



## ADM HALL OF FAME

### Rachel Harada

CLASS OF 2011

WINNER OF 13 VARSITY LETTERS IN SOCCER, BASKETBALL, TRACK, & CROSS COUNTRY

RACCOON RIVER CONFERENCE HONORABLE MENTION - BASKETBALL - 2011  
2ND IN TEAM REBOUNDING & ASSETS, 3RD IN SCORING

3 TIME ALL RACCOON RIVER CONFERENCE - CROSS COUNTRY  
STATE TEAM QUALIFIER - CROSS COUNTRY - 2008  
ALL STATE CROSS COUNTRY TEAM - 2010  
MVP ADM CROSS COUNTRY TEAM - 2010

3 TIME STATE QUALIFIER IN TRACK

2 TIME 2ND TEAM ALL RACCOON RIVER CONFERENCE - SOCCER  
2 TIME 1ST TEAM ALL RACCOON RIVER CONFERENCE - SOCCER  
ADM TEAM LEADER 4 YEARS IN ASSEYS, 3 YEARS IN GOALS  
100 - CAREER GOALS

FIRST EVER RACCOON RIVER CONFERENCE SOCCER CHAMPIONSHIP - 2011  
CONFERENCE RECORD 7-0, REGULAR SEASON 14-3  
FIRST TEAM APPEARANCE STATE SOCCER TOURNAMENT - 2011  
NAMED 1ST TEAM ALL STATE BY THE IAHSSEA

SOCCER SCHOLARSHIP TO NORTHWEST MISSOURI STATE UNIVERSITY,  
NEW YORK INSTITUTE OF TECHNOLOGY & ROCKHURST  
TOP 10 D-II NATIONAL RANKING AT ROCKHURST

2 SEASONS DES MOINES MENACE WPL CHAMPIONSHIP TEAM  
INDUCTED 2022