

2005 BFS High School Female Athlete of the Year: Valerie Davis

A great high school football program became even better when they rededicated themselves to BFS

If there's one word that best describes Valerie Davis's formula for success, it's *balance*. Valerie is an exceptional multi-sport athlete, an outstanding student, and a generous young woman who gives much of her free time to helping those in need. All her achievements flow from her remarkable ability to use her time to best advantage in pursuing goals for herself and the world beyond. She is unquestionably a superb choice for this year's BFS High School Female Athlete of the Year.

A senior at Wood Memorial High School in Oakland City, Indiana, Valerie has made all-county and all-conference in basketball and was named offensive player of the year. She was also awarded MVP in golf and was all-conference honorable mention in softball. She has been on the volleyball team and is a



nominee for the Wendy's High School Heisman scholarship. And that's just sports.

Valerie's school activities include being a member of the student council, pep club and National Honor Society; and she is listed in *Who's Who Among American High School Students*. She has been a church lector and

greeter, a high school office aide and youth softball umpire. She has also volunteered her time with youth basketball and softball clinics, her church youth group, and fundraisers for Hurricane Katrina Relief, Tsunami Aid and the Race for the Cure®. Valerie has done all this while maintaining a 3.863 GPA. Whew!

The Sports Connection

According to her mother, Cindy, Valerie has been involved in organized sports since the first grade. The family sport among the Davises has always been golf, and Valerie's 20-year-old brother, Josh, is attending Oakland City University on a golf scholarship, with a double major in PE and special education.

In her freshman and sophomore years of high





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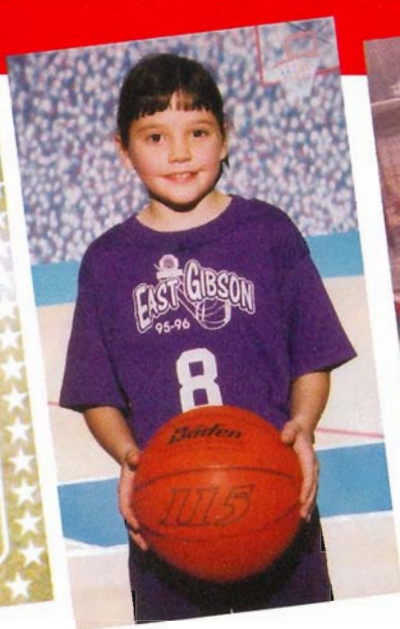


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The poster child for multi-sport athletes!

school Valerie played basketball, volleyball and softball. Valerie's parents encouraged her to try any sport she wanted in high school — she even participated in the pass, punt and kick competition when she was younger and went to the state finals — but they also told her that she could play only one sport at a time. So when she fell in love with golf in the summer before her junior year, she quit the volleyball team.


As for weight training, she's lifted all through high school, but it wasn't until last May that she started the BFS program. "I like the way the BFS program is set up," says Valerie. "It's really helped me in the sports that I do." She says that her favorite lift is the box squat, in which she can lift 255 pounds, and believes that the plyometric program has made a significant difference in her abilities as a basketball player. The coach who has been responsible for helping Valerie with her strength and conditioning program is Ryan

Marvel. "Coach Marvel has been a big influence on me as an athlete. He really pushes me in the weightroom to improve my strength and speed."

On the academic side, Valerie's high grades have come relatively easily for her. "I haven't had to spend hours and hours studying every night," says Valerie, who says her favorite subject is algebra. And although she hasn't committed to a college yet, she is certain that her major will be nursing with an emphasis on anesthesiology.

When asked to name two Britney Spears songs or Sean Comb's latest nickname, Valerie was at a loss because she doesn't spend her time plugged into an MP3, choosing instead to spend most of her free time helping out with charitable causes. One of her favorite causes is the Race for the Cure®, which she says means a lot to her because her grandmother is a breast cancer survivor.

Says Cindy Davis of her daughter's giving nature, "We've always gone to church, and she's always willing to help out in church activities. I think it's been a positive influence on her character." Valerie agrees: "The church has influenced a lot of the decisions I have made, and the church family has really supported me throughout the years."

When it comes to worthy recipients of the BFS Female Athlete of the Year, Coach Marvel says that Valerie Davis is a natural choice because of her comprehensive achievements. "Valerie has the desire to excel in everything she does, whether it's athletics or schoolwork, and I'm amazed at how active she is in the community. Valerie is a leader, and I consider her a terrific role model not just for student-athletes but for all young people." 



Valerie with her grandmother, a breast cancer survivor

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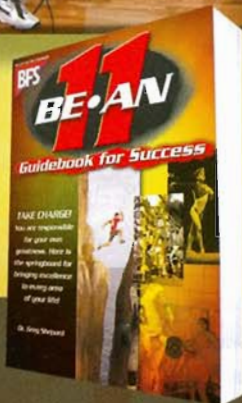
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