

- 1) Name: Amber Fry (now Amber Papi)
- 2) New Trier sport(s): 4-Year Varsity Soccer, one year freshman Basketball
- 3) Suburb you lived in (when you went to New Trier): Northfield
- 4) What year did you graduate NT? 2010
- 5) Where do you live now? Charlotte, North Carolina
- 6) Who was your coach? Jim Burnside
- 7) HS sports accomplishments/awards/honors:

- 2010 All-American
- 2-Time All-State (2009, 2010)
- 3-Time All-Sectional and All-Conference
- 2010 NTGS Best Offensive Player
- 2010 NTGS MVP
- 5th on the NTGS Single Season Goals list (35 goals)
- 6th on the NTGS Single Season Points list (49 points)
- 6th on the NTGS Career Goals Scored list (74 goals)
- 8th on the NTGS Career Points list (111 points)
- 12th on the NTGS Career Assists list (37 assists)
- Scored the game-winning goal in 19 of New Trier's 26 wins in 2010
- Ranked #1 in the Nation in 2010
- Region II ODP Team

8) Favorite high school *individual sports* memory:

So many it's hard to pick just one! But I remember one day it was so windy during a game (blowing towards the goal we were shooting on) and we got a foul called around mid-field. Usually we would just play that like a normal restart and one of our defender s would pass it down the line or send it into the box, but Burnside waved me down and told me to take the kick and just shoot it...so I did, and I scored. It floated into the upper 90 with some help from the wind. Farthest goal I've ever scored in my life.

9) Favorite high school *team* memory:

Once again, so hard to pick just one. I could go on and on about my favorite memories with the team. Playing in Toyota Park for the Pepsi Showdown...when our team was ranked #1 in the nation during my Senior year...I loved the van rides...blasting music and getting pumped for games...carb fests (Maggiano's of course)...decorating the shed...going down state as a freshman...playing Power/Finesse at practice and our favorite "Everlasting" and sometimes Burnside would join in...playing ni ght games under the lights in our stadium...

10) Who was your biggest team rival or individual rival in HS, and where did they go to school?
My personal rivals: Vanessa DiBernardo, Megan Oyster, and Janelle Flaws (Waubonsie, Nequa Valley, GBS); Team Rivals: Loyola and GBS

11) Favorite class and/or teacher at NT:

Favorite class had to be Bio with Mr. Salerno!! He was the best!

12) Where did you attend college: University of Virginia

13) Compare your HS sports experience to your college experience:

High school was one of the main highlights of my soccer career...I had so much fun and success as a player, and Burnside was my favorite soccer coach of all time. I was not only excited for games, I was excited for practice every single day, too. There wasn't as much pressure in high school as there was in college. Playing a sport in college is a whole new world. It's exciting but scary at the same time, and everything becomes much more serious. You might have been the best in high school, but once you get to college, all of your teammates were probably All-Americans and suddenly you're surrounded by people who are just as good as you, if not better. You have to elevate your game to the next level because not only is the competition is amped up to the max, but the demand is much higher for your time and commitment. You have to balance being a full-time student with being a full-time athlete. All the fitness tests, daily 3-4 hour practices, traveling to away games and missing school, etc...it's a grind physically and mentally! Some days it can seem more like a job than a fun hobby like it used to be, but if you still love the game you'll find a way to enjoy it. There are a lot of fun perks that come with being a college athlete, though. Representing your university is something you will take pride in and it gives you a sense of purpose. The best part about college sports is having teammates who go through all the best/worst times with you and become your best friends. You get to push each other to be better every day on and off the field while navigating through young adulthood together. I have made some forever-friends from my college team—some were even in my wedding! But overall, playing a sport in college forces you to rise to the highest level of your own athletic abilities, and you have to be ready to lean into it with everything you've got.

14) College sports accomplishments:

- Scholarship athlete
- 2-Time ACC Champions (ACC tournament Champions in 2012, undefeated in the ACC in 2014)
- Final Four appearance in 2014
- ACC Academic Honor Roll 2010
- 4-Year UVA Athletic Academic Honor Roll
- Student-Athlete Mentor
- 2014 Unsung Hero Award

15) Favorite college sports moments:

Going to the Final Four my senior year was amazing...it was so exciting and it was something UVA Women's Soccer has never done before—we made history! We got treated like royalty (riding in stretch Hummer limousines, fancy dinners), and even though we ended up losing to UCLA in penalty kicks, it was an awesome experience I'll never forget. My other favorite college memory was my parents making a commitment to be at every single one of my senior year games...even the away games. They didn't miss a single game, and then on my Senior night I scored the game-winning goal which was pretty special since we had just taken pictures on the field together before the game.

16) Area of study: New Media (graphic design, photography)

17) What do you do now?

I started my own personal training business (coaching people in-person and online) and I travel as much as I can to visit my husband who plays professional baseball for the Cleveland Indians Organization (he went to UVA, too! That's where we met). Before that, I worked for the Chicago Blackhawks for a year after college (2015 when they won the Stanley Cup!), then I worked a few other corporate jobs after I moved to Charlotte before starting my own business.

18) If you could go back in time and give yourself advice/wisdom as you are starting Freshman year at New Trier, what would that advice be?

Don't be afraid to take risks and leave it all out there on the field every day! No one gets better in their comfort zone, so keep pushing yourself to new limits and see what you are capable of...you may surprise yourself. Enjoy every single moment because these 4 years fly by faster than you can imagine. If I could go back and play a 5th year I would!

19) What would you do differently if you could do it again?

If I could go back and start lifting weights earlier, I would 100% do that. When I was in high school, we didn't really do any weight training except for maybe a little bit my senior year. I wish I did more injury-prevention workouts and strength-training before heading into college (where you'll lift multiple times a week). During and after college, I realized how important strength-training is for athletes.

