

## Hall of Fame Inductees Announced



**Jeffrey Gardner (2002)**  
President, Cougar Foundation  
Board of Directors

As summer begins to draw to a close, the Cougar Foundation begins an important task - the annual process of reviewing nominations for the Sahuaro High School Cougar Foundation Hall of Fame, which honors students, staff, alumni, and other members of the Sahuaro community who have demonstrated good citizenship, strong character, integrity, and who have contributed significantly to the Sahuaro and greater community.

Each year we are lucky to have a number of exceptional nominees and this year is no different - we are proud to announce the induction of **Ashley Nowe** (class of 2001), **Bill Hanson** (class of 1977), Coach **Jim Scott**, and Lieutenant Colonel **Marc Vielledent** (class of 2001) to the Hall of Fame. We are eager to honor the class of 2022 on November 5th (see page 3 for details) but in the meantime, please read more about them below.

### Ashley Nowe, class of 2001

Ashley Nowe excelled in sports and academics while at Sahuaro, participating in softball, the National Honor Society, and led the business program. After graduating in 2001, she attended the University of Arizona. While there, she majored in Journalism and English and graduated with honors. After the birth of her twins, the always athletic Ashley found it challenging to get her body to feel strong again. She was diagnosed with *Diastasis Recti*, which is a separation of the abdominal muscles. Realizing during her recovery that there was a need for additional resources, Ashley became a Certified Nutrition and Health coach and a Certified Prenatal and Postnatal Corrective Exercise Specialist. At the time of publication, Ashley's company *Get Mom Strong* has over 287,000 followers on Instagram and over 14,000 on Facebook - followers from all over the world who have been helped by Ashley's work. Her impact is truly global.



### Bill Hanson, class of 1977

Before he was in law enforcement, retired Tucson Police Department Detective Bill Hanson was a member of the Sahuaro Varsity Track team which enjoyed incredible success, winning the Southern Division Relays championship two years in a row. After graduating from Sahuaro in 1977, Bill served in the United States Air Force and Air National Guard, where he earned a number of awards for his performance.



In 1990, Bill began his career in Law Enforcement - first as a deputy in the Mohave County Sheriff's Department SWAT team, then later returning to Tucson as a patrol officer. He was promoted to the rank of Detective in 1998 and worked on many types of criminal cases. He has appeared on A&E's television programs *The First 48* and *After the First 48* and earned many awards including Officer of the Year. Since retirement, he has authored a children's book with all proceeds going to children's charities. He consults with police departments across the country and hosted webinars on various criminal investigation subjects.

*continued on the next page >*

**Hall of Fame Awards**  
11/05/2022 - see page 3 >

**Reunion Information**  
on [sahuarocougars.org](http://sahuarocougars.org) - see page 2 >

#### Cougar Foundation Board of Directors

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Visit us on the web:  
[sahuarocougars.org](http://sahuarocougars.org)

## Coach Jim Scott

Jim Scott began his teaching career in 1969 and began coaching at Sahuaro in 1986. Coach Dick McConnell, who knew Jim from his time coaching at Magee Middle School, encouraged him to take the job. Jim was eager to learn from Coach McConnell - his first season coaching Freshman Girls' basketball was a successful 16-0 record. The next year, he was offered the position of Varsity Head Coach, which he held for the next 14 years. He has won several awards, including Tucson Citizen Coach of the Year (3 times), Arizona Daily Star Coach of the Year (2 times), and the Arizona Coaches Association Coach of the Year.



Outside of school, Jim has been active in archery organizations and served in a leadership capacity, helping to put on events like the Sunrise 3-D Shootout, which provides employment for the Apache Ski Resort employees who would otherwise lack that employment opportunity during the off-season.

## Lieutenant Colonel Marc Vielledent, class of 2001

While at Sahuaro, Marc excelled in academics and athletics - he earned the 2001 Wendy's High School Heisman Award for the State of Arizona, was an active member of the National Honor Society, and played on the 2000 and 2001 state championship teams for Boys' Basketball. Marc went on to play D1 basketball for West Point and went on to support the team as the Army Graduate Assistant.



