



applied to Cindy.

If you are looking for gaudy statistics, you won't find them here. But what you will discover is one of the most versatile athletes, boy or girl, in the history of the Kingston High School Athletics Program. Cindy Lowe was 1974 graduate where she was a pioneer in girl's athletics. With Title IX just coming into effect, giving girls the same opportunity to participate in athletics, Cindy took full advantage by not limiting herself to just one sport. She lettered in five different sports during her time at Kingston. The sports she participated in were basketball, skiing, softball, tennis, and volleyball. What makes this even more amazing is she accomplished this without any of the feeder programs, such as modified, freshman or travel teams that exist today. She effortlessly developed the skills needed to be a top-notch competitor in each sport she participated in. The phrases "Natural Athlete" or "All-Around Athlete" certainly

Her high school athletic career began as an eighth grader as a member of the Varsity Ski team. She competed for four years (8th-11th) as the number two skier from 1970-1973. Unfortunately, she was not able to compete for her senior season because using up her eligibility. Cindy combined with Nancy Kolln to form a formidable 1-2 scoring duo, helping Kingston to win league and sectional titles under Coach Tony Badalato, including a 11-1 record in 1971. Coach Badalato selected Cindy for the Coaches Award in Skiing.

Cindy participated in Tennis in 1973 and 1974. As a junior, she combined with Sharon Kuriger in doubles and made it to the DCSL semifinals. She was the 1974 captain and number one singles player for the undefeated girl's DCSL Tennis Championship Team that went 9-0. In basketball, she was a DCSL all-league selection. As one of the top performers for the Lady Tigers, Cindy showcased her versatility and athleticism for Coach Pat Burke's team. Coach Burke relied heavily on her ability to score, rebound, and defend game after game. Cindy played Varsity Softball for two years (1971-72) and Varsity Volleyball for four years (1971-74).

Capping off her illustrious high school career, at the Senior Athletic Awards Ceremony, Cindy became the very first female recipient of the prestigious American Legion Post #150 Girl's Outstanding Female Athlete of the Year Award. She also received the Coach's Award for girls' tennis. Cindy Lowe was truly a trailblazer in girls' athletics for all who followed her at Kingston High School.

After high school Cindy attended Salem College of West Virginia on an athletic scholarship. There she continued her athletic career at the collegiate level from 1974-78. During her time playing for the Salem Tigers, Cindy established herself as one of the school's most versatile women athletes to ever wear a Tiger uniform. Showcasing her versatility once more, Cindy competed in both Tennis, where she was the number one singles and doubles player, and Volleyball for four years and for three years each in Basketball and Softball. Cindy was the first Physical Education major in Salem College history to become the Homecoming Queen in 1977. She graduated with a B.S. degree in Physical Education and Health, with a minor in coaching. Cindy continued her graduate studies and earned a M.S. in Athletic

Administration at Cortland State University as well as a Ph.D. in Exercise Physiology from Columbia University.

In her only year coaching at KHS, Cindy guided the 1980 Volleyball team to the DCSL Division I Title by defeating Ketcham on the final day of the season. Her team then clinched the overall DCSL Title when the girls defeated Division II champion Poughkeepsie in three games, 6-15, 15-6, 15-6. They then lost a tough match to Fox Lane in the sectional semifinals. Kingston went 12-2 in league play and finished the season with an overall record of 15-3. Tiger senior Judy Prosser was selected as the MVP of the DCSL, and Terri Bell was a first team selection. Other local coaching stints included Varsity Basketball and Softball at Coleman High School; Women's Basketball and Men's Tennis at SUNY New Paltz and PE Instructor. At the University of Pittsburgh at Bradford, she was the Volleyball and Basketball Coach as well as a PE Instructor. In 1983 at Columbia University, she became the first woman to be hired in the Physical Education Department there and the very first women's tennis coach. At Pima College, she was a Professor and Department Chair of the Fitness and Sport Sciences and Athletics as well as a Tennis Coach at Western New Mexico University. Cindy also participated in many county tennis tournaments and softball leagues. Some other notable accomplishments include being the first Queen for the Soap Box Derby in 1961 and was the Director of the NJTL (National Junior Tennis League from 1974-78). Cindy is truly an excellent role model for girl athletes at KHS.