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Press Release

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Olympian Lacey Nymeyer-John Empowers and Inspires Saint Mary's Hall Community

(San Antonio, Texas) - In October 19, Saint Mary's Hall had the unique honor of hosting Olympian and 2009 NCAA Women's Athlete of the Year Lacey Nymeyer-John on campus. She spent the day speaking to the entire student body (Kindergarten through seniors), parents, and athletics staff in a series of talks tailored to each of those different audiences.

First, Lacey spoke with Lower School students about setting goals and always doing one's best. She explained that one success or failure does not define who you are, and that goals take hard work and sacrifice. During the presentation, even the youngest students were awestruck at meeting such an accomplished athlete. After the presentation, students eagerly asked questions and took turns looking at Lacey's Silver Medal from the '09 Summer Olympic Games in Beijing.

During the first of two Assemblies for Middle and Upper School students, Lacey spoke about the power of knowing who you are and standing strong. One of the outstanding moments that struck students was when she said, "Look inside yourself and start to know who you are. You choose what you find good about yourself. If you want to find the bad, it's easy, you'll find it. Find the best; find the place to be you. Shed all expectations and identities that can inhibit your growth." Lacey also specifically spoke about ignoring the critics and expectations that are not true to who you are as a person. After the talk, Saint Mary's Hall junior Lauren G. remarked, "It was amazing to see Lacey's message finally dawn on myself and the other students around me. She really made me reflect on everything I worry about and how pointless it can be."

At the All-School parent coffees, Lacey relayed how working within the University of Arizona's Athletics Department in life skills and player development has given her amazing insight into how to empower, support, and give perspective to student-athletes. In one poignant moment, Lacey explained how her NCAA Women's Athlete of the Year award, not her Silver Medal, was her best achievement because she was judged on her entire college career (academics, athletics, and community service) not just one moment in time. Parents were quick to ask for tools to help their student-athletes be happy in life above all else. The visit from Lacey was inspiring as well as relevant to the pressures students and parents face today.

Since 1879, Saint Mary's Hall has set the standard for college preparatory education in San Antonio by providing a wide-range of exceptional opportunities in academics, athletics, fine arts, and core values education to create well-rounded students that are successful in college and life. Saint Mary's Hall offers exceptional opportunities for children ages 3 through grade 12.