

LADY LIONS SOCCER ALUMNI

EST. 2006

Catching up with...

Class of 2011: Sophie Ascaso

Sophie joined the Lady Lions in 2008. I remember Sophie as a quiet and small freshman, yet she had so much heart! In the weight room she was breaking records and on the field she was fierce! By her senior year Sophie had made her mark by becoming a member of the Four Year Club! I appreciated her leadership on and off the field. Now Sophie is on the verge of fulfilling a lifelong dream....I'll let you catch up with, Sophie Ascaso!

When did you graduate Big Valley?

May 2011





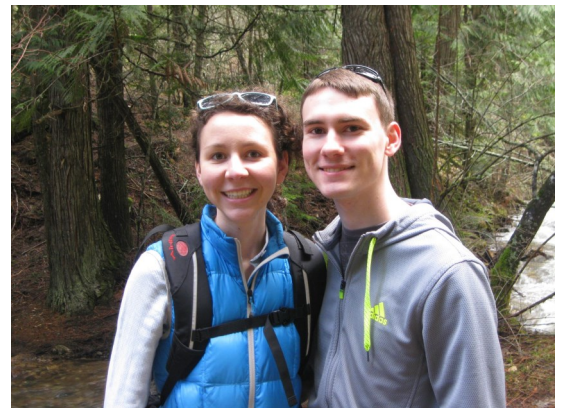
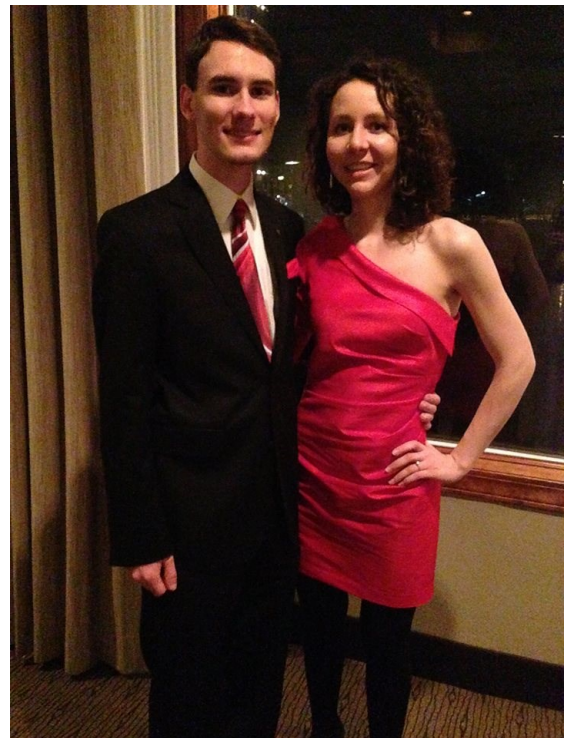
Where did you attend College? Degree?

I am currently a senior undergraduate at Washington State University (WSU or Wazzu as it's referred to) in Pullman, WA. In May I will be graduating with a BS in Zoology, a minor in Spanish, and from the WSU Honors College. I have also just been accepted at WSU's School of Veterinary Medicine, and I will be starting as a first year veterinary student in fall 2015.



Tell us about your family. Husband? Children?

I just recently became engaged to Kevin DeVine, an amazing and godly man. He inspires me in my faith and my relationship with God, as well as in all my endeavors. We first met freshman year of college and he is now attending WSU's Pharmacy school in a nearby city. We plan on getting married next year, even though we won't be able to share a home until we both finish professional school. But we have faith that we will be able to make the distance work, and support each other despite it!



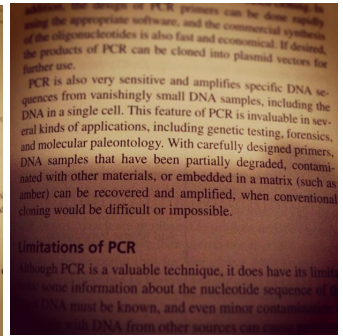


What is your 9-5 job?

My current job is being a full time student, and will be for the foreseeable future. However, I do work part-time during the school year and fulltime during the summer as an undergraduate research assistant in a research laboratory on the WSU campus. We research the importance of the vitamin A receptor, retinoic acid receptor alpha, using mice.

In the last ten years what has been your proudest moment?

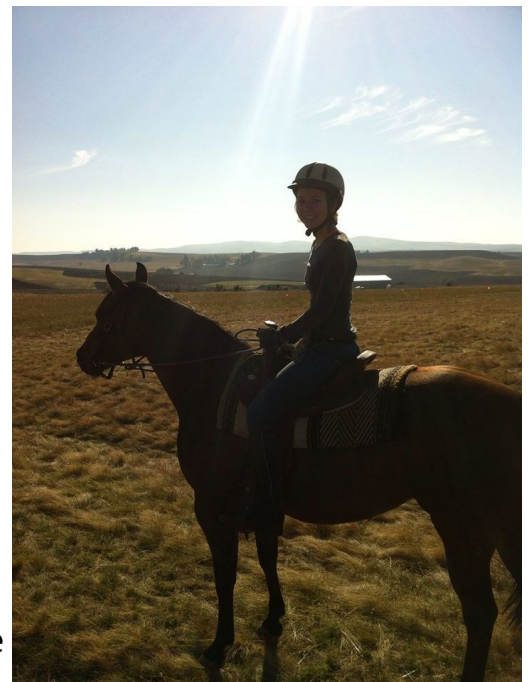
My proudest moment happened quite recently, when I found out I had been accepted into WSU's school of veterinary medicine. I have been working for the last 8 years of my life, with this end goal in mind. After so much hard work, to finally have reached my goal was really relieving, exciting, and awe inspiring at the same time.



What are the most important lessons you've learned since graduating from high school?

I really struggle with stress, and one of the things I have learned is that nothing is worth stressing about. No matter how important, or life altering a challenge/exam/interview may seem, there will always be other opportunities. Stressing about "what if's" is never helpful, and only ruins your experience in the moment.

Learning to hand my worries over to God, as well as to see them in the correct perspective and context is something I have greatly improved on, but it is definitely still a work in progress.



What is your favorite memory with the Lady Lions?

I don't think I have any one specific memory that is my favorite, but I definitely miss the comradery of my teammates the most. Even though pre-season training was difficult and often times painful at first, I always looked forward to it. This was primarily because of the awesome teammates I had to support me. I still remember and miss days in the weight room, breaking records, and breaking our 3 mile run time together as a team. We weren't playing soccer, but we were becoming stronger and overcoming obstacles together.

How has your involvement with the Lady Lions helped you?

My involvement with the lady lions helped me the most by teaching me perseverance. Even now I still remember Mr. Limon's favorite saying, "finish strong!" It always comes to mind when I am struggling with the strength or willpower to finish something. It's the perfect reminder that finishing or doing something well is not easy, it can be a struggle, but finishing it at your best or even better than when you started, is what I learned as a lady lion. I always started my miles slow and ended at a sprint, and I still do.

In what ways do you believe your involvement with the Lady Lions changed you?

I think that being a part of the lady lions helped increase my courage and confidence. While being a part of the lady lions I accomplished a lot of things I previously would never have thought possible. Breaking mile times, weight room records, or winning a soccer game helps give you confidence to try to achieve your best. Nothing seems impossible, because it all becomes relative; what was impossible last week is this week's normal. This theme is relevant to every part of life, it's easy to stay in your comfort zone, but by stepping out of it and reaching for your best, you can achieve the most.

