

Kathy Howa:

Having taught team sports at the lower school for one year and now entering her nineteenth year overall at RH, Kathy is the head softball coach, assistant volleyball coach, physical education instructor and co-founder of Swing for Life. She graduated from the University of Utah with a major in Physical Education. Kathy had scholarships to play three sports in college, volleyball, basketball, and softball, at Mesa State in Colorado and the College of Eastern Utah. She also coached a nationally ranked softball team for eight years. Kathy was named the Softball Coach of the Year in 2000 and 2002 by the Utah High School Softball Coaches Association, and the 2002 State and Sectional Coach of the Year by the National Federation of State High School Association. Received the Sumner Faculty Award for 2004 and received an Outstanding Achievement Award for Community Service from Region 14 for the Swing for Life Foundation 2005. Since 2008, Swing for Life has been a 501 Non-profit Foundation and has raised over \$688,000 for breast cancer research. Awarded the Huntsman Cancer Foundation Super Hero 2011. Inducted into the Utah Softball Hall of Fame on July 15, 2011.