

# HEATHER DEMPSEY



**Heather Dempsey (SHS Class of 1997) – Leader.** Heather was a model student-athlete who excelled in Volleyball, Basketball and Track. Dedicated, positive, reliable, involved, role model, unique, tireless, energetic – these are just some of the words used to describe Heather. Heather transferred to SMS in 8<sup>th</sup> grade when the new middle/high school opened and immediately helped to create a culture of winning, hard work, and leading by example. As an athlete, Heather excelled on both the basketball court and on the track. She was all -state in track and the school record holder in the 1500 meters. However, her greatest successes were perhaps on the volleyball court. She was co-league MVP, team MVP, and first team all-state in volleyball, helping to lead SHS to the 1996 state championship (the first SHS women’s state championship). Heather was named SHS Women Athlete of the Year for 1997. She also was a leader in the classroom and in the community as part of the leadership team of Outlawnet and as part of numerous organizations. Her athletic success continued beyond SHS to the University of Alabama-Birmingham, being the first SHS women to receive a full athletic scholarship to a Division I university. Heather played all four years at UAB, ending her career as the 3<sup>rd</sup> all-time assists leader. Never one to relax, Heather even ventured to Nepal as part of the Ten Friends Project. She followed her passion for service and obtained her master’s degree in speech pathology, ultimately becoming a speech pathologist.



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