am still trying to figure out what I want to do and where I want to do it.”

No doubt, whatever Bristow decides, he will fit in seamlessly. One thing is certain, though: he won’t be able to leave behind the sport that has brought him this far.

“I will always play squash, but whether it is at a competitive level is questionable,” Bristow explained. “I would love to coach and am considering it for next year.”



Amanda Case

HOMETOWN: McLean, VA
MAJORS: Russian and Microbiology

Story by Dana Hilfinger '10/Image by Liz Slupinski '11

A Russian and microbiology major, senior Amanda Case took advantage of three years studying Russian to study abroad in St. Petersburg this past summer.

"Supposedly, I'm fluent," Case said with a laugh of her proficiency in the foreign language.

But the situation of being in a foreign territory wasn't necessarily new to Case in the grand scheme of things – she's never really been afraid to break the mold. Growing up, Case's three siblings were all swimmers, but that didn't stop her from getting out of the pool and picking up field hockey and lacrosse sticks.

"I did [try swimming], but I realized it wasn't my thing," Case acknowledged. "I'm more of a land person than a water person."

A realization that has worked out well for the varsity field hockey and lacrosse player. Case, currently captaining the UR field hockey team, is one of seven recipients of the prestigious Lyle "Spike" Garnish award, given to athletes who have proven themselves both in the sports arena and in the classroom.

The midfield has certainly suited Case through three years of play. In her fourth season in the midfield of the field hockey pitch, Case has played in every game except for four, starting the majority of them. She scored four goals in the team's first five games this year. Her track record as a middle on the lacrosse team might be even more impressive – Case has started every game and has been among the top-five leading scorers on the team in each of the past three seasons.

"I do like to run, and midfield is the position where you run the most, which plays to my strength," she explained.

In the classroom, Case also plays to her strength. At the end of last year's field hockey season, Case was named a National Field Hockey Coaches Association scholar for earning a 3.0 GPA or higher. It was her third-straight year receiving the honor. But for the McLean, Va. native, perhaps it only makes sense that she does well in her classes, seeing as that is also where her ambitions lie.

"I knew coming in I wanted to be a biology major," Case explained. "I like to know how things work – how living things

work. I really like microbiology because you can see how things came about."

But her list of interests doesn't stop at sports and biology. Case is also a self-described "hard-core" Michigan football fan ("I have about 40 Michigan shirts") thanks to her parents and an accomplished musician, playing in the Symphony Orchestra here on the River Campus and also taking music lessons for the French horn at Eastman.

"It's kind of similar to sports – there's something to work toward," Case said of music. "In band or orchestra, it's working together to make the music."

But music serves another purpose in her life, as a break from the hectic schedule that undoubtedly comes with tackling two majors and two varsity sports – "If I'm stressed out, I like to go to the practice room and just play. It's pretty relaxing."

And between scholastic, athletic and musical commitments, Case hasn't found an opportunity to let her guard down. In part, that is due to her parents.

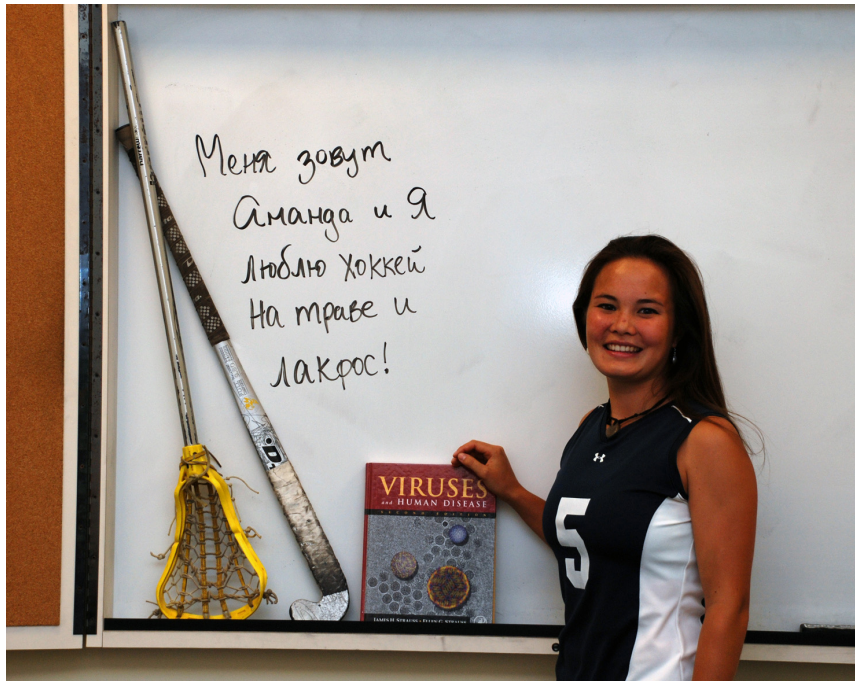
"My parents motivated me a lot, especially my dad," she explained. "He would always say, let's go work out or let's go lift, and I feel like I can't say no."

