

Pat Connelly photo

Kiley Allosso

2007

BFS Female High School Athlete of the Year

Our top BFS female athlete has been a champion from day one

When she was 5 years old Kiley Allosso had an unusual request for Santa Claus: She wanted a field hockey stick. Although Kiley had never played the game – and it’s not like there are many youth field hockey leagues for 5-year-olds – she knew that where she lived there was something special about being a field hockey player.

The fact is, if there were a mythical Narnia of girls field hockey, it would be Frank Cox High School in Virginia Beach. The Falcons have won 14 state championships, are beloved by both the student body and the community, and are expected to win. Kiley wanted to be a part of this experience, which she did quickly by making the varsity field hockey squad as a freshman. This year Kiley, considered a team leader by her field hockey coach, Julie Swain, saw her Falcons go undefeated, winning 23

straight games.

Indeed, Kiley’s success in field hockey is just one of many reasons she was selected as the 2007 BFS Female High School Athlete of the Year.

Now entering her senior year, Kiley is a multisport athlete who also excels in soccer and basketball. This type of athleticism, along with her exceptional skills in field hockey, has already attracted the attention of scouts from Virginia, James Madison, Old Dominion, William and Mary, and Boston University. BFS was also impressed that Kiley is an outstanding student, carrying a 3.933 GPA, and is a charitable individual who works with the preschool program at her church. And there’s one more thing – Kiley, who stands 5 feet 7 inches, is physically very strong.

Just how strong is Kiley? Consider these lifts: power clean, 150; bench



Kiley Allosso proudly displays the plaque recognizing her as the 2007 BFS Female Athlete of the Year.

This season the field hockey team at Frank Cox High School went 23-0 and won their 14th state championships.



BFS SUCCESS STORY



Julie Swain, the field hockey coach for the Falcons, says that Kiley “has a tremendous work ethic, is a great leader by example, and is always, always, a competitor.”

press, 130; parallel squat, 235; and Hex bar deadlift, 260. And that’s as a junior – imagine what she will be lifting next year!

The Readiness Advantage

Kiley’s father, Steve, is the head football coach at Frank Cox High School and oversees the weight pro-

gram. Considering Kiley’s love for sports, and because Steve wanted to give his daughter every opportunity for success, he encouraged Kiley to start the BFS Readiness program in seventh grade. Asked if she had concerns about getting muscle-bound, Kiley replies, “Since I was in seventh grade I didn’t care, and I really wanted to be stronger than my opponents and even stronger than some of the boys in my class.”

As much as she loved sports, she loved lifting hard and breaking records. Steve recalls that after one practice Kiley begged him to open the weightroom for her at 9 p.m. “Kiley said, ‘I know I can break eight records today,’ but she *only* broke four and came home very upset. My wife asked, ‘What did you say to her – what did you do?’ I said, ‘I didn’t do anything; she was just upset because she only broke four personal records.’ That’s shows you how much importance she puts on her weight training program.”

In middle school Kiley was able to play field hockey, soccer, basketball,



Attending Dakota’s graduation are (left to right): Brian Tandy, Kiley, Steve, Dakota, Janet, and Mackenzie.



Kiley can power clean 150 pounds and parallel squat 235.

and did the BFS program with the high school football team. Kiley's mother, Janet, says that being this active in so many sports helped keep Kiley away from negative influences. Janet also says that her custodial son, Brian Tandy, and Kiley's brother Dakota were also a positive influence in encouraging Kiley to ignore negative peer pressure. Brian is a senior at Georgetown University, and Dakota is a sophomore at Holy Cross; both play football.

In reflecting upon Kiley's determination to succeed in all aspects of her life, Janet says, "We never told any of our children that they had to get an "A," for example, but that they had to make the effort to do the best they could and do everything activity-wise to get the results they wanted. But we *would* tell them that they couldn't watch TV if they had homework."

Swain has seen this attitude in action. "Kiley is constantly working hard to improve, and is so easy to coach. She has a tremendous work

ethic, is a great leader by example, and is always, always, a competitor."

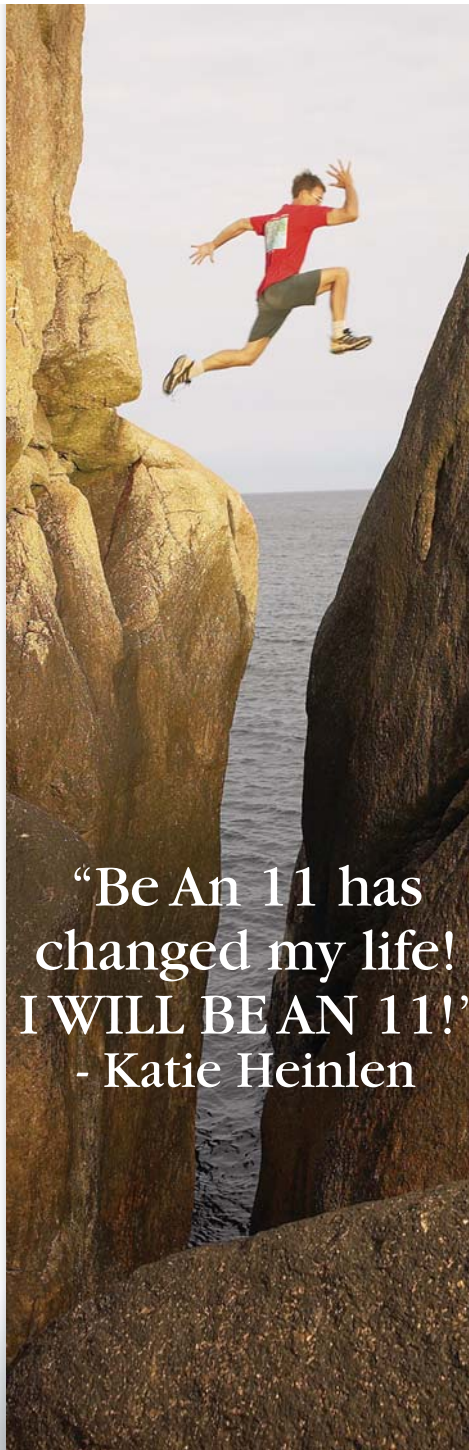
Because Kiley is the daughter of the head football coach, you would expect that there would be high expectations of her to excel in sports. Steve doesn't deny this, but he says that there are high expectations for all the young ladies at Frank Cox High. "Traditionally the girls sports at our school have been extremely strong, but our girls have been extremely strong in other areas too, such as drama and academics. Our high school even has a Miss Cox pageant, which is sold out every year, and four of the last seven winners have gone on to win the Miss Virginia Beach pageant. That's just the type of school it is."

Although Kiley is still undecided about which college she will attend or her career path, she knows one thing for certain, and that is she is determined to make the US National Field Hockey team. Why, you may ask, does field hockey mean so much to her? "I'm a

competitive person," says Kiley. "I love working out, I love my team, I love my coach, I love everything about the game. And it's always been fun!" **BFS**



Kiley with her Bernese mountain dog Blitzee.



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