

The Pueblo Chieftain

Your print and online news source for Southern Colorado

Published: May 21, 2009

Colt keeps all aspects of life in harmony

Sarah Housman equally valuable as a team or individual athlete



CHIEFTAIN PHOTOS/FILE -- South High School senior Sarah Housman is the 2009 Robert H. Rawlings Rising Star girls recipient for her career as a three-sport athlete and exceptional all-around student.

By TOM PURFIELD
THE PUEBLO CHIEFTAIN

Sarah Housman can hit all the notes, evidenced by being named to the all-city choir every year in high school.

The overall prep career the South High School senior has orchestrated is one sweet symphony.

Excelling in every conceivable arena - academics to athletics to community service to school spirit - Housman is the epitome of the student athlete, which makes her the 2009 recipient of the Robert H. Rawlings Rising Star Award as selected by *The Pueblo Chieftain* sports department.

"I've known her a long time. She's as good an all-around athlete as there is, but she's better as a person," veteran South tennis coach Norm Vail said. "She just has everything going for her. You

couldn't have a better representative of an award like this."

Housman is the daughter of Melonie and Brian Housman. Her older sister, Annie, was a solid athlete in her own right as a 2007 graduate of South and is now a sophomore at the University of Colorado. "She's incredible," Annie Housman said. "It's gratifying to me to know that Sarah will be able to look back at her high school years and know that she gave a lot to South and put her heart into everything that she did. I'm so proud of her and I love her more than anything."

Sarah and Annie would begin activities at the same age, and little sister was always doing anything she could to compete with big sister. Annie said even today, their one-on-one tennis matches are a toss-up.

What isn't uncertain is the all-around excellence Sarah Housman has achieved at South. She earned the maximum 12 letters in volleyball, basketball and tennis.

Housman was named first-team all-South-Central League in volleyball last fall and was a key member of the Colts' league-champion hoops team. Although she never dominated those squads statistically, Housman was crucial to their success as the ultimate team player.

"Sarah has a willingness to do whatever it takes to make the rest of our team perform better," South basketball coach Shannan Lane wrote in a recommendation letter. "Sarah sets others up for success by inspiring, guiding, encouraging and uniting our team."

Despite not touching a tennis racket for nearly seven months each year, Housman succeeded her sister at No. 1 singles for the Colts. She was the regional champion at the flagship spot last season.

"It's tough to make that adjustment, from team player to individual, and she's done it," Vail said. "In this day of specializing, to be the best player in tennis is amazing, and she goes toe-to-toe with the best players in the state."

Her athletics haven't taken a toll on Housman's studies, as she is ranked in the top 3 percent of her class and scored a 27 on her ACT. She has been in 13 other extra-curricular activities and volunteered her time to a host of causes in the community.

She was a member of South's honors choir all four years and would like to continue singing by minoring in vocal performance in college.

Housman has been accepted to five prestigious universities and will soon make her decision of where she wants to pursue her long-range goal of becoming a physician.

"Sarah's ability to handle stress is admirable. No matter what load she is carrying, she remains calm and her disposition is stable," South world language department chair Deborah Cody wrote. "She is the picture of composure. I am sure this ability comes from her total preparedness and certainty of her knowledge and talent."

tpurfield@chieftain.com

ROBERT H. RAWLINGS RISING STAR

***The Pueblo Chieftain* sports staff annually votes on the criteria of athletics, academics, community service and school spirit to award the Robert H. Rawlings Rising Star to one boy and one girl following each academic year. Each recipient receives a scholarship and hand-crafted sculpture by Pueblo artist Rick Willits. It is named after Chieftain publisher Bob Rawlings, a longtime supporter of high school sports in Pueblo.**

GIRLS WINNERS

2009 Sarah Housman South

2008 Karlee Gradisar East

2007 Kara Kochenberger Central

2006 Janean Jubic Pueblo West

BOYS WINNERS

2009 Marshall Stout Pueblo County

2008 Mike Bechina Centennial

2007 Brad Philson Centennial

2006 Sam Pierson South