

SARAH DEMPSEY



Sarah Dempsey (SHS Class of 1994). Leader, Competitor, Excellence. Sarah attended Sisters High School when it first re-opened, and helped create a culture of success, competitiveness, hard work, and reliability that continues to this day. While at SHS, Sarah excelled in and out of the classroom. She was a member of the National Honor Society, won the League Scholar Athlete Award, and was Student Council Activities Director. Sarah also starred on the volleyball and basketball courts, and on the track. Among her many accomplishments, Sarah was first team All-League in basketball and second team All-League in volleyball. She also held the school records at one time in the triple jump, discus, and 4 x 100 relay, and was a participant at the state championships in both volleyball and track. These accomplishments earned Sarah SHS Woman Athlete of the Year for both 1993 and 1994 – one of the few two-time recipients. She continued her athletic career at Western Oregon University (earning her BA), where she was a member of the 1995 NCAA National Championship women’s basketball team and a WOU Track and Field Team Regional qualifier in the hammer throw. Sarah was inducted in 2004 into the WOU Hall of Fame as a member of the 1995 championship basketball team. After college, Sarah earned her master’s degree, taught high school, volunteered in Africa, and engaged in outreach with deaf and disabled students. Sarah was only at Sisters High School for two years but left an incredibly positive footprint for others to follow.



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