



## IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Serving Idaho's Youth Since 1926

Ty Jones, Executive Director Julie Hammons, Assistant Director

8011 Ustick Road Boise, ID 83704

Phone #: (208) 375-7027 Fax #: (208) 322-5505

website: idhsaa.org e-mail: admin@idhsaa.org

# IHSAA selects five Interscholastic Stars

BOISE, Idaho (Feb. 14, 2017) — The Idaho High School Activities Association and its state championships sponsor, United Dairymen of Idaho, have named five high school juniors as the 2017 spring recipients of its biannual Interscholastic Star Student Recognition Awards.

Courtney Burt (Genesee High School), Kaitlyn Burgess (Salmon Junior-Senior High School), Alyssa Lu (Boise Senior High School), Adriene Pavek (Century High School), and Haily K. Shigeta (Fruitland High School) were selected from a large field of outstanding students nominated by school principals.

Nominees for the scholarships are exemplary students who participate in IHSAA-sponsored sports and activities. Each application includes an essay, recommendations from school administrators, and descriptions of athletic and activity participation and service to school and community.

Interscholastic Stars receive a \$2,000 scholarship to the college of their choice. IHSAA, with the support of United Dairymen of Idaho, also contributes \$1,000 to each Interscholastic Star's school.

All five Spring 2017 Interscholastic Stars agree participating in high school activities has tangible benefits:

- **Courtney Burt** — “Sports keep me in great physical shape and improve my health while teaching me how to handle adversity, stay committed, and be a team player. The lessons these activities have taught me will support my future by helping me see the value in teamwork, respect, creativity, and putting in hard work.”
- **Kaitlyn Burgess** — “Sports, student council, and show choir have taught me how to deal with teammates, how to be a team player, and how important being a part of a team is. I have learned how to persevere through sports to reach my goal.”
- **Alyssa Lu** — “Perseverance is the one virtue that I credit my current success to. Engaging in interscholastic activities and sports induced the development of helpful skills and virtues, but it has also granted me the opportunity to distinguish new passions. “
- **Adriene Pavek** — “Being a three-sport athlete in interscholastic sports and activities during school gives me personal experiences that help me be well rounded and use my time wisely. Good leaders are the first ones on the gym and the last ones to leave. I will be able to lead others and be a good role model because of my participation in interscholastic sports and activities.”
- **Haily K. Shigeta** — “The gym floor of a morning practice, the line before the 400-meter dash, or the blue cheer mat where a minute's routine will determine the work of a season are all places I cannot take for granted. A true win happens when everyone is on the same page with similar hope.”

### *About IHSAA*

Founded in 1926, the Idaho High School Activities Association coordinates, supervises, and directs interscholastic activities that enhance and protect the total educational process of all student participants. Its activities and programs are formulated to promote citizenship and the academic missions of schools. Visit [IDHSAA.org](http://IDHSAA.org) for more information

### *About United Dairymen of Idaho*

The United Dairymen of Idaho was established in 1980, with the mission to provide Idaho's dairy farm families with resources to support a prosperous Idaho dairy industry. Through coordinated marketing and communications programs, nutrition counseling and research programs, UDI supports the image of dairy farming, and encourages global demand for Idaho-produced dairy products. UDI accomplishes this mission through its three member organizations: [Idaho Dairy Council](http://Idaho Dairy Council), Idaho Dairy Products Commission and the [Idaho Dairymen's Association](http://Idaho Dairymen's Association). Visit [IdahoDairy.com](http://IdahoDairy.com) for more details.