



Liz Freihofer

Cooper High School

Cooper High School senior Liz Freihofer entered her senior season of basketball as the reigning 9th Region Most Valuable Player, having scored 1,000+ points and pulled down 500+ rebounds in her great prep career. She is also Cooper's all-time leader in assists with 330+ in her career. The Jaguars won the last two 9th Region championships and were voted the No. 1 team in Northern Kentucky by local coaches going into this season.

Success started early for Liz. Her sophomore year, the team went 25-10 and won the program's first-ever 9th Region championship and made it to the semifinals of the state tournament. She was named to the state all-tournament team after scoring 43 points in three games played in the tournament.

Last season, Liz averaged 10 points-3 rebounds a game while shooting 49.8% from the field and 80.7% from the free throw line. Big games included scoring 21 points vs. Ryle in the district finals, 19 points vs. Holy Cross and 16 points vs. Highlands.

She has earned numerous honors, including last season being named District 33 MVP, a Northern Kentucky Coaches Association all-star and second-team all-Northern Kentucky by the Enquirer. She was also selected for the Kentucky-Indiana junior all-star game series. Her older sister, Kay, was named Most Valuable Player in the 2022 9th Region tournament, so when Liz won that MVP award last season, they became the only sisters to ever win the same award in the history of the tournament that began in 1975.

A great student (Governor's Scholar Program, first-team academic all-state) who is active in community service, Liz will continue her academic and athletic career at Eastern Kentucky University.

NAME: Liz Freihofer
GRADUATING YEAR: 2024
SCHOOL: Cooper High School
SPORT: Basketball
HEIGHT: 5'10"-150 lbs.
PARENTS: Phil & Tammy
INFLUENCE: "My mom"
GOAL: Get accepted to Dental school

"Liz's success both on and off the court is attributed to her drive and focus. Her fun-loving personality and energy towards life and others have made a lasting impact on Cooper High School and the basketball program!"

- Justin Holthaus, Varsity Basketball Coach

January 16, 2024