



2009 King 5 Female Athlete of the Year Award

While most kids enjoy their summer vacation relaxing, Cassidy Seidl can be found at Rain City Fencing Center in Bellevue instructing and competing. Her story begins six years ago and has developed into several national rankings and a level of respect that is uncharacteristic for a 15 year old athlete. Cassidy started fencing when she was eight and became nationally ranked by the time she was just ten. She has continued to excel in the fencing arena, often competing against athletes much older than herself. Competition is not the only thing that brings Cassidy to Rain City Fencing Center, however.

Cassidy has been a teaching assistant in beginning classes and camps at Rain City Fencing Center for the last several years. She works well with both kids and adults and is true leader amongst her peer group of competitive fencers. Even as set-up for the 2009 SUBWAY® Washington Games Fencing Tournament took place, Cassidy was consumed with helping instruct a youth fencing class. Says her coach, Stephen Colton, “Cassidy approaches both situations [instructing and competing] with the same dedication to getting it right.”

At the 2008 US Fencing National Championships in San Jose, California, Cassidy took the bronze medal in the Youth-14 Women’s foil competition and earned her B08 rating (fencers are rated A-E). She is currently ranked 57th in Junior Women’s foil, 24th in Cadet Women’s foil and 8th in Youth-14 Women’s foil in the United States. In the 2009 SUBWAY® Washington Games Fencing Tournament, Cassidy won the gold medal in Mixed Open Foil, defeating several highly-rated and older fencers—without losing a single bout.

“Cassidy has always been gracious and generous in both victory and defeat,” says Colton. “She is highly motivated to win, but as she has started to fence at successively higher levels, she has taken defeat as a challenge to learn new tactics and techniques, and to further her game. I have been Cassidy’s coaching for six years, and as far as I can tell, she fences for the sheer joy of it.”

Cassidy has a set a tremendous example for so many young fencers—and athletes in general. It is an honor to present her with the King 5 Female Athlete of the Year Award for her outstanding sportsmanship and accomplishments in the 2009 SUBWAY® Washington Games.