

Kittatinny Regional High School Board of Education, faculty, administration, staff and students would like to congratulate:

Samantha “Sam” Russell

KRHS 2019 Scholar-Athlete Recipient



The Kittatinny Cougars are proud to name Samantha Russell as our scholar-athlete. Since her freshman year of high school, she has been ranked first in her class of 172 students. With a GPA of 4.576 she has made high honor roll every marking period of high school. Dedicated to her sport, she swims on three teams and still finds time to volunteer and excel academically.

Though Samantha is a very humble individual, she is an exemplary young woman who stands out from the high school crowd. Sam has been a leading point earner for the past three swim seasons with 198 points for the team, nineteen first place wins, and five second place wins. She holds the county record for the 100 Breaststroke and school records for the 100 Backstroke, 50 Freestyle, 100 Freestyle, 200 Freestyle, 100 Breaststroke, and the three team relays. This year, Sam has qualified for the NJSIAA Meet of Champions, the USA Swimming Futures Championships, and the Speedo U.S.A. Eastern Sectionals.

Those achievements would be enough for some, but not for Sam. In her “down time,” she is a member of the InterAct Club, Peer Leadership, Vice-President of the KRHS National Honor Society, Safe Teen Driving Club, Crossage, Math League and Best Buds. She also volunteers as a KRHS Tutor, as well as a junior swim coach for both the KRHS junior high swim team and the Kittatinny Barracudas. Whether at school or in her community, Samantha believes in being of service to others.

Kittatinny Regional High School is proud to have Samantha Russell as our 2019 scholar-athlete as she is an outstanding young woman and a great role model.

We wish Samantha, and all the 2019 scholar-athletes, the greatest success in all their future endeavors.

The following are quotes from Sam's teachers and coaches:

“The true mark of a scholar is one who possesses various distinguishing characteristics like leadership, excellence in academics, outstanding character and diligent service to others. Sam not only exhibits these characteristics to all who know her, but she does so with unwavering modesty and grace.”

Vanessa Peemoller, Instructor of German

“On our swim team, Sam is not only one of our top female athletes, but she is a team leader as well. Through her work ethic, honesty, and always being a voice for doing the right thing, she consistently sets a great example for younger swimmers to follow. Her natural charisma and people skills make her appreciated and respected by her coaches, teachers, and peers.”

George Soutter: Instructor of Visual Arts and KRHS Head Swim Coach

“In our swimming community, the name ‘Sam Russell’ has nearly become another household name. Many people think it is due to her accomplishments and records inside of the pool. While those accomplishments are in no way trivial or to be undermined, when I think of Samantha and her legacy, I think of the amount of time she has spent each summer giving back to her team and supporting her teammates. Her commitment to the sport outside of her own practice time and her eagerness to share her craft with others has allowed her to form bonds and relationships more impressive than any record set in the pool.”

Kayleigh Russell: Barracudas Age-Group Swim Coach

