Catherine 'Kita' Alvares

High School: Cheyenne Mountain, Colorado Springs, CO
2010 will graduate with Summa Cum Laude Honors Diploma

GPA: 4.11 weighted, 3.94 unweighted

ACT: Math – 32, Reading – 31, Science – 27, English – 27
SAT Subject: Chemistry – 600, Math Level 2 - 600

Academic Achievements:
09 AP Scholar Award
09/10 National Honor Society
08/09, 07/08, 06/07 Academic Letterman
08/09, 07/08, 06/07 Principal's Honor Roll
08 CHSAA Academic All State First Team Athlete Award
09 Scholastic Silver Key Art Award Winner in Photography
06 Honorable Mention Award in Art Photography

AP Courses:
07/08 AP Micro Economics, AP Macro Economics
08/09 AP Chemistry, AP Photography
09/10 currently enrolled in AP Calculus AB, AP Psychology

Community Involvement:
09, 08, 07, 06 junior coach for young track athletes
09, 08, 07 local race volunteer
07 Care and Share Food Bank volunteer

Philosophy:
Tentative efforts lead to tentative outcomes. Therefore, give yourself fully to your endeavors. Decide to construct your character through excellent actions and determine to pay the price of a worthy goal. The trials you encounter will introduce you to your strengths. Remain steadfast and one day you will build something that endures, something worthy of your potential. ~Epictetus

RESULTS

USATF National Championships

- 08 Intermediate Girls 400 M Hurdles 7th Place
- 07 Intermediate Girls 100 M Hurdles Finisher
- 07 Intermediate Girls 4 x 100 Relay Finisher
- 06 Youth Girls100 M Hurdles 8th Place
- 06 Youth Girls 200 M Hurdles Finisher

USATF Region X Championships

- 08 Intermediate Girls 400 M Hurdles 2nd Place
- 07 Intermediate Girls100 M Hurdles 3rd Place
- 06 Youth Girls100 M Hurdles Champion
- 06 Youth Girls 200 M Hurdles Champion

USATF Colorado State Championships (outdoor)

- 08 Intermediate Girls 400 M Hurdles 2nd Place
- 08 Intermediate Girls 100 M Hurdles 4th Place
- 07 Intermediate Girls 100 M Hurdles Champion
- 07 Intermediate Girls 200 M Dash 3rd Place
- 06 Youth Girls100 M Hurdles 2nd Place
- 06 Youth Girls 200 M Hurdles Champion
- 06 Youth Girls 200 M Dash 2nd Place

USATF Colorado State Championships (indoor)

- 08 Intermediate Girls 60 M Hurdles Champion
- 07 Intermediate Girls 60 M Hurdles Champion
- 07 Intermediate Girls 60 M Dash Champion
- 07 Intermediate Girls 200 M Dash Champion
- 06 Youth Girls 200 M Dash Champion
- 06 Youth Girls 60 M Hurdles 3rd Place
- 06 Youth Girls 60 M Dash 3rd Place

Colorado 4A High School State Championships

- 09 100 M Hurdles 3rd Place
- 08 100 M Hurdles 5th Place
- 08 4X100 Relay 3rd Place
- 07 4x100 Relay Champion
- 07 100 M Hurdles 2nd Place

Other Achievements

- 09 MVP CMHS Track Team
- 09, 08, 07 CMHS Varsity Track and Field Letterman
- 09, 08, 07 Speed Track & Field Select Athlete
- 08 "Outstanding Indian" Award CHMS Track Team
- 09, 08 CMHS Varsity Cross Country Letterman
- 07 "Outstanding Freshman Girl" CMHS Track Team
- 07, 06 Premier Level Club Soccer Player

Personal Best Times
400 M Hurdles – 63.52
300 M Hurdles – 44.51
100 M Hurdles – 14.56
60 M Hurdles – 9.11

Other Interests
Mountain biking, piano, photography, cooking

October, 2009