The other part of that equation is her commitment to the band she wears during the field hockey games, signifying her role as team captain.

"When I want to slack off, I know that I can't because I'm the captain and I'm supposed to be setting the example," Case said. "Particularly in the off season, I couldn't say, 'oh I don't want to work out today.' I had to come in the most in shape, ready to go."

As the accomplished senior discussed her aspirations to go to medical school at a Big Ten University following her final year here at UR, it seemed apparent that Case was the perfect candidate for someone pursuing a career in medicine: well-rounded, capable of balancing a wide variety of interests and possessing a drive necessary to excel in stressful situations.

Perhaps there is a mold Case fits into after all.



Steve Guzski

HOMETOWN: New Hartford, NY
MAJORS: Financial Economics and Statistics

Story by Stacy Kravitz '12/Image by Liz Slupinski '11

Let's face it – some lectures can be boring. The professor's monotone voice, impracticality of the material and unimportance of the lesson sometimes just make you want to sleep. But Steve Guzski's college career as a left-handed pitcher for the baseball team as well as a double major in Financial Economics and Statistics is far from an afternoon nap – it is a series of inspiring lessons learned.

Among the most significant lessons that Guzski has learned is a true understanding of the concept of a student athlete. He has mastered the skill of balancing schoolwork and athletic training, and for that expertise, he has been presented with the 2009 Lysle "Spike" Garnish Award.

"You've got to have a good mix between your obligations to your professors and coursework and to your coaches and practice," Guzski stated. "You can't let one take precedence over another. The right balance will work out for you if you have fun. You can't let it be a burden and drown down your experience."

Guzski's experience on the mound thus far has been dominated by success. In his sophomore year, the pitcher from New Hartford, NY was named to the All-Association Second Team for holding his opponent's batting average to .244. One season later, he recorded an ERA of 3.44 and struck out 28 batters, enabling the Yellowjackets to become champions of the University Athletic Association. And after Guzski threw a complete-game two hitter against Vassar College and showcased a solid relief performance against Ithaca College, the UAA named him Pitcher of the Week.

Exposure to a wide variety of academic interests has taught Guzski to follow what he is most passionate about. Guzski's favorite courses are religion classes that compare Eastern and Western philosophies. Yet, he pursues his fascination with mathematics – last summer, he interned with an actuary in Manhattan. Whatever the interest, the UAA recognized it last spring by granting him All-Academic honors.

Guzski has also learned that, both athletically and academically, it is important to always strive for improvement.

"His first goal was to be named a conference starter (one

of the top four pitchers on the team), which he achieved in his sophomore year," baseball head coach Joe Reina said. "Now I think he wants to be one of the top pitchers in the conference."

If Guzski continues working diligently, as he has over the past three years, then he will have little trouble accomplishing this goal – one that suggests yet another lesson he has taken to heart. This time, it has to do with the imperativeness of behind-the-scene work.

"Pitching is a small but powerful role," Guzski explained. "You pitch one day a week, so it's all about preparation, and the

work you put into it leads to your performance. It's just like any other school subject – stay focused and you're going to succeed."

Guzski notes that the highs of pitching are especially high, but the lows illustrate to him another lesson: the power of perseverance. He doesn't let bad starts sit on his mind for a long time. Instead, he quickly moves on to focus on the next game.

And his teammates stick by him through it all. In fact, Guzski's favorite part about being a member of the baseball team is the "camaraderie among the

players" – he even admits that he enjoys the 6 a.m. practices with them.

In addition to his teammates, Guzski notes that he owes a debt of gratitude to his parents, to Athletics Director George VanderZwaag, and to Joe Reina.

