

MVP Featured Athlete

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Natalie Pope

St. Henry High School



One of Northern Kentucky's best runners is St. Henry senior Natalie Pope, who has several regional and state championships under her belt.

Natalie recently helped the Lady Crusaders capture the 2019 Class 1A girls' regional title. Individually, she won the 100 and 200 dashes and placed third in the 400.

Natalie competes for a Northern Kentucky high school program that has a storied track & field heritage, with the Lady Crusaders prior to this season having won 18 Class A regional track & field titles and 11 Kentucky All-A state championships. Natalie holds school records in the 100, 200, 400 and 800 events.

Natalie won four events at the 2018 Class 1A, Region 4 championships. The St. Henry standout won the 100, 200 and 400 runs, plus was a member of the Crusaders' 4x400 relay team that won the event with a time of 4:12.16. Her performance helped the Lady Crusaders win the regional over all team title.

Natalie and her relay teammates then went on to win the Kentucky state Class A state championship in the 4x400 relay in 4:10.73 and also won the over all state team title. Individually at state, Natalie was runner-up in the 400, third in the 200 and fifth in the 100.

Natalie has earned numerous honors, including last year when she was selected as the Northern Kentucky Track & Field Athlete of the Year by the Enquirer and the Northern Kentucky Track & Field Coaches Association. Natalie played four years of soccer at St. Henry and competed in bowling her senior year.

A great student who is active in community service, Natalie plans to compete at the next level but has not yet selected a college. Her favorite athlete is Sydney McLaughlin, favorite entertainer is Luke Bryan, favorite book is Beastly, favorite movie is A Simple Favor and most-like-to-meet is Usain Bolt.



NAME: Natalie Pope

GRADUATING YEAR: 2019

SCHOOL: St. Henry High School

SPORT: Track & Field

RESIDENCE: Villa Hills, Ky.

BIRTHDATE: 4/18/2001

PARENTS: Paul & Chris

HEIGHT: 5'4"-125 lbs.

INFLUENCE: Coach Justin Bryant, sophomore year

FUTURE GOAL: Become a nurse

"Natalie Pope is the type of student athlete that excels on and off the track. She leads by example with her hard work and dedication and shows her teammates what it means to be a Crusader."

- Greg Enxel, Track & Field Coach

May 28, 2019