

LaRosa's MVP of the Week

# LAROSAS MVP.COM

## Sondra Nieporte

Lloyd Memorial High School

This senior is the defending Kentucky Class AA state track champion in the 1,600-meter run (5:20), and she also has won a Kentucky state championship in 2002 as a member of the winning 3,200-meter relay team. In her stellar career, Sondra has won 6 regional championships in track – 4 individual championships and 2 as part of relay teams. Also a cross country runner, Sondra her senior year won the regional championship. Four times Sondra has been named 1st team all-state and 1st team all-Northern Kentucky and twice has been named Northern Kentucky's Runner of the Year. She holds 2 school running records.

Active in community service, she is an honor roll student who twice has been named Academic all-state, and she has served 4 years on student council. Sondra will run at Eastern Kentucky University next season. Her favorite entertainer is Faith Hill, favorite athlete is Steve Prefontaine and her most-like-to-meet is "my sister I never got to meet."



**COACH'S QUOTE** -- "Sondra has had an excellent running career at Lloyd Memorial High School. Everything that she has accomplished has been earned through her hard work and dedication. Sondra is a competitive person that strives to be the best. Her greatest asset is her overall strength, which will serve her well next year at ECU." – Greg Duty, Track Coach



### Sondra Nieporte Lloyd Memorial High School

**SPORT(S):** Track-Cross Country

**GRADUATING YR.:** 2006

**GREATEST ACHIEVEMENT:** Individual state champ in 1,600.

**BIRTHDATE:** 1-13-88

**HEIGHT/WEIGHT:** 5'5" - 125 lbs.

**RESIDENCE:** Erlanger

**PARENTS:** Tim & Betsy

**BIGGEST INFLUENCE:** "My parents."

**FUTURE GOAL:** "Graduate college - run all 4 years in college."



June 6, 2006