

## SANDY TOMPKINS

Class of 2002



Sandy was an outstanding athlete during her high school career, earning varsity letters in soccer (four years), basketball (three years), and lacrosse (four years). She served as captain in each of these sports, displaying versatility, strength, and a positive nature that she used to promote teamwork and competitiveness. She started each varsity year on attack in soccer and lacrosse, and as shooting guard her junior and senior

years in basketball.

Sandy garnered numerous honors and accolades including the Patricia Hurley Award (given to the 9th grade girl who best exemplifies good sportsmanship, leadership, and athletic ability), the Top Gun Award and MVP Offensive Player of the Year in soccer, lacrosse team MVP, and Section V Class CCC All-Star in basketball. She was awarded Finger Lakes All-League honors four times for soccer and lacrosse, and three times for basketball. Sandy led her soccer and basketball teams to the Class CCC Section V Championship in 2001.

Sandy was equally exceptional in the classroom and was honored at graduation with the US Army Reserve Award, the SMS Auxiliary Memorial Award, and the Babe Ruth Foundation Sportsmanship Award. In addition, she was also a member of the National Honor Society.

After finishing her career at Mynderse, Sandy was recruited to play both soccer and lacrosse at Nazareth College in Pittsford, NY. While at Nazareth, she played four seasons of women's lacrosse from 2003-2006. Her defensive skills allowed her to start every game from her sophomore through senior years, leading Naz to consecutive Empire 8 champions in 2005 and 2006. In her junior year, while Sandy was a cornerstone of the team's defense, Naz was ranked second nationally, only allowing an average of 5.65 goals per game. Sandy was named captain during her

senior year when the team set a record with their longest winning streak of 14 straight games, losing only to Franklin & Marshall in the NCAA Div. III tournament.

Individually, Sandy led the team in ground balls in 2004, 2005, and 2006, and in caused turnovers in 2005 and 2006. For her stellar play, she earned Empire 8 Conference All-Star first team honors in 2005 and second team honors in 2006. She excelled in the classroom as well, earning Empire 8 President's List for multiple semesters. Sandy earned her bachelor's degree in Business Administration.

During her time at Nazareth, Sandy kept up with her love for soccer and basketball by participating in the college's intramural programs. She also assisted in summer lacrosse camps for the youth of Rochester. From 2017 to 2020, she was the volunteer assistant coach for University of Rochester women's lacrosse.

Mynderse athletics instilled in Sandy never-ending strength and ambition, the tremendous value of teamwork, the deepest hometown pride, and the utmost respect for the community of Seneca Falls. She played all three sports alongside her sister, Jill, where they pushed each other and everyone around them to be the best they could be. From the many great athletes before them, they learned and exhibited leadership for the team and teammates. They chased the mutual goal of building Mynderse athletics into the strong and respected program it still is today.

Sandy currently lives and works in Santa Monica, California, with her fiancé, Nicole. She visits Seneca Falls frequently to support her nephews and niece (Gavin, Dylan, Zachary, and Julie) as they embark upon their careers at Mynderse Academy.