



Sam Hentz

St. Henry High School



A four year varsity starter, Sam Hentz entering this season already has earned eight Kentucky state championships in cross country and track – six team titles and two track relay titles. She has earned 1st team all-state honors in each sport.

In cross-country, Sam is a two time regional champion who last season finished 4th at the Kentucky Class A championships. Twice she has been named 1st team all-region.

She was also a two time Kentucky Class A track champion as part of the Crusaders' state-winning 4x800 relay teams, and she was 2014 regional champ in the 1,600 run. Sam also plays basketball for the Lady Crusaders who are defending district champs.

Sam, an academic all-state student-athlete, is active in community service. Her favorite athlete is Michael Phelps, favorite entertainer is Twenty One Pilots, favorite book is Perks of Being a Wallflower, favorite movie is The Notebook and most-like-to-meet is Pope Francis.



SPORT:

Cross Country-Basketball-Track

GRADUATING YEAR: 2015

GREATEST ACHIEVEMENT:

Winning state as a team in XC & track

BIRTHDATE: 7/16/97

HEIGHT/WEIGHT: 5'8"-105 lbs.

RESIDENCE: Erlanger, Ky.

PARENTS: Tim & Rhonda

BIGGEST INFLUENCE: "My sisters."

FUTURE GOAL: Become a doctor

"Sam is on of the most dedicated and hard working athletes I have ever coached. She is a huge reason our distance has been so successful." – Tony Harden, Cross Country Coach