Marc holds a Bachelor's Degree in Pre-law from the United States Military Academy at West Point, a Master's degree in Strategic Public Relations from the University of Southern California, and he recently earned his doctorate in Mass Communication from the University of Florida. He has served his country in multiple combat tours and earned multiple decorations including the Bronze Star and Meritorious Service Medals. His work has appeared in several publications such as the Oxford University Press.

Please join us on November 5th to honor these Cougars of excellence!

## Class of 2002 Reunion to be held October 22

You are invited to catch up and reminisce during two special events:

### Saturday, October 22

Hors d'oeuvres and drinks, Saturday, October 22, 2022, 6-9pm at Culinary Dropout (tickets at <https://myevent.com/SHS02reunion>)

### Sunday, October 23, 2022

Family friendly picnic, Sunday, October 23, 2022, 10am to 2pm, at Udall Park, Ramada 4 (free, non-ticketed event; bring your own picnic lunch and drinks; sharable items welcome)

## "When is our reunion?"

As a service to our alumni, the Cougar Foundation is pleased to link to reunion information and host pages when necessary.

Visit <https://www.sahuarocougars.org/reunions/> to find your class - if we're missing some, please let us know!

SAHUARO HIGH SCHOOL

# CLASS OF 2002 REUNION

OCT 22, 2022 | 6 - 9 PM  
CULINARY DROPOUT  
2543 E GRANT RD

Tickets \$40pp | [myevent.com/SHS02reunion](https://myevent.com/SHS02reunion)

## Family Picnic

October 23, 2022  
10 AM - 2 PM  
BYO food & drinks

Udall Park | Ramada 4  
7290 E Tanque Verde Rd  
Near the Playground



SAHUARO  
COUGAR  
FOUNDATION

# Hall of Fame Breakfast

The Sahuaro High Cougar Foundation cordially invites Cougar Alumni, Faculty, Parents, Students, and Friends to attend the Annual Breakfast and Hall of Fame Induction:

**Saturday, November 5, 2022**

at Sahuaro High School, 545 North Camino Seco Tucson, Arizona 85710

Registration will take place at the front gate at 8:30am, with the program starting at 9:00am



**Join us as we honor:**

Ashley Nowe '01

Bill Hanson '77

Coach Jim Scott

Lieutenant Colonel Marc Vielledent '01

**Cost:**

\$300 for a table of 10 - a savings of \$50 (\$100 is tax deductible)

\$25 for Cougar Hall of Fame Members (\$5 is tax deductible)

\$20 for Alumni celebrating a reunion this year (includes membership)

FREE admission for children age 5 and younger

\$35 for an adult admission (\$15 is tax deductible)

\$20 for Current Faculty & Staff (includes membership)

\$15 for children 6-18

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Ticket Purchases**

Table of 10: \_\_\_\_\_ x \$300 = \_\_\_\_\_

Adult Admissions: \_\_\_\_\_ x \$35 = \_\_\_\_\_

Hall of Fame Members: \_\_\_\_\_ x \$25 = \_\_\_\_\_

Current Faculty/Staff: \_\_\_\_\_ x \$20 = \_\_\_\_\_

Alumni (reunion year) \_\_\_\_\_ x \$20 = \_\_\_\_\_

Children 6 -18: \_\_\_\_\_ x \$15 = \_\_\_\_\_

Children under 6 (free): \_\_\_\_\_

**2022 Foundation Dues (optional)**

Individual Dues: \_\_\_\_\_ x \$15 = \_\_\_\_\_

Family Dues: \_\_\_\_\_ x \$25 = \_\_\_\_\_

**Message for the program**

Personal Message \_\_\_\_\_ x \$25 = \_\_\_\_\_

**Donations (optional)**

Donation amount \_\_\_\_\_

**Total Amount Enclosed** \_\_\_\_\_

Please list names of other attendees in your party:

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Please enter your custom message for the program below:

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Checks and Cash Accepted, or register with credit card online at [sahuarocougars.org/hall-of-fame-breakfast/](https://sahuarocougars.org/hall-of-fame-breakfast/)

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

CSC # \_\_\_\_\_

Expiration \_\_\_\_\_

**Mail registration to: Sahuaro Cougar Foundation, PO Box 18181 Tucson, AZ 85731**  
**For additional information call: 520-247-0336** **RSVP DEADLINE IS OCTOBER 22, 2022**



