

MEET ANNA FERRARASI

SCIS Pudong Athletic Director Mike Deneef interviews Anna Ferrarasi, a senior who has been a leader in basketball and volleyball in her four years here. Developing students' skills and attitudes through co-curricular activities in sports, clubs and the arts is important to SCIS and Anna's responses provide some insight into the value of participation through a student's eyes.

Q1: In what sports have you been involved and which is your favorite?

I've been on the basketball and volleyball teams here for all of grades nine through twelve. I think basketball is my favourite, because of its intensity and the nature of the competition. There is always lots going on and, compared to volleyball for example. It's easier to make things happen on the court.

Q2: What is the highlight of your years in high school sports?

The SISAC and ACAMIS tournaments have always been something to look forward to and winning ACAMIS was a definite highlight. However, a basketball season home game against Concordia was the most memorable of all. It was the most intense game of my life, neck and neck all through with us beating a team that had not lost for years by two points. I was really happy to contribute with 13 free throws because I remember my fifth grade coach telling me that free throws win games. She would have been proud of me that night.

Q3: How does participation in sports affect your academic life?

Being physically active helps me to be mentally active as well. Sports also give me motivation to work because I know that if I put my studies aside I will not be able to play. Finding the balance is not difficult as I care about playing sports and so I work hard at using good time management and keeping myself organized.

Q4: What do sports mean to you?

Sport is a passion for me, as I love competition. Also, I know sport helps me build skills for later in life such as good teamwork and a positive attitude when things are not going my way.

