

HIGH SCHOOL – TAEKWONDO

Aquinas Academy of Pittsburgh / Kaminski's ATA Martial Arts Academy

KATE GILLESPIE

Martial Artist

Junior

Kate deserves to receive Athlete of the Year because she represents the true meaning of growth, perseverance, and excellence. After competing and striving for years, Kate made the decision to fully embrace a focused journey of strength and conditioning. That commitment transformed her from a good athlete into a World Champion in Taekwondo.

She became deeply committed to the solid principles of strength and power training, speed and agility development, and injury prevention. This dedication dramatically elevated her performance on the mat. Her physical preparation, combined with her mental discipline, allowed her to compete at the highest level with confidence and consistency.

As a result of her commitment, Kate not only captured an individual World Championship title but also earned a position on ATA Team USA in combat sparring, helping to lead the country to a gold medal and representing her country with pride and leadership.

Beyond her titles and medals, Kate embodies discipline, resilience, and leadership as she also excels in the classroom, maintaining an outstanding 4.5 grade point average. She inspires others through her work ethic, determination, and willingness to do what it takes to improve. For her transformation, her achievements, her academic excellence, and her impact on her team and sport, Kate is truly deserving of All American Strength and Conditioning Athlete of the Year. ~Krista Kaminski