



kids and athletes

Hannah Lueders

MOMENTS OF INTEGRITY

Meet Hannah Lueders, an 18-year-old high school graduate whose athletic talent and kind heart have earned her recognition both on and off the track.

Hannah recently graduated from Rogers High School, where she was involved in multiple activities including DECA, FCA, show choir, and a mentor program for incoming freshman called link crew. She also played volleyball and cheered some during her high school years but it was in track and field that Hannah really shined as an athlete.

Hannah has been running since she was in the 8th grade. She ran sprints and hurdles for her high school track and field team, in the 100m, 200m, 300H, and 4x100m relay. The hard work she has put into the sport is evident by her accomplishments which include being named state champion in the 60m and 200m indoor, runner up in the 400, and the 100m, 200m and 300H outdoor, as well as runner up in the 4x100m relay. Hannah also had the opportunity to run in some big meets like the New Balance indoor and outdoor national championships and the AAU and USATF Junior Olympic Games. Hannah obviously has a special talent, but she also has a genuine love for the sport. "I love how it is an individual sport, but each individual has to do his/her very best in order to help their team to win," Hannah said. She had a successful high school track career and ended it on a great note. "One of my favorite memories from my track career so far is win-

ning indoor state this year!" Hannah said. "Every single person on the team gave their very best in each of their races and it paid off in the end!"

Hannah has been successful on the track because of her talent and hard work, but also because of her coachability. "I have been told that I am a more 'coachable' athlete and that I am able to implement different criticisms given by coaches well," Hannah said. Those good criticisms have come from good coaches like Becky Efurd, who has played a big role in Hannah's life on the track, as well as off it. "She works out with the team sometimes, which I don't think many coaches do," Hannah said. "It's very encouraging for the girls to have their coach going through the pain and sweat right there with them." On the field, Hannah could count on Becky to be a great coach. Off the field, Hannah could count on Becky to be a great "school mom". "I always knew that if there was anything I needed I could go find her in her classroom or office ready and willing to do whatever she could to help," Hannah said. "She's such a wonderful woman, not only as a track coach and teacher but just in general. She loves Jesus and people and both of those things are so clear in every person she talks to!"

Becky had great things to say about Hannah as an athlete, and as a person. "I have coached track in Rogers for 25 years and we have never had a sprinter that was so talented," Becky said. "She has four records at RHS: 100m, 200m, 300h, and a leg of the

4x100. She is extremely talented but equally as gracious and kind hearted. I have had so many compliments from other coaches about Hannah off the track about how humble and kind she is to other athletes. She is a one-of-a-kind young lady; I was blessed to be a part of her amazing track career!"

Another person who has played a big role in Hannah's life on and off the track is her dad. "I look up to my dad so much," Hannah said. "He is the hardest working person I know both in the office and when he gets home. He loves people and The Lord so well, it inspires me to be outwardly focused rather than on myself. He works out and eats right and encourages me to do the same. He's been my stand-in track coach in the summers and has taught me a majority of what I know about track. The interesting thing is that he ran track for a year in high school, so it's not like he knew much about it through experience. He took the time to read online about proper technique and form and to take me to clinics and camps to learn how I could become the very best I could be. He inspires me all the time and I look up to him so, so much."

Hannah has also found a great support system at Fellowship Bible Church, where she has attended her whole life. She was involved at Fellowship throughout high school, as a small group leader for a group of fifth grade girls, as well as a member of her cell group. The cell group has been an important part of Hannah's life, giving her friendships that will last long after graduation. "My very best friends are in my cell group, and growing with them and having good accountability in school has really shaped me into the person I am today," Hannah said. Hannah's cell group leader Paige

Brown has also been a positive influence. Paige has continued to play a big role in Hannah's life, now as a mentor, and meets with Hannah one-on-one every week. "She's had a huge impact on my life and is one of those people who I think will stay in my life always," Hannah said.

Having a good group of friends is important, and especially to Hannah, who is very much a "people person". "I really love simply spending time with people," Hannah said. "I enjoy walking our dogs with my family, and just driving around or singing with my friends. I'm a very relational person, so I thrive off of hanging around those I love."

Hannah has found a way to make time for all the people and things that are important to her. "The most important thing for me is time management," she said. "While I'm in school, I focus on school. After school, I focus on working out in practice. When I get home, it's time for homework and spending time with my family. Any extra time I have on the weekends or after school on weekdays are for my friendships. If I stick to that then I usually can stay pretty balanced."

Hannah's high school years may be behind her, but her college years are just beginning. She will be attending the University of Pennsylvania this fall, where she will be representing the Quakers on the track, and working towards her BSN in the classroom. Hannah is excited to begin this new chapter in her life and will continue to exhibit excellence both on and off the track.





INTEGRITY CAPITAL WEALTH MANAGEMENT LLC

Brandon Simmons, Lloyd Du Preez, and Brian Carneal of Integrity Capital Wealth Management would like to congratulate Hannah Lueders for being this month's Moments of Integrity award winner.



Investments • Financial Planning • Wisdom

4201 W. New Hope Rd., Suite 102 • Rogers, AR 72758
479.878.8124 • brandon@integritycapital.com
www.integritycapital.com

Brandon Simmons is a registered principal with and securities offered through LPL Financial member FINRA/SIPC. Investment advice offered through Strategic Wealth Advisors Group, a registered investment advisor. Integrity Capital Wealth Management and Strategic Wealth Advisors Group are separate entities from LPL Financial.