

Kaela Jo Freppon

Newport Central Catholic

This senior has had an incredible career in track and volleyball. In track, she already holds 5 Kentucky state championships in individual and relay events, and has helped set numerous school track records.

She has earned 1st team all-state track honors as well as 1st team all-state academic honors. In volleyball, this AAU

All-American (and Wendy's Heisman finalist) helped lead her team (32-5) to the Kentucky All-A state tournament title and has earned many honors, including 1st team

all-state, Regional Player of the Year and member of the state all-tournament team.

She is the school record-holder in assists and aces, and will play volleyball next season at Xavier University. Her summer team, Team Z, was named 2007 USA Jr. Olympics national championship. Kaela Jo is extremely active in community service, is a school Student Ambassador and a member of National Honor Society. Her favorite athlete is Dara Torres, favorite entertainer is The Fray, and most-like-to-meet is Will Smith.



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SPORT(S): Track-Volleyball

GRADUATING YEAR: 2009

GREATEST ACHIEVEMENT: Full scholarship to Xavier

BIRTHDATE: 3-12-91

HEIGHT/WEIGHT: 5'10"-135 lbs.

RESIDENCE: Cold Spring, KY

PARENTS: Tom & Kimi

BIGGEST INFLUENCE:
"My parents"

FUTURE GOAL: Nurse at Children's Hospital

COACH'S QUOTE -- "Kaela Jo's determination and great work ethic are what make her the perfect student-athlete. In striving to be the best, she has become an excellent leader and great role model for younger teammates." - Dave Meyers, Track Coach

April 21, 2009