



## Ashton Wolf, Valley Christian HS – “I think I may have ADD”

By MEAGAN BERG, Staff Writer

### Arizona Track

May 12, 2011 - Ashton Wolf, a senior track and field standout from Division IV Valley Christian High School thinks she may have a case of ADD when it comes to her athletic endeavors.

She competed in the steeplechase and heptathlon, ran a half marathon, and even picked up the shot put to help out her team.

I've always been told by my parents that the reason I'm not very great at anything is because I spread myself so thin," Wolf said.

"I don't specialize; it's hard for me to concentrate on one thing for too long."

Throughout the course of her prep athletics career, Wolf has earned 12 varsity letters while competing in cross country, track and field, basketball, swimming and softball. She was also named 2A Basketball Player of the Year.

"Basketball is like my one true sport," Wolf said. "I was going to go to Seton Catholic because they have a good basketball program, but Valley had strong programs in both basketball and track. That was a deciding factor in choosing one over the other."

According to Wolf's parents, Geoff and Sandi, the family relocated to Tempe from Payson so their children could attend Valley Christian.

"Geoff and I still drive over 200 miles a day to continue working in Payson," Sandi said. "It's not so much a sacrifice. I think the Lord has blessed our children; he led them to Valley Christian."

Despite Wolf's joking about inattention, something is clearly working—She's dominating division four in a medley of events: The 200, 400 and 800 meters and has ran reason best times of 26.24, 60.14 and 2:26.22, respectively.

Wolf is also her graduating class' salutatorian, and has accepted an appointment to attend the United States Military Academy at West Point.

### **The Third Most Competitive Person . . . Wait, who are the other two?!**

Wolf attributes her successes on the track and in the classroom to her highly competitive nature and upbringing—being taught to keep to a schedule, and academics before athletics. And of course, when someone says she can't do something.

"I have to prove them wrong," Wolf said. "This is one of the reasons I did softball last year. People were telling me I couldn't do it."

Recently, Wolf's coach, Al Nelson, made a joke about this.

"We have this joke. Mr. Nelson came up to me in the hall one day, and said, 'Ashton I want you to know you're the third most competitive person I know!'", Wolf said. "I asked him who the other two were, and he busts up laughing, 'Ashton, you would ask that!'"

Wolf's parents would hold academic contests with her and her brothers, Tyler and Zach. Whoever lost this contest—well, the end result would be painful.

"I got a 98 in a class, and my brother averaged out at 103," Wolf said. "I had to run 20 basketball suicides!"

Wolf's lowest grade ever was a 94 percent in a chemistry class. This dedication has paid off in the form of being her graduating class' salutatorian—something that seems to run in the family, as her mother was also the salutatorian of her high school graduating class.



Her competitiveness stretches beyond the classroom and track. For fun, Wolf and her friends will hold “reading contests” to see who can read the most books in a given time period.

“After reading five or six books, you start to go blind,” Wolf joked. “I like to read for fun, I have around 25 favorite books now. *Pride and Prejudice* is one of my favorite classics.”

Wolf said she believed she has never reached her full potential because of lack of teammate competition.

“It’s difficult. It’s always easier to have someone a little faster than you, because then your competitive drive kicks in then,” Wolf said. “I don’t always see the light at the end of the tunnel. I’ll have the boys on my team 20 meters ahead of me and the girls 20 meters behind; I’m just in the middle.”

## West Point

Wolf completed the application process for West Point and accepted her appointment, but she didn’t always see herself attending a service academy.

“I got a letter in the mail saying to come to this meeting, and I didn’t want to go,” Wolf said. “But my parents convinced me that I’d be interested if I went. I applied, was accepted. Even after the appointment I was reluctant because of how big of a commitment it is. But I pushed the button and that’s where I’m going.”

Wolf has the six weeks of basic to look forward to before her first year.

“I’m holding my breath, we’ll see how it pans out,” Wolf said. “I’m hoping it won’t be unbearable. I know I will make it through.

Wolf is looking to study either journalism or military intelligence.

“I love writing, researching and reading,” Wolf said. “Military intelligence, you don’t know exactly what it’s going to

be about but you know it will be an interesting job.”

Wolf intends to try out for West Point’s basketball team.

“I’m hoping to work real hard this summer through the six weeks of basic training to make the team,” Wolf said. “And if they need runners, I’ll try to go out for track. We’ll see.”

## State Prospects

Wolf will be competing in the Division IV State Championships on May 13 and 14, but this isn’t her first rodeo—she has had previous successes at state.

During Wolf’s freshman season, she was a part of the 4x400 and 4x800 meter relay teams that won at state, and placed second in the 400 meters.

Sophomore year, she won the 400 meters, her 4x400 meter relay team came back as repeat champions, and the 4x800 meter relay team place second. Wolf also placed eighth in the 800 meters.

“This weekend, the goal is to go out and win all of my events,” Wolf said. “It will help my team out a lot. If I am mentally prepared, I can do it.”

Wolf’s father, Geoff, mentioned that the three events she will be competing in are all back to back.

“We don’t know if this has been attempted before,” Geoff said.

Even if Wolf wins the 400 meters at the State meet, you won’t see her compete at the Meet of Champions, as the All-Star game for basketball is that same night. Friday and Saturday’s performance will likely be her last on the track for the season.

“Track’s been a love-hate relationship for me,” Wolf said. “I say I won’t miss it now, but I know I’ll miss it at West Point for the community it creates. Running’s in my blood; whether I like it or not I’ve always been a runner.”