

## Kasey Hill Named USATF – New England Athlete of the Month for August



*Photo: John Buckley*

BOSTON – Kasey Hill, age 22 of Montgomery Center, VT, has been named USA Track & Field – New England’s Athlete of the Month for August 2008. On August 2-3, Hill competed for Team USA at Kansas State University at the annual Thorpe Cup USA vs. Germany Team Heptathlon competition. This was Hill’s first national team competition and she was the third American and seventh overall, accumulating 5,484 points in the seven events. She finished strongly, winning the final event, the 800m, in 2:19.65. Overall, Germany edged the USA 17,267 points to 17,162.

Hill is a 2008 graduate of Boston College where she received her marketing degree from the Carroll School of Management. During an illustrious track career at BC, Kasey set school records in the heptathlon, pentathlon,

high jump, javelin, and as part of record setting 4 x 400 and distance medley relays. Heptathlon winner at both the 2008 ACC and ECAC championships, Hill qualified for the U.S. Olympic Team Trials held in Eugene, OR this past June.

She finished 11th in the heptathlon at the trials with a personal best of 5687 points. In recognition of her outstanding collegiate career, the Boston College honored her with their most prestigious athletics award, naming her the woman’s recipient of the 2008 Eagle of the Year. Matt Ryan, BC’s star quarterback, and the third overall pick in the 2008 NFL draft, won the Eagle of the Year Award on the men’s side.

Hill became a “multi-eventer” in high school, winning the pentathlon at the Vermont state championships in her junior and senior years, and setting state records in the 55m dash, the 55m hurdles, and the long jump. Although, she was recruited to BC as a sprinter, hurdler, and jumper, Kasey was persuaded by the coaching staff to train for the pentathlon and heptathlon.

Hill talks about her accomplishments of the past year with pride but also expresses a strong desire to improve. She described competing in the Olympic Trials as an “amazing experience” and competing in the Team USA uniform for the first time as “exciting and inspiring.” A self-described “extremely competitive person,” Kasey takes an analytic approach to improvement. She said that her competitive advantage is strength and power, but acknowledged that she has much room for technical improvement, citing the long jump as a particularly challenging event for her.

Asked about the future, Kasey was forthright in declaring that she is making track & field a high priority. She is dedicated to improving in the heptathlon, and plans to optimize the coaching resources and facilities in the Boston area in a determined effort to make the 2012 Olympic Games in London.