



ST. MARY'S ACADEMY

Today's Young Woman. Tomorrow's Leader.

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St. Mary's Academy Tennis Coach Chris Thomas Named 2009 Northwest Sectional Coach of the Year by the National Federation of State High School Associations (NFHS)



Portland, Ore. – **February 8, 2010** – St. Mary's Academy proudly announces the recognition of tennis coach Chris Thomas who was named the 2009 Northwest Sectional Tennis Coach of the Year by the National Federation of State High School Associations (NFHS). The northwest section includes the states of Alaska, Idaho, Montana, Oregon, Washington and Wyoming.

"As a long-time attorney, I made a decision in early 1996 to do something I've always wanted to do, which is coach high school tennis," Thomas said. "It turned out to be one of the best decisions of my life. When I got the job at St. Mary's, that was one of the luckiest events of my life. We've turned out to be a great match."

Currently in his 15th year coaching at St. Mary's Academy, Thomas is an avid tennis player and competed on the junior, high school and collegiate levels.

The St. Mary's tennis team recently held pre-tryout meetings and will begin tryouts the week of February 22 when spring sports begin for all Oregon high schools.

For additional information, questions or interview requests, please contact Crystal Ghassemi, Director of Marketing and Public Relations, at 503-724-8589 (cell) , 503-721-7715 (direct office) or crystal.ghassemi@stmaryspdx.org.

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About St. Mary's Academy

Founded in 1859 by the Sisters of the Holy Names of Jesus and Mary, St. Mary's Academy is Oregon's oldest continuously operating secondary school and one of 716 all-female schools in the country. The student body represents a diverse background of young women from over 30 urban, suburban, and rural communities in Oregon and southwest Washington. St. Mary's Academy is distinguished by its development of the whole person, and is the only school in the state to receive three U.S. Department of Education Blue Ribbon Schools awards. For more information about St. Mary's Academy, please visit www.stmaryspdx.org.

About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and Rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing Rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.5 million in high school sports. For more information, visit the NFHS Web site at www.nfhs.org.