

Caroline M. Woody

EDUCATION

High School: Blue Valley Northwest High School; Overland Park, KS
Weighted GPA: 4.2 / 4.0
SAT: 1900 (Plan to retake)
ACT: 31

Anticipated Grad: May 2010
Class Rank: Top 10%

Principal's Honor Roll / National Honor Society / Spanish Honor Society / Kansas Alliance of Youth Services
Academic Letter Recipient / Athletic Letter Recipient
USA Swimming Scholastic All-American Team / Missouri Valley Swimming Academic Team
Eastern Kansas League Scholar Athlete / Kansas High School All-State 2nd Team Member

SWIMMING EXPERIENCE

Kansas City Blazers Club Team, Overland Park, Kansas

2000-Present

- Member of Elite Team coached by Pete Malone
- Most Inspirational Swimmer of the Month: Jan 2008, Oct 2008
- Practice 20+ hrs/wk in Fall , 25+ hrs /wk in Summer
- Weight training 3 times/wk

SWIMMING RESULTS

Championships:

Central Zone (LCM)

- Qualifier: 100/200 Breast, 200/400 IM, 1500 Free
- 2006: 100 Breast 3rd, 200 Breast 1st
- 2007: 100 Breast 6th, 200 Breast 4th
- 2008: 100 Breast 14th, 200 Breast 3rd
- 2009: 100 Breast 3rd, 200 Breast 1st, 200 IM 11th, 400 IM 4th

Spring Sectionals

- Qualifier: 100/200 Breast, 200/400 IM, 1000/1500 Free
- 2007: SCY 100 Breast 17th
- 2008: LCM 200 Breast 6th
- 2009: SCY 100 Breast 21st, 200 Breast 9th, 400 IM 16th

Summer Sectionals (LCM)

- Qualifier: 100/200 Breast, 200/400 IM, 1000/1500 Free
- 2007: 200 Breast 19th
- 2008: 100 Breast 22nd, 200 Breast 13th
- 2009: 200 Breast 9th

High School:

KSHSAA State Championship

- Qualifier: 100 Breast, 200 IM, 200/500 Free, 100 Fly
100 Breast School and Pool Record Holder
- 2007: 100 Breast 10th, BVNW Team 3rd
- 2008: 100 Breast 9th, 200 IM 15th, BVNW Team 1st
- 2009: 100 Breast 5th, 200 IM 7th, BVNW Team 3rd

Eastern Kansas League Championship

- 2007: 100 Breast 1st
- 2008: 100 Breast 1st, 200 IM 4th, BVNW Team 1st
- 2009: 100 Breast 2nd, 200 IM 2nd, BVNW Team 2nd

BEST TIMES

100 Breast: 1:07.14 SCY / 1:16.41 LCM
200 IM: 2:12.42 SCY / 2:33.34 LCM
1000 / 800 Free: 10:46.96 SCY / 9:50.16 LCM

200 Breast: 2:24.04 SCY / 2:41.00 LCM
400 IM: 4:37.54 SCY / 5:17.44 LCM
1650 / 1500 Free: 18:09.83 SCY / 18:35.65 LCM

ADDITIONAL EXPERIENCE

- Hope Faith Ministries 2006-Present
- BVNW Peer Tutor 2007-Present
- Swim Instructor 2008-Present
- Sport & Spine Physical Therapy Receptionist 2009-Present
- BVNW Freshman Mentor 2007-2009

Additional information about me and my swimming success can be found at beRecruited.com

Revised August 2009