"Steve is one of the best young men we have had on this team," Reina said. "He is a very bright young man who has a tremendous future ahead of him. I look for big things from him this year – his senior year – and in the future."

Guzski hopes that the upcoming season results in a NCAA playoff bid. This hope may well become a reality, especially if he keeps prioritizing both athletics and academics.

"It's very challenging to split up your time," Guzski admitted. "But it's very, very rewarding. I wouldn't give it up for anything. I've learned a lot more than you could ever learn in a classroom. [My experience] is going to be beneficial in the end, and I'm a better person because of it."



Juliana Nicholson

HOMETOWN: Webster, NY
MAJORS: History and English

Story by Stacy Kravitz '12/Image by Liz Slupinski '11

Ancient philosophers such as Plato and Aristotle used to argue about what the greatest virtue in life was. For senior Juliana Nicholson of Webster, NY, that virtue is selflessness.

Selflessness, coupled with an admirable work ethic, has enabled Nicholson to become the recipient of the 2009 Lysle “Spike” Garnish Award – an honor presented to standout student athletes who have excelled both in the classroom and on the field.

Despite Nicholson’s hefty time commitments to athletics as the starting catcher of the softball team and to academics as an English and History double major, she always manages to help others before considering herself.

“Some weeks, it’s crazy going from practice to the library, to lift, to sleep, and the cycle gets trying,” Nicholson said. “But that’s where the team comes in to play. We’re all struggling together... I can’t say how many times we’ve been sitting in the library together. And if someone starts to hang her head in a game, we pick each other up.”

Nicholson strives to create a stress-free environment for everybody on the team – playing laser tag and “acting like a goofball” with her peers are among her favorite memories.

The result is long-lasting friendships, and her teammates have shown their immense appreciation by recently voting her team captain.

“Being voted captain by her peers speaks to her work ethic and positive attitude,” softball head coach Margaret Yerdon stated. “She is very dedicated to everything she is a part of.”

Not only is Nicholson devoted to becoming a worthy leader and commendable role model for her teammates, but she is also determined to set a high example for all varsity athletes at the university.

As the president of the Varsity Student Athlete Advisory Committee (VSAAC), she supports other athletic clubs, communicates sports players’ ideas so that their voices do not go unheard and organizes ways in which athletes can give back to their surrounding communities.

Nicholson’s dedication to the role of VSAAC president shines equally as brightly as her dedication to the catcher position.

She has overcome several obstacles in order to gear up for every game possible – Nicholson even took a final exam alone

in a Florida hotel room, with her coach nearby as the proctor, in order to play in a tournament game. This experience offers you just a taste of her devotion to the catcher’s role. And although she spends countless hours working closely with pitchers, she truly loves the position.

“It’s such a different perspective on the game,” she explained. “I’m always doing something, so it’s mentally exhausting and a great challenge. There’s a sense of control, and I love the amount of interaction. I wouldn’t trade it for any other position.”

Calling pitches and catching balls as well as studying the subjects that fascinate her have taught Nicholson something important. She has learned that one’s college years should be spent doing what he or she enjoys the most.

“I actually came in [to school] thinking of being a biology major,” Nicholson admitted. “After freshman bio 110, I decided no way, no how. I was just going to follow the subjects that I enjoyed. It was a tie between English and History, so I thought, ‘Why not do them both?’”

Four years later, Nicholson has developed a thesis with Professor Celia Applegate concerning the question of guilt as a bystander of the Holocaust, and she plans to attend graduate school to further study communications.

Yet, Nicholson has already achieved multiple accomplishments so far in her college career. For each year that she has been a member of the softball team, the group has been crowned as Liberty League champions.

In the 2009 season, she received University Athletic Association and Liberty League All-Academic honors and was named to the All-Association Second Team for her solid performances in the UAA Championships.

Her high school record shows similar success. Nicholson received All-Monroe County honorable mention accolades and led the Titans of Webster Thomas High School to the Section V Championships twice – in her junior year, they claimed the title and in her senior year, they snagged runner-up honors.

Despite such accolades that reveal Nicholson’s expertise in juggling athletics and academics, she remains modest and unselfish.

“It all breaks down to time management,” Nicholson said. “It takes a while to get, but maybe I’m finally getting it now.”