# Fall 2022 Athletics Schedule

## Varsity Football

08/24	@ Ironwood Ridge (scrim)
09/02	vs Seton High
09/09	@ Sabino
09/23	vs Nogales
09/30	vs Thatcher
10/07	@ Buena
10/14	@ Walden Grove
10/21	@ Amphitheater
10/28	vs Sahuarita
11/04	vs Catalina Foothills
11/10	@ Rio Rico

**ALL GAMES ARE AT 6:00 PM**

## Junior Varsity Football

09/21	@ Nogales
09/29	@ E. AZ College/Thatcher
10/06	vs Buena
10/13	vs Walden Grove
10/20	vs Amphitheater

**ALL GAMES ARE AT 6:00 PM**

## FR/SO Football

09/08	@ Sabino
09/21	vs Nogales
10/28	vs Thatcher
10/06	@ Buena
10/13	@ Walden Grove
10/20	@ Amphitheater
10/27	vs Sahuarita
11/03	vs Catalina Foothills
11/09	@ Rio Rico

**ALL GAMES ARE AT 6:00 PM**

## Varsity Cross Country

09/07	@ Thomas Jay Park
09/14	@ Reid Park
09/21	Lakeside Park (home)
09/28	@ Kennedy Park
10/05	Lakeside Park (home)
10/19	Lakeside Park (home)

**ALL MEETS ARE AT 4:30 PM**

## Girls Volleyball

08/22	vs Desert Christian (Scrim)
08/29	vs Nogales
09/01	@ Sabino
09/07	vs Buena
09/08	vs Sahuarita
09/14	vs Salpointe
09/15	vs Amphitheater
09/21	vs Palo Verde
09/22	@ Empire
09/28	@ Cholla
09/29	vs Tanque Verde
10/03	vs Pueblo
10/04	@ Flowing wells
10/05	vs Sunnyside
10/06	vs Canyon Del Oro
10/19	@ Pueblo
10/20	vs Flowing Wells
10/25	@ Canyon Del Oro
10/27	@ Salpointe Catholic

**ALL VOLLEYBALL GAMES ARE:  
4p FR/SO 5p JV 6p Varsity**

## Varsity Swim Team

09/01	Udall Park (home)
09/08	@ Flowing Wells HS
09/15	@ Catalina Magnet HS
09/22	Udall Park (home)
09/29	@ Oro Valley Mun. Pool
10/06	Udall Park (home)
10/20	Udall Park (home)

**ALL MEETS ARE AT 4:00**

## Girls Golf Team

08/22	@ Walden Grove HS
08/29	Rolling Hills CC (home)
09/07	@ El Rio CC
09/12	Rolling Hills CC (home)
09/14	@ El Conquistador CC
09/28	Rolling Hills CC (home)
10/05	@ Rolling Hills CC
10/17	@ Haven CC

**MATCH TIMES ARE AT 3:00PM**

## Boys Golf Team

08/16	Forty Niner CC	2:30p
08/23	@ Green Valley CC	3:00p
08/30	@ Fred Enke	3:00p
09/01	@ Tubac Golf Resort	3:00p
09/08	@ Fred Enke	3:00p
09/13	@ Silverbell GC	3:30p
09/15	Forty Niner CC	2:30p
09/20	@ Fred Enke	3:00p
09/27	@ Silverbell GC	3:00p

### Come out and support our Cougar student-athletes!

Athletics teach students essential skills that they will use throughout their lives. The following are some of the most important.

**Effort:** Students learn to apply themselves to challenges and always do their best through sports.

**Determination:** It is the preparation you put into becoming a better player before the game is played that ultimately determines how well you will play.

**Self-discipline:** Self-discipline is the ability to maintain and carry out the role coaches have assigned you within a game plan.

**Teamwork:** Teamwork involves working with others to achieve a goal. A team is only successful when each individual fulfills their role.

**Time management:** This is the ability to fulfill all obligations to practice, homework, family, friends, extracurriculars, and more.

Source: ThoughtCo - The Increasingly Important Role of Athletics in Schools: Benefits of Student Athletics for Schools and Children at [thoughtco.com](https://www.thoughtco.com)